# CMCC O-Week Class of 2025

STUDENTS' COUNCIL
Canadian Memorial Chiropractic College

CMCC
Canadian Memorial Chiropractic College

**NEW STUDENT Virtual Orientation Week Schedule August 23-27, 2021**
***Sessions in black are mandatory; sessions in blue are voluntary Students' Council (SC) events**

## MONDAY, AUGUST 23, 2021

| TIME AND SESSION NAME | SESSION SPEAKERS/FACILITATORS | SESSION DETAILS |
|---|---|---|
| **9:45 a.m. – 10:00 a.m.**<br>WELCOME CLASS OF 2025!<br><br>Zoom link for all morning sessions | Jennifer O'Neill, Vice President, Students' Council (SC), Intern Brianna Jarvin, President, Students Council & Kim Kelly, Director, Student Affairs | Welcome remarks and warm up! |
| **10:00 a.m. – 10:50 a.m.**<br>INTRODUCTION TO CMCC | David Wickes, President of CMCC & Intern Brianna Jarvin, President, Students' Council (SC) | Your chiropractic career begins now.<br><br>This session facilitated by Dr. Wickes and Intern Jarvin will introduce and welcome you to CMCC, student life and the profession. |
| **11:00 a.m. – 12:00 p.m.**<br>CHIROPRACTIC PANEL | Anthony Tibbles, Dean, Clinics<br><br>Panelists<br>Dr. Rich Raigoza, Ontario<br>Dr. Cheria Morgan, Ontario<br>Dr. Sarah Williams, New Brunswick<br><br>Click HERE for Panelist Bios | The future of Chiropractic... where is your fit?<br><br>Recent alumni will share stories from their time as a student at CMCC, how their education prepared them for practice and a successful career in chiropractic. |
| **12:00 P.M. – 12:30 P.M. - HEALTH BREAK** | | |
| **12:30 p.m. – 2:00 p.m.**<br>MEET YOUR POD LEADER<br>Zoom link<br>(Your POD Leader will email you the link to join this session prior to O Week) | POD Leader (a senior CMCC student) | Your POD leader is a valuable resource in learning the ropes during your first year at CMCC. During this session you will have an opportunity to meet your POD leader and 10 of your classmates on a zoom session. |

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| **2:00 p.m., 3:00 p.m. and 4:00 p.m.**<br>CAMPUS TOURS | Campus Tour Guide (a senior CMCC student) | CMCC SC is hosting voluntary campus tours. This is an opportunity to visit the campus in person and get familiar with the facilities.<br><br>Pick up your O Week swag at the end of your campus tour!<br><br>Sign up HERE! |

## TUESDAY, AUGUST 24, 2021

| TIME AND SESSION NAME | SESSION SPEAKERS/FACILITATORS | SESSION DETAILS |
|---|---|---|
| **10:00 a.m. – 10:50 a.m.**<br>ACADEMIC SUCCESS<br><br>Zoom link for all morning sessions | Christine Bradaric-Baus, Vice President, Academic<br><br>Karen Rice, Student Success Counsellor &<br>Scott Dunham, Director of Education, Year I | One of the most important things you can do to be successful in the Doctor of Chiropractic Program is to be proactive about your learning. During this session you will learn what to expect in the academic program as well as accessing supports. These facilitators play a pivotal role in getting you prepared for your academic, emotional and personal success at CMCC and beyond.<br><br>Prior to the session, you will have the opportunity to hear from the Vice President, Academic and learn about her role in your chiropractic education at CMCC.<br><br>Visit the Student Services KIRO site for a list of support resources. |
| **11:00 a.m. – 11:30 a.m.**<br>CANVAS LEARNING MANAGEMENT SYSTEM | Cirene D'Monte, Curriculum Designer | This session will help familiarize you with CMCC's Learning Management System KIRO 2.0. You will have a chance to sign into a sample course and explore different content and assessment areas. |

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| **11:30 a.m. – 12:00 p.m.**<br>LIBRARY SERVICES | Kent Murnaghan, Reference Librarian & Steve Zoltai, Collection Development Librarian | Meet CMCC's librarians and learn about the Library's collections and services that are essential for your academic success. Explore our virtual library and get some tips on how to access our collection of books, journals, research databases, and clinical point-of-care tools remotely. |
| **12:00 P.M. – 12:30 P.M. - HEALTH BREAK** | | |
| **12:30 p.m. – 2:00 p.m.**<br>STUDENT'S COUNCIL INTRODUCTIONS<br><br>Zoom link to join this session<br>Password: clubsrule! | Students' Council Representatives | Meet your Students' Council! SC plays a pivotal role in your student experience. Hear how they can support you throughout the year (academically, socially, etc.) and find out how you can get involved |
| **2:00 p.m., 3:00 p.m. and 4:00 p.m.**<br>CAMPUS TOURS | Campus Tour Guide (a senior CMCC student) | CMCC SC is hosting voluntary campus tours. This is an opportunity to visit the campus in person and get familiar with the facilities.<br><br>Pick up your O Week swag at the end of your campus tour!<br><br>Sign up HERE! |
| **6:00 p.m. – 8:00 p.m.**<br>STUDENT CLUBS<br><br>Zoom link to join this session<br>Password: clubsrule! | Student Club Representatives | Joining a student club is a great way to meet new people with shared interests. This session hosted by the SC Presidents will showcase a number of student clubs ranging from academic, social, business and technique to name a few. Join us on this session to see what student life has to offer. |

