

THE SCIENCE CONNECTION



Welcome to the faculty of science!

By : *your UNB Science Peer Mentors*

With the leaves showing hints of red and yellow and a crisp breeze in the air, the fall semester of 2023 is right around the corner! As your team of science peer mentors, we would like to extend our warmest welcome to you as you begin your first semester here at UNB! We have been hard at work planning a wide range of events that span throughout the entirety of this semester and the next, to enable you all to familiarize and immerse yourselves in the vibrant life we have here on the beautiful campus of UNB Fredericton.

We strongly encourage you all to participate as best you can in these offered activities as they will enable you to form meaningful connections with your fellow students and professors, and provide you with abundant opportunities to explore your degree and your future aspirations beyond. The entirety of the science faculty and your peer mentors are here to support and guide you every step of the way as you transition into your first year here as the incoming class of UNB science students. While there is a lot to learn, there is certainly also a lot of fun in store! We hope you are just as excited as we are for the commencement of your journey here at UNB!!

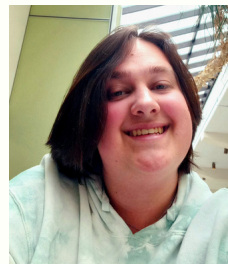
OVERVIEW

- Welcome
- Who we are
- Science Orientation
- First week expectations
- Residence
- UNB Science and Forestry library
- Smoke Free Campus
- Academic Calendar and know your syllabus
- Science 1001
- Textbooks
- Peer Assisted Learning (PAL)
- Math Learning Centre (MLC)
- Parking passes & U Cards
- FAQs
- Tips and tricks
- Connect with us!

INTRODUCING YOUR SCIENCE PEER MENTORS



Anajose Reyes
She/Her
4th Year
Biology



Andrew Kroon
He/Him
3rd Year
General Science



Andrew Smith
He/Him
4th Year
Biology



Ashley Morrissey
She/Her
4th Year
Biology-Chemistry



Bailey Howland
She/Her
4th Year
Biology



Bianca Cruz
She/Her
3rd Year
Biology



Caroline Vanicek
She/Her
3rd Year
Math-Physics



Hala Nasir
She/Her
5th Year
Biology



Kayley Gregoire
She/Her
2nd Year
Biology-Chemistry



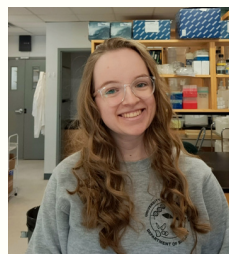
Madelynn Hamilton
She/Her
2nd Year
Psychology



Mana Mahmoud Zadeh
She/Her
3rd Year
Biology-Chemistry



Nick Rushton
He/Him
4th Year
Biology



Sheridan Hamilton
She/Her
5th Year
Biology

As your science peer mentors, we would like to welcome you to your home away from home here at UNB! We are a team of upper year science students who are here to help you as you begin your journey here at UNB. We have all been first year students at some point, and we would like to provide you with advice and assistance to help you succeed and make the most of your stay here at UNB. We have prepared a number of events and workshops to help you connect with the science faculty and explore all the opportunities they have to offer. We will be here to help you every step of the way as you complete your first year.

PLEASE DO NOT HESITATE TO REACH OUT TO ANY OF US IF YOU HAVE ANY QUESTIONS OR CONCERNS! WE ARE MORE THAN HAPPY TO HELP!

Contact us directly at: pmentors@unb.ca

SCIENCE ORIENTATION

Follow the science faculty orientation sharepoint site for the latest updates on scheduling!
<https://unbcloud.sharepoint.com/sites/ss-fr-orientation/SitePages/Science.aspx>



DETAILS

Date: Sept 05, 2023

Time: 9am-4pm

Location: various areas of
the science (IUC)
concourse, 4 Bailey Drive

PURPOSE

Science Orientation is essential for all first years and incoming new students as it provides you with the perfect opportunity to meet and interact with some of your professors within the faculty, and gives you a chance to meet and chat with your peer mentors!

This is your chance to meet new people and make personal connections within the faculty!

QUESTIONS?

Be sure you've joined the incoming UNBF First years 2023-2024 Facebook group to receive the latest updates for science orientation!

