

Welcome to LEAP Canada

Our "Summer 2020 To-Do's and McMaster University" webinar will begin shortly!



Agenda



1

Overview of LEAP

Summer Panelists

Panel Discussion

Q / A Period

2

Quick Break

McMaster Panelists

Panel Discussion

Q / A Period

Overview of LEAP



- We're dedicated to helping students **learn** more about the post-secondary institution they have committed to through our speaker panels focused on student life, academics, extra-curriculars, soft skills, and more
- We want to **empower** students to find their own personal brand and be confident heading into their first year of university, which will be full of life-changing experiences
- We **assist** students in the process of applying, choosing the right post-secondary institute for them, and transitioning to university life through our resource portals and mentorship program
- We want to **prepare** students - through insight and guidance - to be ready for an unforgettable post-secondary experience, no matter where they are headed

Summer 2020 To-Do's Panelist

Matt Parkin

Ivey Business School

3rd Year, Honours Business Administration

- CHRO @ LEAP
- Director, Board of Directors @ Western USC
- Pro Bono Consultant @ Parkin Pro Bono Consulting
- Loves playing and officiating sports, reading, and trying new things



Summer 2020 To-Do's Panelist

Garvin Tran

Western University

2nd Year, HSP in Genetics and Biochemistry

- VP Finance of Canadian Youth Outreach Program
- Intern at 5-ing for COVID-19 by Sick kids Foundation
- Former Events Commissioner of Hygiene for the Homeless Canada
- Enjoy playing guitar, piano, working out and playing tennis



Summer 2020 To-Do's Panelist

Peter Han

University of British Columbia
5th Year, Computer Science and Statistics

- Former Intern at Trulioo
- Intern at SAP
- Enjoy watching soccer and basketball



Summer 2020 To-Do's Panelist

Neetu Rambharack

McMaster University

2nd Year, Honours Molecular Biology and Genetics

- Co-President at SOCH Mental Health McMaster
- McMaster Varsity Field Hockey Team Goalie
- Community Engagement Associate at STEM Powering Canada
- Avid coffee drinker, note-taking enthusiast and loves to sing!



PANEL DISCUSSION

- Learning
- Personal Branding
- Job Search
- LinkedIn
- Resume
- Cover Letter



Learning

What's the best way to prepare for first-year courses?

- (Neetu) Brush up on prereq courses from high school
 - ◆ LinkedIn or Online Courses on Excel, frequently used in first year!
- (Garvin) Coding Courses offered by Harvard (Beginner, Intermediate, Advanced)

Any note-taking or studying strategies to prepare for university?



LEAP Canada



/leap.canada20



@leap.canada



Learning

What apps are used in university or to communicate with professors?

- (Neetu) McMaster uses A2L, check syllabus for communication methods
 - ◆ (Neetu) Microsoft Office Apps, access through your student email
- (Garvin) Outlook (school email), OWL for UWO, OnQ for Queens

How to find required textbooks?

Book recommendations for the summer?



Learning

What should I do for the remainder of the summer if my original plans were cancelled?

- (Neetu) Start a passion project!
 - ◆ (Neetu) Look out for university club applications!
- (Garvin) Online volunteer will always be a good plan
 - ◆ Working on yourself (Working out, sport, etc.)
 - ◆ Work to make money



Personal Branding

What does personal branding mean?



Personal Branding

How do you stand out in a networking situation or to someone you just met?

- (Matt) Provide value, be curious, make it about them
- (Peter) Introduce yourself, ask lots of questions, and ask for their LinkedIn

What ways can I develop an effective portfolio?



Personal Branding

How does one stay professionally attractive, yet individual and unique to potential employers

- (Matt) Tell your story: what makes you unique?
- (Peter) Show them that you are a team player but also an independent worker

How common is imposter syndrome in university?



LinkedIn / Job Search / Resume / Cover Letter

How can I build a strong LinkedIn profile?

- (Neetu) Keep track of your experiences and achievements and update your profile frequently
 - ◆ Share posts that interest you
 - ◆ Post what you've been working on, big or small!

What's the thought process for choosing which jobs to apply for?



LinkedIn / Job Search / Resume / Cover Letter

How to format a resume?

- (Matt) Education, Work Experience, Other Activities, Skills, Languages, Interests
- (Garvin) Best to include everything only in one page

Should I tailor my resume to each job that I apply to?



LinkedIn / Job Search / Resume / Cover Letter

How to write a cover letter?

- (Matt) Emphasize why you're interested in the role
 - ◆ What skills from the job description you have
 - ◆ Highlight how you've used those skills in the past and how you can use them in the future





Q&A PERIOD

Feel free to ask any questions in the chat box!



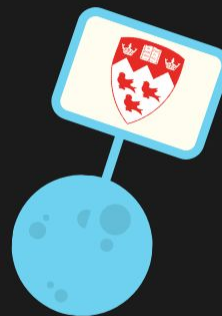
INFORMATION PACKAGE

UniEXPLORE

*A webinar exploring
the **uni**-verse!*

AUG. 16, 2020

For more information
check out on Instagram
@pioneersoftomorrow






CONTACT US



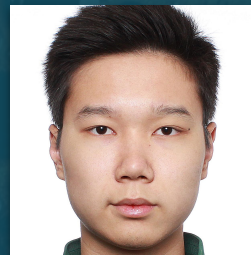
Matt Parkin

 /matt-parkin/




Garvin Tran

 @garvinboiz




Peter Han

 /peter-han-7634b773/



Neetu Rambharack

 /neeturambharack/

UPCOMING WEBINARS

August 11 - Impacts of COVID-19 & Brock

August 18 - General & McGill

August 25 - University Prep: Incoming High School Graduates & Waterloo/Laurier



QUICK BREAK

Thank you for joining us in PART I of the webinar!
We will be back in a couple minutes to discuss **McMaster University** specific questions.

