



Lakehead
UNIVERSITY

FALL ORIENTATION 2020

WELCOME LAKEHEAD STUDENTS

LAKEHEAD UNIVERSITY WELCOME NEWSLETTER

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LETTER FROM THE EDITOR

Written by Julianna Cronk, Student Engagement Coordinator, SSC

Greetings, Boozhou, Bienvenue!

This is the first edition of the Welcome Newsletter and we hope you enjoy it! Inside you will discover some stories by current students about getting the best university experience possible. Be sure to check out the Online Learning Tips and see if you can complete Wolfie's Crossword! Our sponsors have some cool opportunities for you!

If you're looking to get involved in campus activities we've got suggestions for you. Let us know how you feel about this issue by emailing studentlife.ssc@lakeheadu.ca. We hope you have fun at Orientation and feel ready to conquer this new adventure!

LAND ACKNOWLEDGEMENT

Lakehead University respectfully acknowledges its campuses are located on the traditional lands of Fort William First Nation, Signatory to the Robinson Superior Treaty of 1850 and the Ojibwe, Odawa, and Pottawatomi nations, collectively known as the Three Fires Confederacy.

Annishinabe culture is a part of your new learning environment. Indigenous Initiatives in Orillia, and Indigenous Student Services Centre in Thunder Bay aim to provide support services to Indigenous Students and welcome all people who wish to learn more about Indigenous culture, traditions, and teachings.

Take in the exhibit "Waabooz/Rabbit" and how stories of rabbits have been expressed through art and craft at the Thunder Bay Art Gallery. In Orillia, spend an afternoon visiting Black River Wilderness Park.

ORIENTATION 2020 SCHEDULE OF EVENTS

Check out the orientation website for a detailed schedule:

WWW.ORIENTATION.LAKEHEADU.CA



Thunderwolves Howl 2020 #LakeheadAdventure



MAKE CONNECTIONS, MOVE YOUR BODY

Written by Taylor O'Brien, 3rd year Concurrent Education student

As university students, we can be more fixated on academics rather than our social lives. We go to class, study, do assignments and exams, eat, and sleep when we can. While focusing so much on getting good grades, we sometimes forget that university is more than just school. Balancing school and social life is critical, and I found many ways to get involved with Lakehead and make my university years memorable. Here are some of the ways you can get involved when you start school in September to make your time at Lakehead exceptional.

Orillia Clubs

To find the clubs that are available to you, take a look at the **Orillia Clubs Directory** on the **Lakehead University Student Union (LUSU)** website. There are some great clubs offered, but if you still don't find one that interests you, it only takes five people to start a club of your own. Have fun exercising by joining the Rock Climbing Club. Enjoy sharing and experiencing new cultures with the Lakehead University Multicultural Association. Help promote the importance of mental health by being a part of the Mental Health Outreach Team. These are just a few of the opportunities that the Lakehead Orillia clubs have for you!



Thunder Bay Clubs

Lakehead Thunder Bay offers a wide variety of clubs and societies. With over 60 clubs on campus, you're sure to find something that sparks your interest and allows you to make new friends who enjoy the same hobbies. For a full list of clubs and societies at Lakehead, visit: lusu.ca/clubs.

Athletics

It's no surprise that Lakehead is known for their sports. If you're looking to join a sport, Lakehead offers many club and intramural sports that you can join, from soccer to volleyball to alpine skiing. Lakehead is finding innovative ways to keep you fit and enjoy sports. Throughout the summer, Lakehead has been offering online fitness programs on their Instagram and Facebook to get you moving. As well, Campus Rec is hosting online intramurals using different gaming programs, such as FIFA 20, NBA 2k20, and Rocket League. All of the information about Lakehead's athletics and updates about when the fitness facilities will reopen can be found at thunderwolves.ca. For information about club and intramural sports, take a look at thunderwolves.ca/campus-rec.

Remember

Getting involved and putting yourself out there in a new environment can be nerve-wracking. Adjusting to university life, doing new activities and meeting new people can seem scary and intimidating. The good thing is that everyone feels or felt the same way as you do when starting university. Know that there are so many people, whether in clubs, sports, or your classes, who support you and will help get you through your first year. Your next few years at Lakehead will fly by, so don't forget to enjoy university, make tons of memories, and make your Lakehead experience unforgettable!