FB link:

<https://www.facebook.com/groups/1016592943061713>

Email us at sci.connect@unb.ca

Science Orientation schedule

9:00am: UNB Commencement

10:00am: Welcome to Science

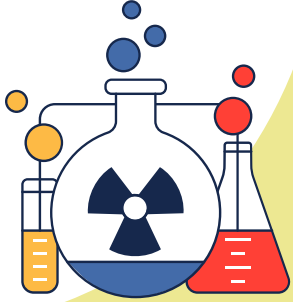
10:30am: Science Survivor

12:00pm: Meet and greet science luncheon

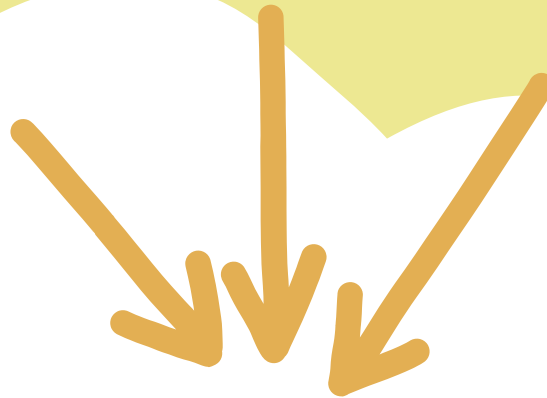
1:00pm: Science Trivia

1:30pm: "Success in 90" [hear from your profs!]

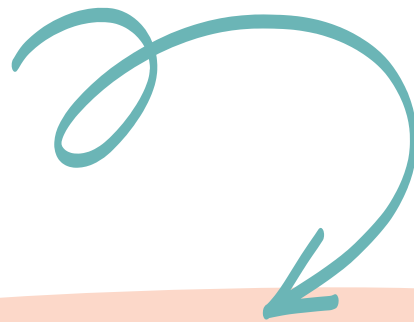
3:00pm: Science 1001 Meet and Greet



Attention 1st year UNB students ! Did you know that you have the chance to win a lab starter kit which contains all the lab equipment you'll be needing for your first year?



To enter the contest, you must attend the Faculty of Science orientation day on Sept 05, 2023. The more events you participate in, the more entries you'll get in the draw!



Other prizes that are available: movie gift cards, UNB backpack, UNB hoodies, Science T-Shirts, Regent Mall gift card and more....

First Week Expectations

1st day

Your first day of class will most likely start off with your professors handing out the class syllabus and discussing class expectations and structure!

Have a pen and paper ready to jot down any important tips (eg: office hour schedule, test dates, contact info...etc)

UNB email

During the last couple of days leading up to class, **keep an eye on your UNB email for any pre-class instructions sent from your professors!** These range from completing a survey, to notifications regarding a change in classroom location!

Labs

Typically you don't start actual lab material until the second week. Similar to the lecture classes, the first week will mostly consist of being given the syllabus, a list of lab equipment you need, and any other miscellaneous tasks that needed to be completed prior to starting labs (e.g WHMIS, going over safety regulations...etc)

**Your lab professors may have you complete safety training online before the first week. You'll be informed of this through your UNB email, so check this account often!

Tips

- don't buy textbooks or lab equipment before the first day of class! Check with your professor what you actually need before doing so! (Sometimes they change things last minute)
 - your professors will tell you where the best place is to buy lab equipment to make sure you have what you need
- don't worry about getting lost, most students are heading in the same direction so you can follow the crowd from class to class! There are also booths where you can ask for directions along the way. Leave yourself lots of time!
- have a picture of your schedule ready for easy access



What to bring to residence!



GENERAL

- bed sheets, comforter/blankets, pillows and pillow cases
- bed lift (helps make more space!)
- hangers
- shower caddy package (something to hold your flip flops, towel and clothes all together)
- towel
- fan (it can get hot in the summer/fall)
- noise cancelling headphones/earplugs

SCHOOL SUPPLIES

- ✓ Laptop or Ipad, a power bar, and necessary chargers
- ✓ notebooks, pens, highlighters and pencils for taking notes
- ✓ backpack
- ✓ calendar/planner
- ✓ scientific calculator

