

# HEALTH CARE HEROES

# UNLEASHED



orientation 2010



BEST EXPERIENCE • BEST EDUCATION



# welcome new students

## ORIENTATION 2010

Welcome to the beginning of your exciting career in health sciences!

During Orientation, you will have the opportunity to meet new...



... all of whom are here to support you in your academic endeavors.

Orientation at The Michener Institute is designed to help ease your transition into Michener's learning environment and acquaint you with the various services and programs Michener has to offer. It is also an excellent opportunity to have fun and build relationships with your fellow students and faculty.

It is strongly recommended that you attend all of the activities planned for Orientation. These events are designed to be both fun and informative, and they will greatly prepare you for life at Michener. It is important to note, however, that all first-year students must attend the mandatory events listed in this brochure.

Regardless of your past educational experience, or your familiarity with the Toronto area, Orientation events have been designed to appeal to a diverse range of interests. These events are only the first step in your journey towards becoming a Health Care Hero!

## CONTACTS



### **The Student Success Network**

Call: 416.596.3101 x3458  
 Toll Free: 1.800.387.9066 x3458  
 Fax: 416.596.3122  
 Email: [success@michener.ca](mailto:success@michener.ca)

### **Student Life and Recreation**

Call: 416.596.3141  
 Email: [rnielsen@michener.ca](mailto:rnielsen@michener.ca)

### **Student Council**

Email: [studentcouncil@michener.ca](mailto:studentcouncil@michener.ca)

### **Health Nurse**

Call: 416.596.3101 x3320  
 Toll Free: 1.800.387.9066 x3320  
 Email: [healthservices@michener.ca](mailto:healthservices@michener.ca)

### **Student Coordinator, Orientation**

Call: 416.596.3101 x3358  
 Email: [hbiernaski@michener.ca](mailto:hbiernaski@michener.ca)

### **Counseling Services**

Call: 416.596.3101 x3468  
 Toll Free: 1.800.387.9066 x3468  
 Email: [success@michener.ca](mailto:success@michener.ca)



# orientation week

## WEDNESDAY, SEPTEMBER 1<sup>st</sup>

### 8:45 AM -9:15 AM – Registration (MANDATORY)

Come to the gymnasium to pick up your Welcome Kit filled with Michener gear and student-friendly items. You can also pick up your student card if you haven't already done so.

### 9:30 AM -11:30 AM – Welcome Assembly (MANDATORY)

This event will take place in the auditorium. Meet the important faces at Michener and learn more about the services they offer.

### 11:30 AM -12:30 PM – Rendezvous with your Classmates

Learn some of the faces and names in your program as you play fun and imaginative icebreakers.

Diagnostic Cytology - RM 1308

Radiation Therapy - RM 1341

Respiratory Therapy – RM 601

Radiological Technology – RM 641

Medical Laboratory Science - RM 1125

Chiropody - RM 927

Genetics - RM 1306

Ultrasound - RM 701/703

Nuclear Medicine - RM 1325

### 12:30 PM -1:30 PM – BBQ

Enjoy a (free!) BBQ provided by our own Bistro 222. Food will served in the gymnasium and can be taken to enjoy on Michener's back patio!

### 1:45 PM -2:45 PM – Mentalist Haim Goldenberg

Come to the auditorium to watch a "supernatural" performance by Mr. Haim Goldenberg, star of the hit TV show *Goldmind*. Mr. Goldenberg is one of the world's top mentalists and a big supporter of education. Come out and enjoy the show!

### 3:00 PM -4:30 PM – Computer Seminar

Confused about your Michener electronic accounts? Come to room 1341 and learn everything you need to know about logging in, changing passwords, the LRC and more. You'll be an expert in no time!

## THURSDAY, SEPTEMBER 2<sup>nd</sup>

### 9:00 AM -10:00 AM – University of Toronto (U of T) Campus Tour \* For Medical Radiation Sciences Students ONLY\*

Meet in the Michener lobby at 8:45 AM before taking a tour of the U of T St. George Campus.

**10:15 AM -11:15 AM – U of T Meet & Greet (MANDATORY)****\* For Medical Radiation Sciences Students ONLY\***

Come back to the auditorium at The Michener Institute for a Meet & Greet with Dr. Leslie Nickell, the Associate Dean, Health Professions Student Affairs at the Faculty of Medicine, University of Toronto.