10 ONLINE LEARNING TIPS

Written by Sarah Lutes, 3rd year Applied Life Sciences Student

1) BE ORGANIZED

Make a study plan and follow it! Track deadlines by putting them into a calendar, and stay up to date with class announcements by checking the course site daily.

2) BE DISCIPLINED

Show up for your Zoom lectures and stay on top of your workload. Put your phone away while you work. Take short breaks when you need them - but don't let your workday become a break-day!

3) DEVELOP A ROUTINE AND GOOD HABITS

Get up at a reasonable time every day, eat healthily, get proper sleep (no all-nighters!), and go outside for fresh air and exercise. To avoid eye-strain from staring at a screen, look at an object 20 feet away for 20 seconds every 20 minutes.

4) SET UP A DEDICATED STUDY SPACE

Make sure you have good internet and no distractions! Keep healthy snacks, water, headphones, and study materials within reach to avoid leaving your desk too often.

5) BE PREPARED FOR CLASS

Before your class starts, learn how to navigate whichever system your online class requires you to use (for example, Zoom, or mycourselink). Read the course syllabus and buy the textbooks.

6) BE SELF-AWARE

Learn your study habits. Study when you know you will be most focused. Decide if background music works for you. Experiment with mellow beats, movie soundtracks, or some feel-good tunes.

7) BE COURTEOUS ONLINE

Remember that your online classmates and professors are real people! Use "netiquette" in discussion boards and emails. On Zoom, stay muted while others are talking so your background noise doesn't distract anyone.

8) BE AN ACTIVE LEARNER

Stay engaged during video lectures by taking notes and quizzing yourself. Form study groups with your classmates. Ask questions! Check the academic support zone for writing help and peer tutoring.

9) HAVE INTEGRITY

Don't put yourself in a position where cheating on an online exam seems like the best option. Some tests may be open-book and some will be closed-book. Stick to your professor's rules to avoid any trouble.

10) REWARD YOURSELF FOR YOUR HARD WORK!

Give yourself something to look forward to that will motivate you to get your work done. After you've finished an assignment or written an exam, reward yourself with your favourite food or a fun activity.





RECIPE: BEAN & SQUASH ENCHILADAS

Written by Julianna Cronk, Student Engagement Coordinator, SSC

This dish makes at least 6 meals out of it, so it is great for meal prepping! It is vegan and can be made gluten free. It is my 'go-to' because it is easy to make and full of flavour!

Ingredients

- 1 can beans, drained (I like black or kidney beans)
- 1 squash: peeled, seeds removed, chopped into half inch pieces (I like butternut or kabocha squash)
- 1 package tortillas (I like PC Blue Menu Whole Grain Tortillas)
- 4 tbsp oil
- Salt and pepper
- 1 tsp cumin
- 1 jar or can of enchilada sauce (16 oz)

Method

- 1) Preheat oven to 350 Fahrenheit.
- 2) Spread the squash pieces on a cookies sheet and pour 2 tbsp of oil over top, sprinkle with salt, pepper and cumin, then mix it up with your hands so the squash is coated with the oil.
- 3) Bake in the oven for 30 minutes, until you can poke the squash with a fork and it goes in easily.

4) In a mixing bowl, combine the baked squash, drained beans and 1/2 cup of enchilada sauce, mix so the beans and squash are coated in the sauce, set aside.

5) In a casserole dish, pour 1/4 of enchilada sauce in the bottom and spread with a spoon so it covers the bottom of the dish.

6) Roll the enchiladas. Put 2 big spoonfuls of bean and squash mixture on a tortilla and roll it up. Place the tortilla in the casserole dish. Repeat until you have no more tortillas, mixture, or room in your dish left.

7) Pour the rest of the enchilada sauce down the centre of the rolled enchiladas. Brush the exposed tortillas with the remaining oil.

8) Bake in the oven for 30 minutes, until the tortillas are brown and crispy.

9) Let it cool down 15 minutes before eating.

LAKEHEAD CLASSIFIED ADS

VOLUNTEER

Looking to volunteer? The Food Bank is always a good choice!

Feeling overwhelmed? Stressed out? Talk with a counselor at Student Health and Wellness

The Academic Support Zone wants you!... to brush up on your writing skills.

LEGAL ADVICE

Need some legal help? Community Legal Services at the Bora Laskin School of Law is there for you.