MISCELLANEOUS

- ✓ umbrella, rain and winter gear (rain and winter jacket, winter boots, warm socks, hat and mittens...etc)
- ✓ desk lamp for studying at night
- ✓ towels and toiletries
- ✓ laundry basket, detergent and drying rack
- ✓ basic cleaning supplies (a duster and surface cleaner)

NECESSITIES

First Aid Supplies

band aids, rubbing alcohol, advil/tylenol..etc

Photo ID

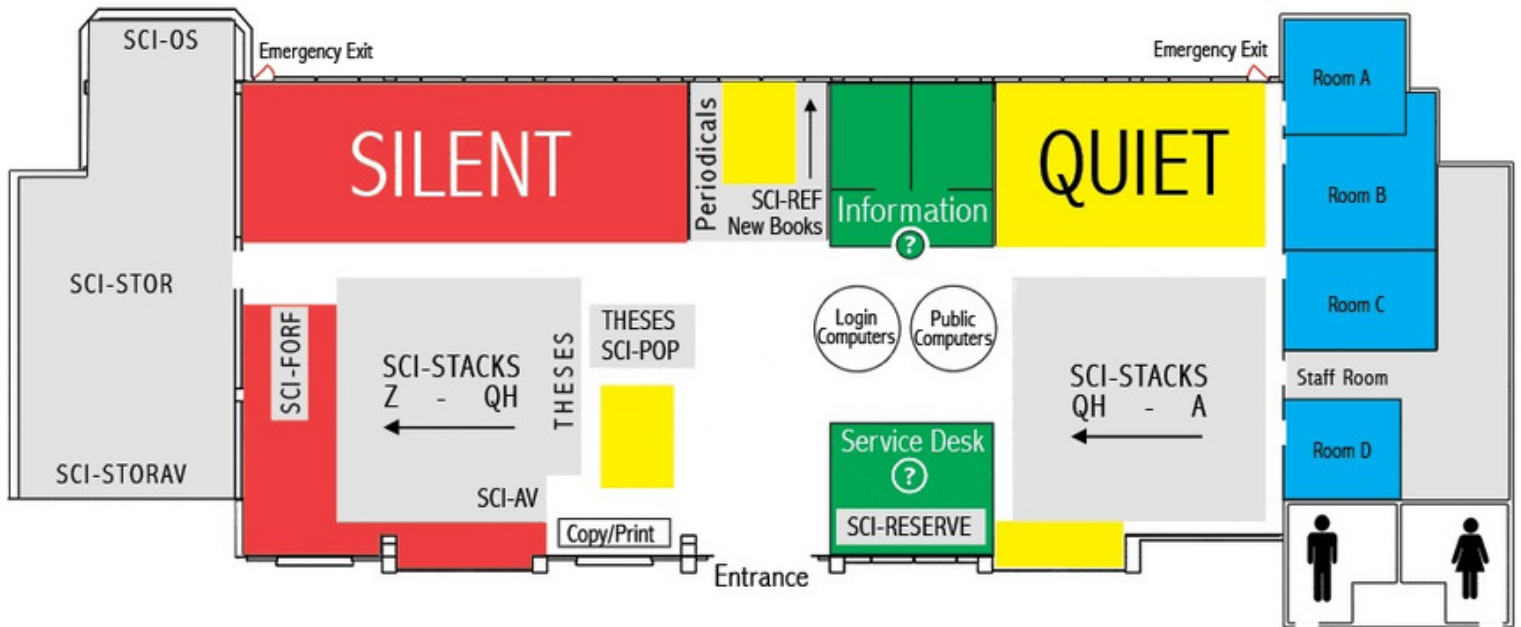
your student ID and a driver's license or passport (a form of official photo ID)

Necessary insurance documents

Medicare card, vaccination records, social insurance number, and any documents you would need to pay tuition



The Science & Forestry Library



Silent Individual Study

Help

Quiet Study

Group Study Room

About

The Science & Forestry Library is home to many science students. The library is split into two sections. The quiet section is where students can talk quietly with other peers while studying together. Silent section is where you work in complete silence. Group study rooms are also available for bookings and are excellent for working on presentations and various group projects.