**11:30 AM -1:30 PM – Program Specific Orientation (MANDATORY)**

Meet your professors and learn more about your program (locations are the same classroom from Wednesday, September 1st, “Rendezvous with your Classmates”).

**1:30 PM -2:30 PM – Meet & Greet “I Wish I Knew Then What I Know Now”**

Stick around your designated classroom and meet upper year students and alumni from your program while enjoying a complimentary [pizza lunch](#). The students and alumni can answer questions about life at Michener and what it’s like to work in the field.

**2:45 PM -6:30 PM – The Ultimate Toronto (and Michener!) Scavenger Hunt**

Walk/Run/TTC around Michener and Toronto in teams taking pictures, answering trivia, and collecting objects in a competition to see which team racks up the most points! The winning team will be awarded a prize (in addition to bragging rights)! Bring comfortable footwear, a water bottle, and sunscreen/umbrella depending on the weather. Meet in the auditorium at 2:45 PM for a quick briefing session before the event begins!

**8:00 PM – The Second City Comedy Show**

Meet in the Michener lobby at 7:15 PM before we head to over to The Second City to enjoy a show by the world’s premier comedy troupe at the hugely discounted price of \$5! With companies in both Toronto and Chicago, The Second City is renowned for launching the careers of many famous comics. Alumni from the Toronto stage: Mike Myers, Dan Aykroyd, Catherine O’Hara and Colin Mochrie. Buy your ticket online or at the Help Desk during Orientation.

**FRIDAY, SEPTEMBER 3<sup>rd</sup>****10:00 AM -12:00 PM – Top 10 Tips For Michener’s Exams, Assignments & Keeping Your Sanity!**

Come to Schatz Hall to hear second and third year Michener students and support staff share their tips on:

- Strategies for Multiple Choice Exams
- Prioritizing “what” to Study
- Preparing for practical assessments
- Methods to increase memory retention



# orientation week

## **12:00 PM -2:00 PM – Lunch Date with Student Council**

Meet your Student Council members of 2010/2011 in the lobby of Michener at 12:00 PM. Come sample what neighbouring restaurants have to offer as you branch off with council members to sample local fare. (Each person pays their own way.)

## **12:00 PM -2:00 PM – International Student Update**

### **\*For International Students ONLY\***

Meet other international students and get answers to any questions you may have about life at Michener and health coverage. **Pizza lunch** will be provided. Room 1306.

## **2:00 PM -4:00 PM – Steam Whistle Brewery Tour**

Meet in the lobby at 2:00 PM where we will then head down to the brewery to enjoy a tour, sample Steam Whistle pilsner, and receive a souvenir tasting glass or retro bottle opener. Admission is \$10 (ID required). Reserve your spot online or at the Help Desk during Orientation.

## **2:00 PM Onwards – Let's Go To The EX!**

If you've never been to the Canadian National Exhibition (CNE), or even if you've been before, there is something waiting for you at The EX! Canada's largest annual fair has rides, games, lots of food, a casino, an animal building, music, exhibits, and much more! Buy your ticket online or purchase them at the Help Desk during Orientation. Tickets include admission to Ontario Place and are good for any day of the Labour Day weekend.

**Fun Pass - \$10** (regularly \$15) – Admission to grounds, shows and exhibits

**Magic Pass - \$31** (regularly \$48) – Admission to grounds, shows, exhibits and unlimited rides

*\*\*First come first serve for purchasing CNE tickets at the Orientation Help Desk\*\**

If you want to join our group on Friday, September 3rd, meet in the lobby at 2:00 PM. For more details on what is available at the CNE and to see a map of the CNE and surrounding area, go to [TheEx.com](http://TheEx.com).

## **Want to go to the Comedy Show, Brewery Tour, and the EX?**

Michener is offering you a deal on all three via the Orientation website!

**Fun Package Deal** - CNE Fun Pass, Comedy Show & Brewery Tour = **\$20**  
(regularly \$25)

**Magic Package Deal** - CNE Magic Pass, Comedy Show & Brewery Tour = **\$40**  
(regularly \$46)

*\*\*First come first serve for purchasing packages at the Orientation Help Desk\*\**

## TUESDAY, SEPTEMBER 7<sup>th</sup>



## WEDNESDAY, SEPTEMBER 8<sup>th</sup>

### 12:00 PM -2:00 PM (Common Time) – Club and Resource Fair

Come to the gymnasium to learn more about the clubs, societies, and resources available at Michener. Check out information on intramural sports, counselling services, the student health benefits plan, student council and other various committees.