Overview of LEAP



- We're dedicated to helping students **learn** more about the post-secondary institution they have committed to through our speaker panels focused on student life, academics, extra-curriculars, soft skills, and more
- We want to **empower** students to find their own personal brand and be confident heading into their first year of university, which will be full of life-changing experiences
- We **assist** students in the process of applying, choosing the right post-secondary institute for them, and transitioning to university life through our resource portals and mentorship program
- We want to **prepare** students - through insight and guidance - to be ready for an unforgettable post-secondary experience, no matter where they are headed

Agenda



| | | |
|--------------------|------------------|------------|
| McMaster Panelists | Panel Discussion | Q/A Period |
|--------------------|------------------|------------|

Anmol Thind

McMaster University

2nd year, Psychology, Neuroscience and Behaviour

- Crisis Responder at Kids Help Phone
- VP Promotions at GeriActive
- Freelance Graphic Designer
- Loves working out, mountain biking, cooking, reading and writing!



Jovan Villarta

McMaster University

4th year, Honours Social Psychology

- Former Vice-President External for the Filipino McMaster Student Association
- Current The Beer Store Employee
- Anime fan



Lindsey Zhang

McMaster University

2nd year, Health Sciences

- Clinical Research Assistant at the University Health Network
- Summer Research Student at McMaster
- Pencils 4 Kids President
- Admin Team Member at Seniors with Skills
- Loves reading, writing, softball, learning guitar, and history!



Zeineb Muhsen

McMaster University

2nd year, Honours Life Sciences

- Youth leader at an Islamic community center in Hamilton
- St. Joseph's hospital Women and Infants Care Volunteer
- Passionate about supporting non-profit organizations and women's health
- Interests: Flute, hiking, health and wellness



PANEL DISCUSSION

- To Start Off...
- Academics
- Residence
- Experience: Clubs and ECs
- Financial Aid: Scholarships, Bursaries, and Awards



To Start Off...

Why did you chose McMaster University?



To Start Off...

Common mistakes first years make? What would you tell your first-year self?

- (Zeineb) Time management is key!
- (Lindsey) It's okay to be by yourself sometimes!
- (Anmol) Focusing on stuff too far ahead/"backup" plans

Best parts about campus?



To Start Off...

How is the social life, environment, and culture like at
McMaster University and Hamilton?

(Jovan) people are friendly and very helpful



LEAP Canada



/leap.canada20



@leap.canada



Academics

Specific bird courses for first-years and notable professors?

- (Zeineb) Science 1A03 for science students only
- (Lindsey) Classics 2MT3

How was your program in terms of difficulty?

Brief advice on the application process?



LEAP Canada



/leap.canada20



@leap.canada



Academics

Difference between the science programs (Life Sciences vs Health Sciences vs Medical Sciences)?

- (Zeineb) Life Sciences is more science focused while Health Sciences is more social health
- (Lindsey) Health Sciences focuses a lot on personal development as part of the curriculum



LEAP Canada



/leap.canada20



@leap.canada



Experiences: Internships, Clubs, ECs

What was your involvement in clubs, ECs, and sports during the first two years?

(Jovan) I was a general member for the first two years and it really helped me get to meet a lot of people and make friends



LEAP Canada



/leap.canada20



@leap.canada



Experiences: Internships, Clubs, ECs

Share your experiences, any regrets, or cool opportunities
for your program

- (Zeineb) My regret is not joining clubs during club fair
- (Lindsey) Don't join clubs for the sake of joining clubs

First year internship / research opportunities?



LEAP Canada



/leap.canada20



@leap.canada



Residence

What was your residence experience like at McMaster University? How was the meal plan system?

- (Lindsey) Mary E. Keyes Residence - Suite Style Rooms
 - ◆ Various food options in West Quad
- (Anmol) You may not get the “best” but all have their pros - Woodstock!
 - ◆ If in a traditional room you’ll commonly eat at Centro



Residence

How was the transportation for getting around campus?
Any recommendations for commuters?

- (Zeineb) For commuters: apply for a parking pass early to secure a parking spot
- (Anmol) The Go Bus and Hamilton busses will be your best friend



Financial Aid: Bursaries, Scholarships, Awards

What are some financial resources, both externally and at McMaster University?





Q&A PERIOD

Feel free to ask any questions in the chat box!



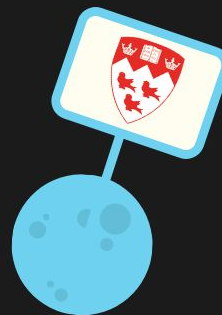
INFORMATION PACKAGE

UniEXPLORE

*A webinar exploring
the **uni**-verse!*

Instagram: @pioneersoftomorrow

AUG. 16, 2020






CONTACT US




Anmol Thind

 /anmol-thind-53608318b/




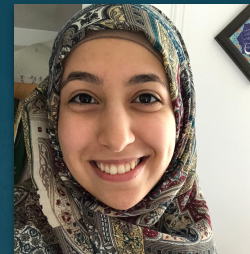
Jovan Villarta

 /jovan-villarta/




Lindsey Zhang

 /lindsey-z-011054173/



Zeineb Muhsen

 /zeineb-muhsen-4631b6165/

UPCOMING WEBINARS

August 11 - Impacts of COVID-19 & Brock

August 18 - General & McGill

August 25 - University Prep: Incoming High School Graduates & Waterloo/Laurier



THANK YOU!

We hope our webinar was helpful to you and we hope to see you next time! Don't hesitate to email us any of your questions to info.leap20@gmail.com or check us out at www.leapcanada.org.