Hours of operation

Access the updated hours of operation schedule at

website: <https://lib.unb.ca/about/hours/science-forestry-library>

phone: (506) 453-4601

Services and Resources

- Research Tool Kit: <https://lib.unb.ca/news/unb-libraries-research-toolkit>
- printing, scanning photocopying
- desktop computer access
- laptop chargers
- headphones
- academic literature
- study rooms
- textbook reserves
- referencing and research help
- and more...





UNB SMOKE FREE CAMPUS

- UNB has established a smoke-free policy that applies to all members of the University Community and to all University Campus Property in Fredericton, Saint John and Moncton.
- The primary purpose is to maintain the health and well-being of all members of the University Community.
- University Community Members include, but are not limited to:
 - Students (graduate, undergraduate, and continuing education)
 - Staff
 - Faculty, sessional faculty, clinical faculty
 - Postdoctoral fellows
 - Adjunct professors and visiting professors
 - Teaching assistants
 - Librarians
 - Medical residents
 - Volunteers
 - Visitors
 - Observers
 - Contractors
 - Institutional administrators
 - Officials representing UNB
- This Policy applies to all University Campus Property in Fredericton, Saint John and Moncton, which is defined as including:
 - Academic, meeting, living and workspaces whether owned or leased by UNB
 - Vehicles owned and/or operated as part of UNB-related activities
 - All areas related to parking, roadways, and thoroughfares.

Learn more details at <https://www.unb.ca/initiatives/smokingpolicy/>

ACADEMIC CALENDAR & KNOW YOUR SYLLABUS



ACADEMIC CALENDAR

The academic calendar holds important dates regarding payment deadlines, start dates, holidays, reading weeks, exam weeks, and much more! A great tip is to write down the dates from the Academic Calendar that are important to you in your personal planner/calendar to keep track of these dates for future reference!

CLASS SYLLABUS

For every course that you attend at UNB, you will receive a syllabus from your instructor(s). A syllabus contains all of the important information that you will need for that course such as a **course summary**, **textbooks**, instructor contact information, **evaluation schemes**, **grading scales**, and **course policies**. Please take the time to read and understand your syllabus for each course! If you have any questions or concerns, it is best to discuss those with your instructor(s) at the beginning of the semester.

Link to the 2023-2024 UNB undergraduate academic calendar

<https://www.unb.ca/secretariat/academic-governance/academic-dates/>



123

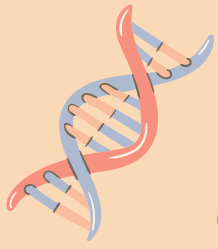
Write down any quiz and midterm dates!

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Know your deadlines to drop/add a course

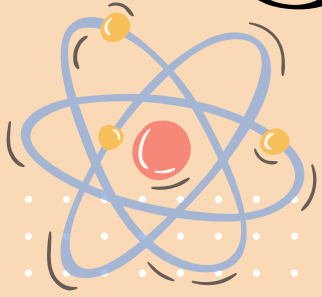
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Pay attention to your tuition deadline



Science 1001

Professional skills for science students



What is it?

Science 1001 is a new required class that has been recently added to the curriculum. The purpose of this class is to build the necessary professional skill set that will enable a smoother and less stressful transition from a high school learning environment to that of a university level. Topics such as: study skills, resilience, growth and time management will be covered in this class.

What makes it so unique?

This class is one of a kind as it is taught by upper year science students to smaller classes of ~18 students per class! This smaller class environment is intentional as it is meant to foster genuine connections between first years and their upper year mentor, and to provide first years with access to upper year students who are more than happy to help them with their transition from high school to university life.



EVERY THURSDAY @1PM





HEY, YOU!



Check out our very own, very new...

UNB's Science Student Playbook!



Your UNB Science Peer Mentors are thrilled to be offering our very own podcast series... UNB's Science Student Playbook! This Spotify podcast series will feature topics such as careers to pursue with your science degree, getting involved in research, interviews with: graduate students, healthcare professionals, entrepreneurs and so much more! With a new episode released biweekly, be sure to tune in and hear about all the cool science going on in and outside of UNB!

TUNE IN VIA SPOTIFY



September series:

- 1) Study skills
- 2) Productivity and Wellbeing
- 3) What makes a successful science student



All about...

Textbooks



Where can I get my textbooks?

Unlike in high school, your textbooks are not provided for free at university! Where and if you should buy your textbook really depends on what supplementary material your professor requires for the course.

