[MUSIC PLAYING - Hey! - Benjamin Tissot]

AMANDA: Welcome back! Without further ado because we know this is a fan favourite, I know it's also one of my favourites, we're gonna get you started and listening to first-hand from uh some upper-year PMC students what their experience was like. I'm gonna turn it over to Synclair, um to introduce our panellists for today.

SYNCLAIR: Okay, hi again everyone! I hope you guys were enjoying the uh first part of our PMC Orientation so now we are going to be moving to my personal favourite part where we'll be able to hear from some PMC students who have already kind of gone through this experience and can share their insights and expertise about how to really succeed as a student here at Carleton. So, today we have two panellists and their names are Meredith and Natalie. So, now I will allow them an opportunity to introduce themselves. So, Meredith maybe we'll start with you if you could just let us know your name, your program and your year that you're in at Carleton.

MEREDITH: For sure. So, hi everyone! Um it's so great to um see you all. I can't see you but I know you're there. Um my name is Meredith Ogden and I'm a third-year psychology major. Um yeah! Um I know Synclair didn't ask this but I just want to talk about my own personal disability so I have, I'm registered with the PMC and I have a learning disability, specifically dyscalculia, and so I received support from the PMC.

SYNCLAIR: Awesome, thank you so much. And Natalie. Did you want to introduce yourself with your name, your program, your year and if you'd like, you can chat about what Meredith did as well.

NATALIE: Hi, my name is Natalie. I'm going into my second year studying biology um but I, with first-year standings. Um I'm enrolled with the PMC because I have a learning disability that involves a processing disorder and then I also have mental health issues that includes general anxiety, generalized anxiety.

SYNCLAIR: Awesome, thank you so much. So, we do have a couple of questions prepared for you guys um and I'm going to start with a question for Natalie. Um so, what are some of your responsibilities as a student in the accommodations process um and how did that maybe differ from when you were in high school to when you're going to university at Carleton?

NATALIE: So, as a student, the first thing you want to do is look at the course outline and see what accommodations might uh might apply to that type of course that you're taking and then you also want you may want to uh go and attend the first couple of classes to see how they are run before you request your accommodations once you're once you know the comment or once you feel comfortable requesting your accommodations you can then either apply online if you're already enrolled with the PMC or you can contact your PMC Coordinator and make an appointment to talk with them directly. um They will then send out your letter of um your letter of accommodation, sorry, to uh your professors and and your professors will respond normally within a day. Normally I I haven't waited more than 24 hours for a professor to respond uh to say that they received the letter of accommodation. Um once that's implemented, you can you may want to ask them how they will apply those accommodations towards the course for you um so that you can succeed and if you have any questions throughout the term, you can also make another appointment with your PMC Coordinator or talk with your professor but you never have to disclose the nature of your disability with your professor. Um the biggest difference between high school and university is mainly that you have to reapply every semester. I remember in high school they the IEPs tended to be reviewed yearly rather than per semester so you, and it's really on your responsibility to request your accommodations because if you do not, then you will not get them, unfortunately. So make sure that you, each term, you read your course outline and attend your first class and then after that you can either talk to your PMC Coordinator or go online and request your accommodations that way.

SYNCLAIR: Awesome! Thank you so much. Um and then our next question is going to be for Meredith. So, were there any major challenges for you from the switch from in-person to online learning especially with implementing your accommodations with the PMC?

MEREDITH: Yeah, so that's a great question. Um for me personally, I didn't experience any challenges with accommodations, so to speak, just because my accommodations only include time and a half. Um so, that was very easy to implement in an online environment as well. However, I know that there are other accommodations that might be a little bit more difficult to implement online so I'm just mindful of that. Um in terms of general um transitioning from online to or sorry yes online in-person to online um some of the things I found difficult was allowing myself to take a break. I find that it was really hard to allow myself kind of that space, which I know Chris talked about, how it's important to block that kind of personal time for yourself in your calendar and I totally echo that. I think it's important to give your brain a break. Um that's not to say you should neglect all of your studies um but just kind of finding that balance I think is important so I think taking a break was probably the biggest struggle just because I'm someone who, when I have all the information I need, I tend to kind of dive deep right right away and I don't really allow myself that space. So, I think setting up a calendar or some sort of organizational tool that helps kind of block that time for yourself out, I think is really really important.