## WEDNESDAY, AUGUST 25, 2021

| TIME AND SESSION NAME | SESSION SPEAKERS/FACILITATORS | SESSION DETAILS |
|---|---|---|
| **10:00 a.m. – 10:50 a.m.**<br>PROFESSIONAL STUDENT RIGHTS AND RESPONSIBILITIES<br><br>Zoom link for all morning sessions | Allan Freedman, CMCC's Legal Counsel | You are no longer a student; you are a professional student. How is that different than in undergrad? This session will familiarize you with your rights and responsibilities as a professional student and a member of the chiropractic profession.<br><br>Click HERE to get familiar with CMCC's policies.<br><br>Click HERE to take the mandatory Policy Quiz due September 6 |
| **11:00 a.m. – 12:00 p.m.**<br>SAFETY IN "HANDS ON LEARNING" | David Starmer, Director of Education Year III & Kim Kelly, Director, Student Affairs | During this session you will become familiar with the risks and responsibilities related to participating in "hands on labs" at CMCC. We will explore how to keep yourself and each other physically and emotionally safe during your participation in the Doctor of Chiropractic degree program. Procedures related to donning and doffing of Personal Protective Equipment (PPE) will also be featured.<br><br>Click HERE to get familiar with CMCC's BeSafe resources |

## 12:00 P.M. – 12:30 P.M. - HEALTH BREAK

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| **12:30 p.m. – 2:00 p.m.**<br>BALANCING STUDENT LIFE<br><br>Zoom link to join this session<br>Password: clubsrule! | POD Leader & Students' Council Representatives | Meet with your Pod Leader and a member of Students' Council to hear more about balancing academics, social, relationships, fitness, etc. Also, learn tips and tricks to help you get through the transition and set you on a path to success. |
| **2:00 p.m., 3:00 p.m. and 4:00 p.m.**<br>CAMPUS TOURS | Campus Tour Guide (a senior CMCC student) | CMCC SC is hosting voluntary campus tours. This is an opportunity to visit the campus in person and get familiar with the facilities.<br><br>Pick up your O Week swag at the end of your campus tour!<br><br>Sign up HERE! |
| **6:00 p.m. – 8:00 p.m.**<br>STUDENT CLUBS<br><br>Zoom link to join this session<br>Password: clubsrule! | Student Club Representatives | Joining a student club is a great way to meet new people with shared interests. This session hosted by the SC Presidents will showcase a number of student clubs ranging from academic, social, business and technique to name a few. Come out and see what student life has to offer. |

## THURSDAY, AUGUST 26, 2021

| TIME AND SESSION NAME | SESSION SPEAKERS/FACILITATORS | SESSION DETAILS |
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| **10:00 a.m. – 10:50 a.m.**<br>INTERRUPTING BIAS<br><br>Zoom link for this session | Rima Diba, Harmony Works (certified by the Human Resources Professionals Association (HRPA) as an expert in Workplace Diversity and Human Rights training) | While it is true that everyone has bias, it's also true that everyone has the capacity to identify and interrupt their own bias in order to mitigate the harm it may cause.<br><br>This interactive session will take participants on a journey to understanding how our own personal bias affects our perceptions and treatment of others and how we can interrupt bias to create positive change.<br><br>Click HERE to get familiar with CMCC's Guidelines for Inclusive Language. |
| **11:00 a.m. – 2:00 p.m.**<br>EXPERIENTIAL LEARNING<br><br>Click here for your time slot and Zoom link | Scott Dunham, Director of Education, Year I, Curriculum and Faculty Development and student volunteers | Experiential learning plays a key role in health education and in the development of clinician acumen. Get a hands-on introduction to learning with Standardized Patients and patient assessment.<br><br>You will only be required to participate for approximately 15 - 30 mins during the 11-2pm window, as such, you are not required to be available for the full 3 hours. |
| **2:30 p.m. – 4:00 p.m.**<br>ALL YOU EVER WANTED TO KNOW BUT TOO HESITANT TO ASK<br><br>Zoom link to join this session<br>Password: clubsrule! | CMCC Students | Have questions remaining about the school year?<br><br>Hear from a 4th year intern, 3rd and 2nd year student about their experience and challenges with the transition to CMCC.<br>Q & A to follow. |

## FRIDAY, AUGUST 27, 2021

| TIME AND SESSION NAME | SESSION SPEAKERS/FACILITATORS | SESSION DETAILS |
|---|---|---|
| **10:00 a.m. – 10:50 a.m.**<br>YOUR FIRST LECTURE<br><br>Zoom link for this session | Simon Wang, Faculty, Applied Clinical Sciences | Get a taste of your first lecture at CMCC.<br><br>Last year's class gave this session the most likes! |
| **11:00 a.m. – 12:00 p.m.**<br>HEALTH PLAN<br><br>Zoom link for the remaining sessions<br>Password: clubsrule! | Representatives from CMCC's Student Health and Dental Plan provider StudentCare | As a registered student at CMCC, you have access to a comprehensive Student Health Care Plan provided by StudentCare. Learn more about your benefits and how to access them. If you are covered by another plan, this session will explain how to opt-out of the CMCC plan. |
| **12:00 P.M. – 12:30 P.M. - HEALTH BREAK** | | |
| **12:30 p.m. – 2:00 p.m.**<br>SPONSORS & CLASS ELECTIONS | O - Week Sponsors &<br>Class Elections facilitated by Students' Council | Who will be your new Class Representatives? So many positions and opportunities to engage in community and leadership. Start thinking about your interest in Students' Council and/or other Leadership experiences at CMCC. |
| **2pm – 2:05pm**<br>WRAP UP | Kim Kelly, Director Student Affairs & Jenn O'Neill, VP, Students' Council | Good luck and most importantly have fun! |

## Special thanks for the support of our sponsors!

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