POLITICS

Interested in politics? Start your career by getting involved with LUSU!

The Gender Equity Centre is a safe place to discover your identity- reach out!

newgoldTM Rainy River



New Gold Rainy River History

New Gold is an intermediate gold mining company with a strong focus in North America. Rainy River commenced processing ore on September 14, 2017 and completed its first gold pour on October 5, 2017. Commercial production followed on October 19, 2017.

Rainy River District

The District, stretching along the Canada/US border on Hwy. 11, is the ideal place to live, work or start your own business. The District offers all the amenities desired for a comfortable living. The warm and friendly people live a relaxed and satisfying lifestyle with superb natural treasures and exciting outdoor activities, coupled with great entertainment.

<https://fortfrances.ca/experience/tourist-information-0>

Contact us

Address: 5967 Highway 11/71, PO Box 5,
Emo Ontario POW 1E0
Telephone: 807-482-0900

Email: RainyriverHR@newgold.com

Our Values

Integrity: Do the right thing. Be honest, trustworthy and ethical.

Commitment: Deliver on our promises. Be accountable and take ownership.

Creativity: Lead with innovation. Strive for continuous improvement.

People & Communities: Committed to personal development. Engage in continuous learning.

Teamwork: Leverage our collective skills. We get things done better as a team.



Community

New Gold is committed to working closely with communities to make a positive contribution to the community and regions in which we live and work. We recognize that our growth and success depend on the long-term economic, social and environmental sustainability of each of the communities in which we operate.

Do our values speak to you and correspond with how you envision yourself?

Are you an individual who has excellent safety awareness?

Look to join New Gold today and help us build a safe and dynamic workplace.

Apply at:
<https://www.newgold.com>





LAKEHEAD LEADERSHIP

Written By Gurprince Attlas, 4th year Psychology student

My participation in the Lakehead University Student Ambassador program has been essential in honing my leadership skills. The most essential skill that I have developed is the ability to communicate effectively with a target audience. In my case, an orientation group. I have reinforced the importance of strong communication skills in being able to answer most of their questions, and being there for students when they need guidance so they don't feel any confusion.

An Orientation Leader has many responsibilities during orientation. One of the main goals as an Orientation Leader is to encourage new students to participate in activities, which will help them to form connections and relationships with each other.

Another responsibility is being prepared for the upcoming events and answer questions from students about them. It is essential because, as a leader, I need to know all the events that are taking place and the events which will be useful to students in the future, such as grocery runs. The most significant responsibility would be to convey a sense of belonging at Lakehead University.

Lastly, the Lakehead University Student Ambassador program helped me differentiate between the appropriate time to be a team player versus a leader.

By training to fulfill these responsibilities, many students at Lakehead University, including me, were able to learn and develop new skills through the leadership program.



Chartered Professional Accountants (CPAs) are business leaders, strategic thinkers, trusted advisers and financial experts. A CPA designation provides you with a toolkit of skills and knowledge that are in high demand by top organizations across every sector. As one of the most respected accounting designations in the world, becoming a CPA is your key to a prosperous and fulfilling career.

Talk to your Campus Recruiter, Gloria Annable to learn about your path to a CPA Designation. E-mail Glo at gannable@cpaontario.ca.

START BUILDING YOUR NETWORK TODAY - JOIN PSAP

Be ready for tomorrow with the CPA designation.

Join CPA Ontario's Post-Secondary Ambassador Program to build your resume with exclusive access to networking, conferences, resources and more.

- Conferences and Competitions
- Networking and Professional Development
- Mentorship
- CPA Ontario Job Board
- Support and Resources



Join PSAP and get entered into a draw to win a \$50 Amazon Gift Card.

Join now at cpaontario.ca/PSAP



ACADEMIC HOROSCOPES

ARIES (March 21- April 20) ♈

You are excited to meet new challenges. You are a natural leader and will use your positivity to guide yourself (and others) to reach full potential despite barriers and changing landscapes.

TAURUS (April 21- May 21) ♉

You have determined that you need to succeed. Your determined (and stubborn) nature will serve you well in this academic year. When in doubt, trust your logical side.

GEMINI (May 22- June 21) ♊

You know how to fit in with any situation. Your duality and ability to adapt will enable you to excel. Use your words in written communication carefully, review the 7 C's of communication.

