

Orientation to the Masters of Physical Therapy Program Session 3

Title: A Student Community of Activity and Support

Sept 8 2020 1:00 p.m. – 3:30 p.m.

Information for connecting will be sent in an email at a later date

Agenda:

1:00 Mindfulness and Taking Steps to becoming a Professional

Objectives:

1. Describe how mindfulness can impact the physiology of stress and change our behaviour.
2. Describe how using mindfulness can assist with reducing stress and anxiety during the MPT program.

2:00 Office of Student Affairs

1. Describe the role of the office of student affairs for a student within SRS.
2. Developing an understanding of the many facets of support.
3. Describe plans for connecting to the Office of Student Affairs.

2:15 Introduction to PTSS, Student Community, Plans and Discussion

3:00 Professional Learning Networks and Group Assignments

3:15 Final Q and A, and welcome activities for the fall
