

Welcome to LEAP Canada

Our "Academics 101 & University of Toronto" webinar will begin shortly!



Agenda



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Overview of LEAP	Academics 101 Panelists	Panel Discussion	Q / A Period
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2

Break	UofT Panelists	Panel Discussion	Q / A Period
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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

Academics 101 Panelist

Hodo Hussein

York University

Recent Grad Continuing Education & Psychology

- Primary Teacher, Oxford Learning
- GEFL Top 100 Leaders in Education 2020
- Aspiring Children's Author
- Love to write!



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Academics 101 Panelist

Mindy Lu

McMaster University

Recent Grad Honours Life Sciences

- Current Study Coordinator at the Uptown Eye Specialists
- Current Research Assistant in the Department of Pathology and Molecular Medicine at McMaster University
- Current Program Director and Workshop Coordinator at the Parsec Youth Network
- Loves to swim and read



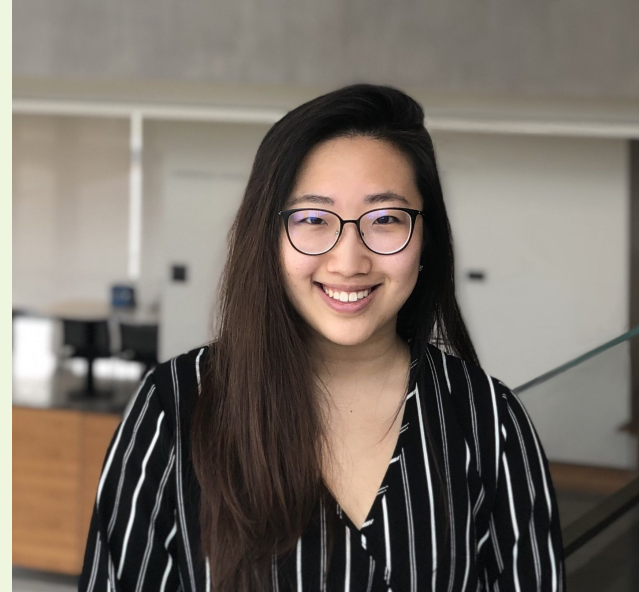
Academics 101 Panelist

Jingyan Li

Ivey Business School

4th year Honours Business Administration

- Current Strategy and Business Management Analyst at Ontario Teachers' Pension Plan, VP Logistics for Ivey Leaders' Forum, President of Western Taekwondo, Skate Canada Coach, and Western PennyDrops Lecturer
- Former Strategic Initiatives Analyst at RBC, and Marketing and Development Intern at Chaserz Ideas and Consultancy
- Loves painting, working out, and travelling



Academics 101 Panelist

Anson Chow

Western University

2nd year Medical Sciences

- Current intern at Richmond Hill Orthodontist
- Former assistant pharmacist at Shoppers Drug Mart and Food Basics
- Love to play sports, read, and travel



PANEL DISCUSSION

- Assessments
- Classes
- Course selection
- Time management and managing workload



Assessments

What kinds of assessments are there? How long are the assessments? How often are the assessments?

- (Mindy) Depends on the class! Typically one or two midterms, one final exam, a couple assignments/projects/labs
- (Hodo) The assessments vary towards the class you are planning to take
- Typically midterms and exams are around 2-3 hours

How do these assessments compare to high school?



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Assessments

How many days in advance should you start studying?

- (Mindy) Start least one week ahead of your exam as you're most likely studying for multiple exams at once
- (Hodo) Start the moment you receive your course review
 - ◆ It's a lot of material condensed in a limited amount of time; spread yourself out

How long should you be studying for an exam?

How do you study for all your exams given a tight timeline?



Assessments

Studying tips and strategies for exams? Online resources?

- (Mindy) Make a realistic study plan 2-3 weeks ahead of exams
- (Hodo) Take advantage of your syllabus! It helps to keep track of the topics and learning goals first before setting a time
- Well-known online resources: Chegg, Quizlet

How to deal with running out of time during an exam?



Classes

How do you take notes?

Note-taking tips and strategies?



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Classes

What is your process for properly learning the material from preparing for the class to writing the test?

- (Jingyan) This will vary from person to person
 - ◆ I like to swap notes with friends to ensure we haven't missed anything and study in groups
 - ◆ It's also helpful to re-listen to lectures if your professors post them!
- (Anson) I usually re-watch the lectures to see if I missed anything
 - ◆ On the side, I'll make a list of questions that I can ask my professor later on



Classes

What should you do to prepare for your lectures beforehand?

- (Jingyan) Do assigned readings and work beforehand.
 - ◆ If the professor posts a PowerPoint, make sure you have it downloaded to make note taking easier
- (Anson) Skim the slides and outcomes!

Classes vs tutorials?

Comparison between highschool and university classes?



Course Selection

Tips on how to make a good schedule? How many lectures / classes should you have in a day?

- (Anson) Ask upper year students in your major what their schedule looked like in first year
- (Hodo) Spread yourself out throughout the week
 - ◆ The material is dense and you need to take care of yourself first
 - ◆ 3-4 classes a day doesn't seem too bad, but it also depends on your program requirements

What did your typical day or week look like? Any regrets?



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Course Selection

What is your take on “bird courses?”



Time Management & Managing Workload

What are some apps / tips / strategies to stay organized?

- (Mindy) Notes app for simple daily plan-making and SelfControl app to limit social media usage during study periods.
- (Jingyan) I always put everything in Google Calendar
 - ◆ My program uses Canvas so I'm also able to sync my school calendar to ensure I don't miss anything

How to time manage?

