

Sessions

S1 WELCOME

Hello, bonjour, and welcome to Jump Start! Be sure to arrive on time so you don't miss our welcome ceremony. We will have guests from across campus to welcome you to the Okanagan and to set some expectations for the fun week ahead!

S2 MEET YOUR TEAM

Get to know your Jump Start group and team leaders through fun, interactive ice breakers.

S3 BEYOND THE CLASSROOM - READY, SET, GOALS!

Let's think beyond the classroom. Discover how you can gain the skills to pave your way towards your professional goals and be part of the community. Join the team from International Programs & Services (IPS) and Career Advising as we explore career-focused programming & activities, intercultural programming, as well as showcasing a myriad of ways to get involved and connected to the broader community.

S4 FACULTY FOUNDATIONS

How much time does it take to do homework? How do I talk to my professors? When do I need to get help? This faculty-led session will clarify how academic expectations differ from high school to university.

S5 YOUR HEALTH AND WELLNESS

Hear from the experts at our Health and Wellness clinic on campus. They'll be acting out real-life scenarios that you may experience during your time at University and providing tips for taking care of yourself.

S6 WRITING, RESEARCH, & HOW TO USE THE LIBRARY

When you hear the word library, what comes to mind? At UBCO, our library is so much more than just a place to find books. This session will teach you about the Library as well as our Writing and Research Centre and how they can help you throughout your degree.

S7 CAN I KISS YOU?

In this session we will explore navigating relationships. This includes roles in relationships, mutual respect and boundaries in relationships, as well as consent. This session is run by the Sexual Violence Prevention and Response Office.

S8 YOUR SPACE AND PLACE IN THE OKANAGAN

Arriving in a new environment can leave you feeling confused and out of the loop. This session will explore how to navigate new places and out new friendships as you discover the Okanagan. This session will be facilitated by International Programs and Services as well as the Equity and Inclusion Office.

NOTE: The meeting location for all meals, activities, sessions, and off-campus trips will be in or near University Centre (UNC) unless specified otherwise.

S9 FACULTY RELATIONSHIPS

Be proactive, get organized and build your university community. Come to this interactive faculty panel and have your burning questions answered. You will be able to get answers directly from professors. You will also hear their journey through university and how they got to where they are today.

S10 YOUR INTERNATIONAL STUDENT EXPERIENCE

This session will cover all the essentials including health care coverage (MSP/Med), immigration documentation, advising related to your study permit, working on or off campus, and more.

S11 WELLNESS WEDNESDAY

Wellness is a major influence on your academic performance. Come hear from faculty members about how to reduce stress and stay healthy while maintaining your academics. These two faculty members are experts in this area and have tips and stories to share.

S12 UBC EXPERIENCE

No matter where you came from, we want to make sure you can identify campus resources and discover opportunities for development and recreation, both on and off campus. Find out where to find volunteer/job positions, and how to get involved on campus and in the community. Delivered by the Student Experience Office.

JUMP START

August 26-30, 2019



JUMP START



- WI-FI NAME** ubcsecure
- USERNAME** Your CWL Login Name
- PASSWORD** Your CWL Password

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F4 KARAOKE NIGHT

Let's finish off the evening with some fun! Join us for some good old fashioned karaoke singing. You don't need to be a great singer to have a good time.

F5 WRAP-UP BBQ

The wrap-up BBQ is another Jump Start tradition. Enjoy this BBQ as a way to wrap up the week with new friends.

F6 B.A.R.K

B.A.R.K (Building Academic Retention through K9s), is a dog therapy program run by UBC Okanagan professor, John-Tyler Binfet. The purpose of the program is to support the social and emotional well-being of university students. Dr. Binfet will explain how to access the program and how you can benefit from B.A.R.K. Capacity is limited, so seating will be first come, first served.



UBC 101
Have some free time? Use it to complete UBC 101! All you need to do is log in to canvas.ubc.ca. All new students are automatically enrolled, and the library computers are free to use for all students.

S13 ACADEMIC SUCCESS WORKSHOPS
In these sessions you'll hear from Academic Advising, the Learn Smart program, and our Career Advisor to set you up for academic success. These sessions will help you acquire the skills necessary to not only survive, but to excel in your first year of studies at UBC. They will discuss study skills, academic resources on campus, and how to plan your degree for your future goals.

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JUMP START



2019 SCHEDULE AUGUST 24 - AUGUST 30

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Activities

A1 SHOPPING TRIPS

We want to make sure you have the chance to get everything you need when you get here, so we will have a Walmart shuttle running from 4-8 p.m. during Arrivals Weekend. On Monday night you'll also get an opportunity to learn about the city bus system, and can travel to Walmart again for anything you might have forgotten.

A2 COLLEGIA HANGOUT

The Collegia spaces are a great place to unwind and chill with friends. We'll provide board games, snacks, and more. The Collegia (UNC 336) will be open from 4-8 p.m. during Arrivals Weekend, and after 7 p.m. on Monday and Tuesday.

A3 CAMPUS TOURS

Feeling lost on campus? Meet us for your campus tour! Led by UBC Okanagan students, you'll receive an in-depth tour of the campus and all of the services UBC provides.

A4 BOOKSTORE

The bookstore will be holding a special event for Jump Start students during Arrivals Weekend where they'll be offering a 20% discount on merchandise (excluding textbooks).

A5 MOVIE NIGHT

Join us for an evening movie in our new lecture theatre on campus.

A6 EARLY BIRD NATURE WALK

Take an early morning stroll through the nature trails behind campus! Meet outside the Cassiar Residence building (the tallest point on campus) beside Parking Lot R. We will be heading into the forest trails from there.

A7 CAMPFIRE

Let's gather 'round the campfire and sing our campfire song. There will be snacks, good laughs and—of course—loads of singing! Bring your guitars or other instruments and sing the night away.

A8 EARLY BIRD YOGA

Rise and shine for a relaxing, scenic yoga session. Start your day off right! Bring your own mat. If you don't have one, don't worry—you can use a towel, or nothing at all.



24 SATURDAY	25 SUNDAY	26 MONDAY	27 TUESDAY	28 WEDNESDAY	29 THURSDAY	30 FRIDAY		
ARRIVALS & CHECK-IN: All day Saturday & Sunday								
A1, A2 & A3	A1, A2, A3 & A4	8 am Breakfast	8 am Breakfast	8 am Breakfast	7:30 am A6	7:30 am Breakfast	7:30 am A8	
		Head to the Gym	Team Time	Team Time	Board the Buses		8 am Breakfast	
		9:30 am S1 Welcome	9:30 am F1, S5, S6, S7, S8	9:30 am F1, S5, S6, S7, S8	9:30 am F2	Team Time	9:30 am S13	
		11:30 am S2						
		12:30 pm Lunch	12:30 pm Lunch	12:30 pm Lunch			12:30 pm F5	
				2:30 pm S3 & S4	2:30 pm S9 & S10	2:30 pm S11 & S12		2 pm F6
				4:30 pm Team Time	4:30 pm Team Time	4:30 pm Team Time	Get Ready for the Gala	Explore the campus & the city of Kelowna with friends
				5:30 pm Dinner - Food Trucks	5:30 pm Dinner	5:30 pm Dinner - Food Trucks	6 pm F3 Gala Dinner	
				7:30 pm A1 & A2	7:30 pm A2 & A5	7:30 pm A2 & A7	7:30 pm F4	