CANCER (June 22- July 23) ♋

You feel deeply and may struggle with your sensitivity. Remember that this is a gift. Trust your intuition and start building your resilience.

LEO (July 24- Aug 23) ♌

You create easily with your zest for life. Your inherent stability and loyalty will serve you well. Be cautious with your exuberance, so your passion is not viewed as arrogance.

VIRGO (Aug 24- Sept 23) ♍

You analyze well and your observational skills are unrivaled. Be cautious against becoming overly perfectionist and give yourself a break. It's better to hand something in than nothing.

LIBRA (Sept 24- Oct 23) ♎

You relate to others easily. Understand that you crave balance and use that to your advantage when possible. Do not waste energy playing the peace-maker. Practice recognizing and setting boundaries.

SCORPIO (Oct 24- Nov 22) ♏

You desire success and are not afraid to pursue it. Use this bravery, but also be honest with your friends and family about what you want.

SAGITTARIUS (Nov 23- Dec 21) ♐

You understand people and forge friendships easily. Ensure you carry your openness and energy equally in your education and personal life.

CAPRICORN (Dec 22- Jan 20) ♑

You utilize your practicality in all areas. Remember to have fun and that success does not require you to always be serious. Keep your family (traditional and chosen) close.

AQUARIUS (Jan 21- Feb 19) ♒

You change easily from enthusiastic to bored. Ensure that you keep yourself stimulated for best results in this upcoming year. Join a club to get this balance!

PISCES (Feb 20- Mar 20) ♓

You believe in people the most out of all the signs. Your imagination and creativity will be of benefit to yourself and others. Be selective about where you place your trust.

tbaytel

As a locally owned and operated company, Tbaytel takes care of our neighbourhood. We are committed to providing high-quality telecommunications solutions for customers across northern Ontario, and to investing in the people and organizations dedicated to making our communities better and brighter for everyone.

It's clear that Lakehead University shares with us a desire to enrich the lives of their students and their neighbours in our community, and through our partnership, we work together to make our shared home the best it can be.

Tbaytel's partnership with the University allows students to thrive on their journey through higher education, no matter what their individual path looks like. We support the Lakehead University Athletics Department, helping to create an environment in which student-athletes can achieve the highest level of both athletic and academic success. Our awards and bursaries also recognize students who are involved in making their communities better places for everyone, and support those pursuing science, business and engineering degrees.

Whether you are new to northern Ontario, or have lived here all your life, we know you all have unique contributions to make to our collective communities, and we are happy to help welcome you to Lakehead University.

Visit tbaytel.net to find out more about Tbaytel, our products and services, and how we give back to the community. We also offer career opportunities for students, which can be found at tbaytel.net/careers. You can also find us on Facebook, Instagram and Twitter @tbaytel.

WOLFIE'S CROSSWORD



ACROSS

- 2) If you need help writing a resume, you should make an appointment at the _____ Zone.
- 3) Orillia campus is beside the 'Ouentironk', which means 'Beautiful Water in Huron'.
- 5) Your course _____ has information like due dates, readings and your professors contact information.
- 6) A lot of biology and chemistry labs happen in the _____ building in Thunder Bay.
- 8) As a student at Lakehead University, you might be called a _____.
- 9) As a part of LUSU, you are a member of the Canadian _____ of Students.
- 10) The 'T' in ATAC stands for _____.
- 12) An accessible part of the Trans _____ Trail goes through the city of Orillia.
- 15) The _____ Patterson Library is the main library on the Thunder Bay campus.
- 17) Academic _____ means citing your sources and being respectful within academia.
- 18) In Orillia, it's fun to stay at the _____.
- 19) In Thunder Bay, the People's _____ Lunch is provided by the LUSU Food Bank.

DOWN

- 1) Moira _____ is the President of Lakehead University.
- 4) This river runs through the Thunder Bay campus and is beside 12 down.
- 6) The Ojibwe, Odawa and Pottawatomi nations are collectively known as the Three Fires _____.
- 7) @Lakehead_____ is our social, follow us!
- 11) The residence building in Thunder Bay is called _____.
- 13) At Student Health and _____ you can meet with doctors and counsellors.
- 14) Thunder Bay Campus is a guest on the traditional lands of Fort _____ First Nation.
- 16) _____ is the traditional, Ojibwe name for Sleeping Giant.

