GLENDON COLLEGE
JUMPSTART: UNIVERSITY PREPAREDNESS PROGRAM
AUGUST 26 – 29, 2019

JumpStart is a 4 day summer program designed to help you start university on the right foot. Over the course of the program, you will discover some tips to adjust to the academic demands of university life, develop techniques for more effective study, and adapt to your new environment.

After participating in JumpStart, you will understand the key elements of university success, know the resources you can turn to for your personal growth, and can put a plan into action for a balanced, healthy lifestyle at Glendon and beyond.

Specifically, this means that you will:

- Learn how to master time management and priorities, learn how to take notes in a lecture.
- Use library resources effectively.
- Develop helpful strategies to learn languages.
- Understand the value of academic integrity and learn how to avoid plagiarism.
- Gain self-awareness.
- Set goals for yourself.

For more information go to www.glendon.yorku.ca/jumpstart

Registration Form
JumpStart: Successful Transition to University
August 26-29, 2019

Name _______________________________________________________________

Student Number _____________________________________________________

Address __________________________________________ City __________________

Email _____________________________________________________________

Telephone number _________________________________________________

☐ A cheque in the amount of $60 (non-refundable), payable to York University, for the registration fee is enclosed.

Please send the completed registration form and registration fee before August 25th to:
Office of Student affairs - C112, York Hall
Glendon College
2275 Bayview Avenue
Toronto, Ontario
M4N 3M6

If you have any questions, please contact us at 416 487 6716.