Sometimes, a course will require the most up-to-date version of the textbook since the newest edition may contain new material that is important for the professor to reference. Often, professors will tell you that older versions of the textbook will suffice for the course, which may allow you to save money if you purchase a previously-owned textbook.

Some courses require learning software that **only** comes with the purchase of a new textbook, which requires you to buy the newest edition of the textbook. Mastering Physics, Mastering Biology, Mastering Chemistry are common examples of these learning softwares.

The **UNB campus bookstore** is located at **29 Dineen Drive**

<https://www.unb.ca/bookstore/>

phone: 453-4664

e-mail: unb@bkstr.com

All about...

Textbooks



Speaking of previously-owned textbooks, the UNB Student Union hosts a book Buy-and-Sell early in the semester where you can find great deals on textbooks. You can also buy old textbooks from upper-year students through a private, well-known Facebook group where UNB students offer good deals for textbooks (**UNBSU Used Textbooks**). Most UNB students know about this group, and they will be able to invite you OR you can request to join. Either way, you will be able to gain access to the group posts for course materials.

Some professors may tell you at the start of the semester that the textbook will help a lot with the course, while others may say that textbooks may be there for further interest/reference and it would be fine without one. The best piece of information we can give you regarding textbooks is to **wait for the first week of classes before you buy them!** The professors will let you know during syllabus week what textbook to buy, if former editions suffice, or if you even need a textbook at all!

Please check out the UNB Bookstore at <http://bkstr.com/newbrunswickstore/home>. With your student ID and courses, you can find out which textbooks or other course materials are needed. It is recommended to buy books on campus, whether you're local or international students, buying with whichever methods!

Peer Assisted Learning

Available for Biology, Chemistry,
Physics and Earth Sciences



What is PAL?

Our Peer-Assisted Learning Program (PAL) is the perfect opportunity to stay on top of your studying in a casual environment alongside your peers. This program is a free resource offered by the Faculty of Science

<https://unbcloud.sharepoint.com/sites/FacultyofSciencePALProgram>

Why you should go....

PAL is administered by upper year students who have already taken the course themselves. They will attend lectures with you to get the best understanding of the material being taught. PAL will be delivered via in-person sessions on campus. These sessions are offered throughout each week and are designed to assist you with course material as well as provide you with a platform to ask questions and develop study groups with classmates.

Your PAL leaders are ready to deliver these sessions and they can't wait to get started! Make sure to keep an eye out during the first few weeks of class for more information!



Did you know...

On average, students who attend PAL complete their courses an entire letter grade higher than those who do not attend PAL.

PAL leaders are in constant contact with the professors of your classes to ensure you have the best preparation possible.