## FRIDAY, SEPTEMBER 17<sup>th</sup>

### 7:30 PM -11:30 PM – Boat Cruise Party

Come start off the year with a bang at the Welcome (Back!) Boat Cruise! This event is open to all Michener students - new students and upper-years alike! Sponsored by Student Council, the Michener party is on the open water with a DJ, dance floor, cash bar (\$4 drinks), and a chicken dinner. Admission is ONLY \$10 for students (ID required) and \$15 for guests (maximum two guests). Act quickly and reserve your spot in advance online as this is going to be one sizzlin' night of fun! If there are any spots left Student Council will be selling them in the first two weeks of school. Meet other students in the front lobby of Michener at 6:45 PM or arrange alternate transportation to the location. The Aurora Borealis departs at 7:30 PM sharp, rain or shine, from Pier 27 at Yonge and Queen's Quay behind Captain John's restaurant.

**Taking the TTC?** Take the subway to Union station and walk south on Bay Street to 1 Queen's Quay West or jump on the streetcar to the Ferry Docks (first stop).

\*\*If you would like a vegetarian meal or have any food concerns, please contact the Orientation student coordinator at [orientation@michener.ca](mailto:orientation@michener.ca) well in advance, so that another menu option can be arranged for you\*\*



# student success network

The Student Success Network (SSN) is composed of the Dean of Students, Coach/Counsellor to Students, Health Nurse and Student Life & Recreation. The SSN is committed to helping students realize their full potential and to making *Best Experience, Best Education* a reality. The SSN offers a wide variety of services to aid students during their time at Michener.

## CHAT CAFÉ

The Chat Café is designed to support students for whom English is an additional language. Drop in and practice your conversation skills in a structured, but informal environment, facilitated by Christina Yurchuk, our Communications Consultant. The café is a great place to meet other students and practice your communication skills while exploring current issues in health care. To check out the schedule, go to <http://my.michener.ca/about/ss/chat.php>.

## ROUNDS

Did you know that communication skills often make the difference in getting a job in health care? Come to Michener's new Rounds where we offer a variety of communication sessions, as well as academic and career enhancement skills. Rounds are suited to all students, including those who aspire to management positions in health care and want advanced communication credentials for their resume. Check out SSN's posters and webpage for more details: <http://my.michener.ca/about/ss/workshops.php>.

## COACHING AND COUNSELLING SERVICES

Michener provides confidential, free and professional coaching and counselling services for students undergoing academic or personal challenges. The Coaching and Counselling office is located in room 522. Please phone 416-596-3101 extension 3468 or email [ddavis@michener.ca](mailto:ddavis@michener.ca) to set up a meeting time. Appointments must be made in advance.

## INTRAMURALS/FITNESS CLASSES

Intramurals are a great way to have fun and keep healthy. Sign-up for a wide range of sports including indoor soccer, volleyball, floor hockey and basketball. Dodgeball tournaments and various fitness classes are also offered throughout the year. Information will be sent via GroupWise email, so stay tuned.

## WALK SAFE

Two companions, a male and a female, will walk you between Michener and your residence/apartment, parking garage or transit stop, within the borders of College to Queen and Spadina to Jarvis. This service is designed to provide a safe escort to and from your destination. It will operate Monday to Thursday between 7:00 PM and 10:00 PM starting in mid-September and is located in the lobby.

## PEER TUTORING

Students may self-refer or may be recommended by faculty for peer tutoring services. In either case, students will meet with a representative from the SSN to be paired with a suitable tutor. To read more about this service or to apply to become a student peer tutor, check out <http://my.michener.ca/about/ss/services.php>.

## EMPLOYMENT OPPORTUNITIES

During the semester, student employment opportunities are sent via GroupWise email, so be sure to check it frequently.

## MY.MICHENER.CA

Log onto [my.michener.ca](http://my.michener.ca) to access the various discussion boards available. Topics for forums include General Announcements, For Sale/Rent, Health and Education News, Interprofessional Education and Textbook Exchange. With Textbook Exchange, students can request, buy and/or sell textbooks online.

