



Summer at Okanagan College

Summer in the Okanagan is an exciting time. There are lots of opportunities to get outside in our natural playground. Here at Okanagan College we are busy sending off all our graduates and getting set to welcome all our new students to our campuses.

Follow along at www.okanagan.bc.ca/orientation for updates all summer long. Each campus will be posting upcoming events soon! We hope you will take the opportunity to attend and connect with staff and other new students.

Reason #2 to attend Okanagan College Orientation

Get to know your campus and community!

Did you miss Reason #1 ? Find it in the [first issue of Head Start](#).

Jump Start

If you haven't registered for Jump Start yet, there is still time to attend one of these registration and advising sessions.

Although in-person sessions have already run in Vernon and Penticton, if you are a Kelowna or Salmon Arm/Revelstoke student, in-person sessions are coming up quickly! Vernon and Penticton students can register for the July 6 online session. Find the dates and registration form at okanagan.bc.ca/jumpstart.

International students should attend the June 24 online session by registering here: okanagan.bc.ca/international/international-orientation



Awards and Scholarships

Are you looking for ways to help pay for your education? Options for awards and loans are still available for this year.

Find student loan applications on the StudentAid BC website at www.studentaidbc.ca/.

Awards for all campuses as well as Indigenous awards are open for applications until September 15 so there is plenty of time to get yours in!

For questions, or assistance, Okanagan College offers virtual drop-in sessions where you can chat with a staff member.

Visit the website for all the details: okanagan.bc.ca/financial-aid-and-awards.

Plan out Your Fall Courses Now

Registration for Fall 2022 courses will begin in July. However, you can start planning out your schedule now using ClassFinder.

Class Finder is provided to assist in pre-planning for registration. Here you will find course dates and times. Visit okanagan.bc.ca/classfinder.

Not everyone needs to pick courses for their program. If your program doesn't allow flexibility to choose, we will register you in early July.

Find details on registration at okanagan.bc.ca/office-of-the-registrar/how-to-register. Or come to a Jump Start session!

Dates and Deadlines to Note :

June 22

- [Jump Start Kelowna](#)

June 24

- [International virtual Jump Start session](#)

June 27

- [International virtual pre-arrival session](#)

June 28

- [Jump Start Salmon Arm](#)

July 6

- [Online Jump Start Kelowna](#)

July 13

- Registration opens for new students

Transition Tips

Pay attention to your sleep habits. College students can be especially prone to sleep problems due to pulling all nighters, going out at night, or staying up late to study. Consider these tips:

1. Create a schedule that allows for study and leisure time and regular hours for sleep.
2. Try a five-minute meditation before bed.
3. Make your room as dark as possible for the best sleep. And keep your room cool.
4. Get some physical exercise during the day - but not too close to bed time!





Orientation Timeline

Here's your orientation plan for Fall 2022.

May/June

- ✓ Jump Start sessions at each campus: Penticton, Kelowna, Vernon, and Salmon Arm

Mid-August to Early September

- ✓ Complete your orientation online courses OC 101 and OC Ready
- ✓ International virtual orientation
- ✓ Pre-orientation fun event at each campus
- ✓ In-person international orientation
- ✓ Strong Start Library event
- ✓ Kick Off Welcome events at each campus on September 6

Watch the website for all the details:
okanagan.bc.ca/orientation

Follow us on Facebook

Salmon Arm: <https://www.facebook.com/groups/17829359039>
 Vernon: <https://www.facebook.com/groups/340682060271473/>
 Kelowna: <https://www.facebook.com/groups/826744374178591>
 Penticton: <https://www.facebook.com/OCPen>

Meet the Team

Want to know who's hard at work behind the scenes creating your successful transition into College? Here are just a few members of the **international team**.

Meet Sora from the Kelowna campus.

Sora is the International Student Liaison who organizes international student orientation programming across all campuses. She also organizes student events and workshops to help international students with a smoother transition into college life in Canada.



Meet Kiran in Penticton and Mia in Vernon.

Kiran is the Cultural Liaison for the Penticton campus and Mia is the Cultural Liaison for Vernon. Cultural liaisons assist international students with their settlement and cultural adjustment in addition to helping with orientation and collaborating with their campus communities to create fun student activities throughout the academic year.



August Moodle Courses

All incoming students are expected to complete several orientation courses before beginning classes in September.

Information about how to login to Moodle and where to find these courses will be emailed to you at the beginning of August.

Coyotes Basketball ID Camp

Okanagan College Men's basketball is offering a two-day ID camp for current high school students in grades 10-12.

Those interested in playing at the next level should come check out the program. Camps will be held in Penticton on June 25 from 11 a.m. - 4 p.m. and June 26 at Kelowna Christian School from 11 a.m. - 2 p.m. For \$75 you'll get an OC t-shirt and the opportunity to play competitive basketball with current OC players. Register by contacting coach Brent Ross at brentross78@gmail.com.