MLC

Math Learning Centre

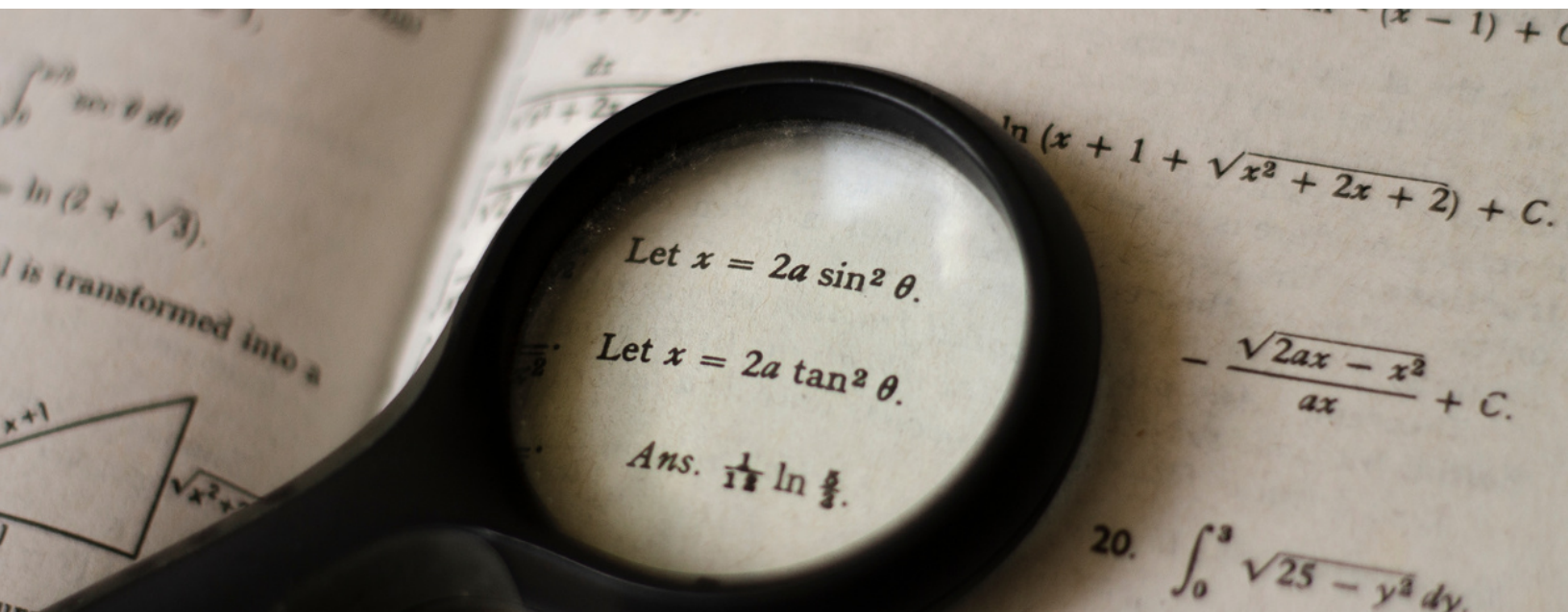
Location: Tilley Hall, Room 422
(9 Macaulay Ln)

Email: mlc@unb.ca

Phone: (506) 453-4768

Website: unbmlc.weebly.com/

Facebook: @mlcunb



For workshops, tutoring and the drop in schedule check out the MLC website: <http://unbmlc.weebly.com/>

The Math Learning Centre (MLC) is the perfect opportunity to receive free math tutoring, skill sessions, formula sheets, and past math and stat exams. This resource is commonly used by any students registered in a UNB first or second year math or statistic course. Students who are in upper year can also reach out and ask for help from this service as well.

For the fall semester of 2023, the Math Learning Centre will be hosted in-person. Please check the weebly site for the updated drop in schedule!

Nervous about starting a first year math course? Check out the math preparation workshop that begins Tuesday, August 29, and runs until Thursday, August 31. This workshop is offered in person, but online accommodations can be made. Follow the link above to the weebly to sign up for this workshop. For more information, check out the sharepoint link below!



sharepoint link: <https://unbcloud.sharepoint.com/sites/MathLearningCentreClient>

Parking Passes



This year, UNB is requiring all parking passes to be ordered online. Your pass will then be mailed to you! For more information on parking passes, visit

<https://www.unb.ca/fredericton/security/parking/parking-pass.html>

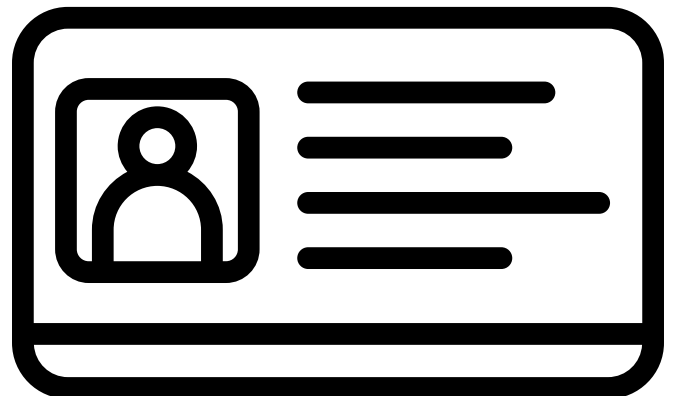
U Cards

At UNB, your UCard is more than just your ID - it is your cash card, door key, gym membership and more! Check out for information on UCards. Be sure to get a physical copy of your card, you'll likely need it as identification during exams!

UCARDS MOBILE: Your UCard is available on iPhone, Apple Watch and Android phones!

All information on our new mobile app can also be found on the link:

<https://www.unb.ca/ucard/>



FAQS



Q: Where do I find my course information?

