



# WE ARE FIRST YEAR EXPERIENCE

## February 2014



Senior PeerMentor Humber  
North



@HumberNorthFYE



fyehumbnorth@humber.ca



Humber.ca/first-year-experience

Win an iPad or digital camera, &  
other cool prizes just for attending!  
Receive an entry into the  
**FYE RAFFLE DRAW** for each  
session /event that you attend.

Sessions are **FREE & 50 minutes** in  
length. Snacks are provided.  
For more information, contact:  
**fyehumbnorth@humber.ca** or  
visit **H217 North**

| Mon   | Tue  | Wed                                     | Thu  | Fri   |
|---|--|---|--|---|
|   |  |   |  |  |
| 3<br>Become a Smarty<br>Pants<br>E321 @10:50AM        | 4<br>Tuition Talk<br>D212 @ 1:35PM                             | 5<br>FYE Drop-in<br>E324 @ 11:45AM      | 6<br>Become a Smarty<br>Pants<br>D207 @ 2:30PM | 7<br>FYE Drop-in<br>D207 @ 12:40PM  |
| 10<br>How to be an<br>English Major<br>E321 @ 10:50AM | 11<br>The Price is Right<br>Budgeting Session<br>D212 @ 1:35PM | 12<br>Tuition Talk<br>E324 @ 11:45AM    | 13<br>Quit Stressin'!<br>D207 @ 2:30PM         | 14<br>1 Billion Rising<br>12PM–3PM<br>Community Room<br>NX111                       |
| <b>ALTERNATIVE SPRING BREAK / READING WEEK</b>        |  |   |  |   |
| 17  | 18   | 19                                      | 20   | 21  |
| 24<br>FYE Drop-in<br>E321 @ 10:50AM                   | 25<br>Keep it Drama<br>Free!<br>D212 @ 1:35PM                  | 26<br>Quit Stressin'!<br>E324 @ 11:45AM | 27<br>Keep it Drama<br>Free!<br>D207 @ 2:30PM  | 28<br>Around the World<br>12PM–2PM<br>President's Boardroom                         |

# FYE SESSION DESCRIPTIONS

|  |  |   |   |
|--|--|---|---|
| <p><b>Hi, my name is Humber!</b></p> <p>Come join us as we share more about Humber's valuable services and share some more about the hidden gems on campus!</p>  | <p><b>Beat the Clock!</b></p> <p>Put your time management skills to the test! Learn more about how to keep track of your time effectively.</p>  | <p><b>Making the Most of Your College Experience</b></p> <p>Take advantage of everything Humber offers, such as where to find out about cool events, on-campus jobs, volunteer opportunities, &amp; more!</p>   | <p><b>Concentration, Are You Ready?</b></p> <p>Find yourself asking, "what was that thing I had to do again...?" more frequently than you would like? Let us test out your memory and share some strategies at the same time!</p>                   |
| <p><b>FYE Drop-in Session</b></p> <p>Come hang out with us...movies, board games...just a whole lot of fun!</p>   | <p><b>The Price is Right!</b></p> <p>Skimp out on that Starbucks coffee and watch your bank account grow! If you need tips to budget your money, then come out to this session!</p>  | <p><b>How to be an English major in 50 minutes</b></p> <p>Don't stress another research paper again! Proper essay style and formatting are discussed during this session.</p>  | <p><b>Ways around Spinach and Sprouts</b></p> <p>Let's talk about healthy eating, but with taste! Being a student on the go sometimes make for a sloppy diet. Get some tips on how to make small changes that can lead to big results!</p>          |
| <p><b>Not your typical parent talk</b></p> <p>In this session we talk about texting and driving, drinking and driving, among other compromising situations we may find ourselves in and discuss ways to stay safe and avoid peer pressure.</p> | <p><b>Become a Smarty Pants</b></p> <p>We all dread the exam crunch, but let us help you through it!</p>                                      | <p><b>Are you Glossophobic?</b></p> <p>So you have a phobia of public speaking? So do many others! We will share strategies how to over come it.</p>  | <p><b>Tuition Talk</b></p> <p>Did you know there are many bursaries and scholarships you can apply for to help cover the cost of school? We will go over all the resources you can take advantage of...afterall, who doesn't want free money? 💰</p> |
| <p><b>Winfrey, Mandela, DeGeneres, Barack?</b></p> <p>Sometimes we all just need a little pick-me-up...leave this session feeling inspired!</p>  | <p><b>It's Not What You Know, It's Who You Know</b></p> <p>Who you know is sometimes the trick to opening the right doors. Learn how to effectively network to make those important connections!</p>                             | <p><b>Keep it Drama Free!</b></p> <p>Don't let your relationships/friendships get in the way of your academic success. Learn how to draw the line and keep it drama free!</p>   | <p><b>Quit Stressin'!</b></p> <p>Come out and take a break from your hectic routine and chill out with us :)</p>  |