## SCHOLARSHIPS AND BURSARIES

Each year, some scholarships are not awarded because of lack of applications. Be proactive and apply for a scholarship! See [http://www.michener.ca/financial\\_assistance/scholarships.php](http://www.michener.ca/financial_assistance/scholarships.php) for a full listing of scholarships and bursaries.

## QUESTIONS?

If you have questions or would like more information on services provided by the Student Success Network please email [success@michener.ca](mailto:success@michener.ca).



# what else you need to know

## WHAT TO BRING TO ORIENTATION

Please dress in comfortable clothing and wear shoes suitable for walking. Dress in layers for hot, cold or rainy weather. Bring your Michener ID, TTC fare, snacks and spending money. Also carry photo ID (age of majority) and a lock to store your Orientation Kit and books in your locker.

## WANT TO KNOW MORE?

For more information about Michener, please go to <http://www.michener.ca>.

## HOW TO GET TO MICHENER

### VIA TTC

Take the subway to St. Patrick station on the University line. Walk west on Dundas St. (towards The Grange). St. Patrick Street is the second street on the right, directly across from Village by the Grange.

### BY CAR

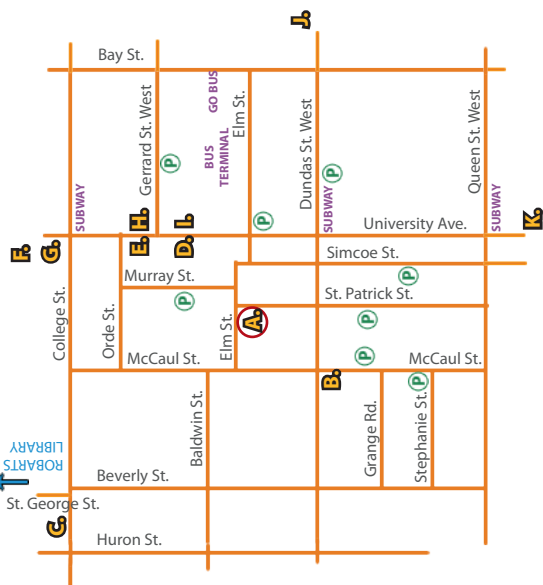
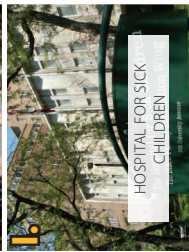
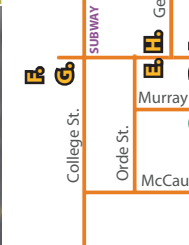
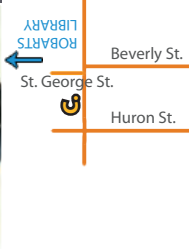
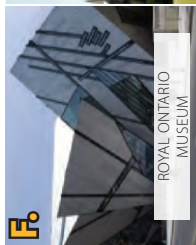
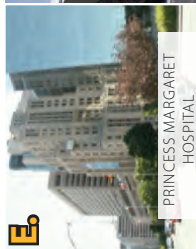
**From the west end of Toronto:** Take the QEW. The QEW becomes the Gardiner Expressway. Exit at Spadina. Turn left on Spadina Ave. Turn right on Dundas St. West. Turn left on McCaul St. Turn right on Elm St. Turn right on St. Patrick Street. Arrive at 222 St. Patrick Street.

**From the east end of Toronto:** Take the Don Valley Parkway south. Take the Bayview Avenue/Bloor St. exit. Head left on Castle Frank Rd. Turn right on Bloor St. East. Turn left on University Ave. Turn right on Elm St. Turn left on St. Patrick Street. Arrive at 222 St. Patrick Street.

**Please Note:** Parking is not available at The Michener Institute; however, the area directly in front of the building can be used as a drop-off for students. Public parking can be found at various locations, some of which are indicated on the map on page 10.



Map of Michener and the surrounding area





The Michener Institute for Applied Health Sciences  
222 St. Patrick Street  
Toronto, Ontario, Canada M5T 1V4

t. 416.596.3101  
f. 416.596.3180  
e. [info@michener.ca](mailto:info@michener.ca)

[my.michener.ca](http://my.michener.ca) • [www.michener.ca](http://www.michener.ca)