A: After logging in to your UNB SharePoint, and selecting "I am a student", a tab for D2L will appear. Once you click on this tab, you will be brought to the D2L page where you can find your courses and information pertaining to each.

Q: What email should I use when contacting professors?

A: Always use your UNB student email when contacting someone associated with the University. A lot of the time if you use your Hotmail or Gmail, it will go to their spam, so they won't be able to view your email.

Q: Do we still need to wear masks to class?

A: Currently UNB no longer requires masks to be worn in the halls and in class. However, we encourage all students to do whatever feels right for you!

Q: Who do I go to for advising and help with choosing my major?

A: First year students please contact Angela at sciadvising@unb.ca to book an advising appointment or to ask any questions via email. She is more than happy to help out and answer your questions and concerns about your classes and adjusting your courseload, and can refer you to an advisor if needed. Later in the Winter term, she (along with your Peer Mentors!) will give you info on choosing your major and meeting academic advisors.

FAQS



Q: How do I get involved?

A: Talk with your Peer Mentors and Academic Advisors to learn about opportunities to get involved. If you are eager to get involved, you can find a list of clubs on the UNB Student Union website (<https://www.unbsu.ca/clubs-and-societies>) and email the club yourself to find out more information. Alternatively, you could also check SharePoint! The Student Union will be holding the annual club fair on September 04, 2023 in the atrium of the Student Union Building. Be sure to swing by and check out all the cool clubs UNB has to offer!

Q: What resources are available to me?

A: Besides the Math Learning Centre and PAL, there are a lot of other free resources like the Student Accessibility Centre, the Writing and Study Skills Centre, Counselling Services, and the C. C. Jones Health Clinic that all can be accessed from off campus, and make your life much easier when you need help.

Q: Is there any sort of student accessibility centre available here at UNB?

Yes there is! Please be sure to register with the SAC as soon as possible should you require their services! This service is here to help you do the best you can in your academic journey here at UNB, so be sure to use this excellent resource should you need it.

(<https://www.unb.ca/fredericton/studentservices/academic-success/accessibility-centre/>)

NOTE: SharePoint will send you updates from the sites you follow once weekly. This usually happens on Fridays, so check often to make sure you don't miss anything!

TIPS AND TRICKS!



Ask for help right away once you realize you don't understand something!

Don't wait until the day before the midterm before clarifying a concept you are unsure about. Clearing up confusion as soon as possible reduces stressful consequences such as learning everything the night before the exam, and gives you more time to understand and digest the material at a more relaxed pace.

Don't be afraid to chat with your professors!

They're happy to answer questions about course material, and are more than willing to discuss their research with you! Ask questions during class, or if you think you may need more time, book an appointment with them or stop by at their office hours. They are here to help you, and having a relationship with your instructors can introduce you to great opportunities to get involved in your research and have more success in your classes. Nervous? Talk to your peer mentors, we can offer you some advice!

Time management!

Compartmentalize! Use a planner/agenda to help break down your busy schedule into sizable chunks with designated time for studying and time away from studying. Class material can accumulate quickly, so it's good to set aside time for each subject and also other activities you may have ... (e.g work, sports practice, exercise, appointments...etc) NOTE it's important to carve out a chunk of time to yourself that is study free! Remember you deserve to rest and take a break, and that doing so will help you feel and work better in the long run. Balance is key!

Find a study method that works for you!

Everyone learns differently! Find a method that works best for you whether that is studying with flashcards (quizlet, anki, physical paper cards...etc), studying in small groups, the pomodoro technique...etc. Reviewing small chunks of material daily rather than cramming the day before has been shown to be more effective in terms of retaining material. Don't forget to make use of the resources available to you as well! (E.g PAL, the Math Learning Centre, The Learning Strategist...etc.)

CONNECT

FOLLOW US ON SOCIAL MEDIA TO STAY IN THE LOOP IMPORTANT EVENTS AND UPDATES



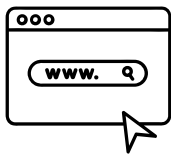
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Group: UNBF Science 1st Year 2023-2024



UNB Science



pmentors@unb.ca



<https://unbcloud.sharepoint.com/sites/ScienceStudentLeadershipProgramSSLPPeerMentors>