How many hours should I spend on studying each day?



Time Management & Managing Workload

Common mistakes that students make with time management?

How to stay motivated and handle stress when it's overwhelming?



Time Management & Managing Workload

How to study productively and set realistic goals? How do you make use of small bits of time to study?

- (Mindy) Be honest to yourself about how much more work you need to do to master a course or subject (ignoring hard concepts won't help)
 - ◆ Use commute time to study OR rejuvenate/recover from the day.
- (Jingyan) I liked using Flora to set aside blocks of time to study without distractions, and taking small breaks in between
 - ◆ Understand what needs to be prioritized (pay attention to deadlines)



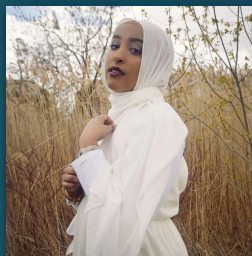


Q&A PERIOD

Feel free to ask any questions in the chat box!



CONTACT US



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Mindy Lu



Mindy Lu



Jingyan Li



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Anson Chow



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SET.Hacks()

is a fully-online, people-focused, 24-hour hackathon that brings people together to solve the world's biggest problems.

- **SET Hacks** is open to anyone enrolled in high school in the **2019 - 2020 academic year**
- Takes place on the weekend of **July 18th-19th!**

To sign up and get more information: sethacks.ca
Register on Devpost: set-hacks.devpost.com



QUICK BREAK

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

University of Toronto Panelist

Anjali Roy

UTSG

3rd Year Criminology & Political Science

Extra-curriculars

- Currently UofT Campus Ambassador
- Volunteer at Innocence Canada
- Former Events Coordinator for New College Student Council, UofT
- Upper Year Mentor - UofT
- Former intern at MP office

Interests/Passions

- Cooking
- Swimming
- Dancing
- Volleyball
- Iced coffee



University of Toronto Panelist

Sarojini Dharmaraj

UTM

3rd Year Double Major | Biology for Health Science and Psychology

Extra-curriculars

- Vice President of Events for the UTM STEM Fellowship Committee
- Swim/Emergency First Aid Instructor for the City of Brampton
- Veterinary Assistant (Past Summer Co-op)
- Red Cross Certified Beyond the Hurt Youth Facilitator

Interests/Passions

- Swimming
- Biking
- Cooking
- Playing ultimate frisbee
- Cleaning



University of Toronto Panelist

Vanessa Ip

UTSC

2nd year Psychological and Health Sciences

Extra-curriculars

- Research Assistant at UofT and at Factor-Inwentash Faculty of Social Work
- Editorial Designer at UTSC Journal of Natural Sciences
- Outreach & Research Manager and Brain Resource Creator at Simply Neuroscience
- Former Vice President of Media at Project 5K

Interests/Passions

- Photography
- Neat-freak
- Dog-lover
- Bubble tea
- DIY nails



University of Toronto Panelist

Hayden Cheung

UTSG

3rd year Rotman Commerce

Extra-curriculars

- Data Strategy and Analytics Intern, in the Global Office of CDO @TD Bank
- Co-Founder at Bridgespace
- VP of UNICEF UofT
- Research Assistant at Rotman School of Management

Interests/Passions

- Passionate about giving back to my community



Campuses

What is the campus life, culture and environment like at UofT & your specific campus?

- (Anjali) Overwhelming to begin with and takes warming up to
 - ◆ Campus life is what you make of it - finding your circle
- (Anjali and Hayden) Downtown - very fast pace, constantly on the move
- (Vanessa) Not as big as UTSG but there are still a ton of students, social life is not as active

How competitive is UofT?

Differences between UofT campuses?



Courses

Specific bird courses for first-years and notable professors?

- (Anjali) St George: AST 01, AS201 (Br5)
- (Sarojini) utmONE, RLG101 (Ken Derry), SOC100 (Nathan Innocente), ANT101 (Sherry Fukuzawa), BIO152 (Fiona Rawle), CHM110/120 (Judith Poe), AST101/201
- (Vanessa) ANTA02, EESA06, SOCA03, MGTA01/02
 - ◆ Steve Joordens, Kyle Danielson, Kathy Liddle, Michael Souza

Are breadth requirements recommended to be fulfilled during the first two years?



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ECs & Clubs

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



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Residence

What was your residence experience like at UofT?

What is the “college” system of residences?

Meal plan system?



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Residence

How was the transportation? Any recommendations for commuters?

- (Sarojini) U-Pass (for MiWay Transit), shuttle buses from UTM to UTSG/Sheridan, Brampton Transit
- (Anjali) Biking or walking is most convenient
 - ◆ Planning ahead of time (rush hour, delays, weather, traffic - exam time)
 - ◆ Commuting from Markham
- (Hayden) Commuted downtown from Richmond Hill in first year, then moved DT for 2nd year



Scholarships, Bursaries, Awards

What are some resources to find financial aid both externally and at UofT?

- (Sarojini) Award Explorer on ACORN and grants
- (Hayden) TD, New College, UofT





Q&A PERIOD

Feel free to ask any questions in the chat box!



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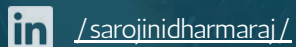
CONTACT US



Anjali Roy



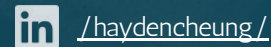
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THANK YOU!

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.

UPCOMING WEBINARS

July 21 - Debunking Misconceptions of University & UBC

July 28 - Work: Jobs, Internships, and Research Opportunities & Queen's

August 4 - Summer 2020 To-Dos & McMaster

August 11 - Impacts of COVID-19 & Brock

August 18 - General & McGill

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