SYNCLAIR: Yeah, that's awesome. That is something that Chris had mentioned about making sure that you're kind of staying organized which a lot of students maybe found a bit more challenging when you're in your own home and not necessarily in a classroom um but that's great. Thanks, Meredith. And then I've got another question for Natalie. So, in your time at Carleton, what PMC accommodations and support services were most important to you in addressing your disability needs for your first couple terms at Carleton and also, have your accommodations changed over time? So, did you notice that maybe some things worked, some things didn't work?

NATALIE: So, yeah. Throughout my first year at Carleton, I've accessed many different resources through the PMC. That includes extra time for my exams and tests, proctoring accommodations for online exams and, of course, note-takers, if there's a volunteer note-taker for that class. Um I've also had access to tutoring services, which has helped me a lot because I'm the type of person that, if I get stuck on something, I'm stuck on it until I figure it out. So, if I can access a tutor, that really helps me to keep moving along the course rather than staying stuck on that one thing. It also helped me stay motivated and stay on top of my deadlines and assignments because I had somebody else to talk to about the course content, which made it a little bit more interesting rather than just reading textbooks and lectures are fun if they're in if you're interacting but if you're watching videos, it can tend to be kind of long so you got to, like Meredith, excuse me, Meredith has said you have to take your breaks and uh take time for yourself, too. I've also been able to access learning strategists, which has helped immensely with organization skills, uh building weekly schedules, breaking down large large assignments into smaller components that are more easily manageable, studying strategies for exams and learning how to manage my anxiety with exams. Um I've also accessed disability counselling for my anxiety with exams and, lastly, transcription services has uh they provided me with pdf versions of the textbooks so that I was able to access it on my computer if I needed to.

SYNCLAIR: Awesome. Yeah, there are definitely loads of student services available on campus for students which, actually, leads us into our next question which is um that's this question is for Meredith or Natalie, whichever wants to answer. What student services on campus have you used and found to be helpful? So, this can be with the PMC or with another club or group on on Carleton's campus. What services have you found to be useful for your experience?

MEREDITH: I don't mind answering that question. Um so, some of the services that I've used um includes um the ACT to Employ um services that's attached with the PMC. And this is a service that provides employment opportunities for students with disabilities. Um I haven't, I haven't actually gotten a job yet but I've done a lot of research in that in uh with my counselor. I think her name's Jenna. Um and they're always available to talk to you about certain employment opportunities for students with disabilities. Um they really take into consideration the fact that you are a student with a disability and so they're very accommodating in that process as well. Another service I would say is the health and counselling services that are on campus. Again, I really strongly recommend doing a little bit of research on on that service as well as, I was a part of the Student Mental Health Advisory Committee and this isn't a service, it's more of an extracurricular where I was one of three students who sat on the kind of on a committee that talked about post-secondary mental health and services and where Carleton falls in regards to the services they provide and the parallels between certain mandates. So, that's something else that is really interesting for anyone but, specifically, I was really interested because I'm a psychology major and I want to get into that field. So, yeah! There's lots of services available on campus and I know that they are kind of transitioning to an online platform so, yeah. That's just some of my personal experiences. I don't know if Natalie had wanted to add anything but, yeah. That's just my insight.

NATALIE: Yeah, I can add in um I also I've used academic advising services. They've been really helpful with course selection, any question that you have uh in regards to your course selection uh they've been super helpful and departmental advisors you also they're very helpful um in regards to course selection, if you have any questions in regards to your program um or your degree um they're very very helpful. So, that's departmental advisors.

SYNCLAIR: Awesome. Thank you so much, both of you. Yeah, there are, like we mentioned, there are so many resources and services available for students on campus um and everyone is more than happy to help. That's what we're here for. And I'm really glad that Meredith brought up the ACT and ACT to Employ program because that was actually going to be my next question for Meredith was her involvement with that program. So, like she had mentioned it is a service on Carleton's campus that assists with students who are registered with the PMC in finding employment not only on campus but also off-campus in the community. So, it's a really great opportunity if you've never had work experience or if you're looking to kind of get your feet wet in a certain area. Um so, it's a really excellent service that I would recommend chatting with your future coordinator about if you're interested. Um but our next question is also for both Meredith and Natalie. Um so, what do you think that success looks like for you as a student and what helped you get to that point? So, whoever wants to answer first.

MEREDITH: Okay, okay I don't mind going first. Um that's a good question. That's that's hard to answer there. Um I think success looks different for each student and I don't think it's fair that if I define what my success looks like that it has to necessarily be matched by people watching um because I may define it differently. Um but something that I find really important when defining success, and I know Chris kind of talked about this as well, is being open to making mistakes. This is a part of the university experience. Um you're going to make mistakes, you're going to get marks that you maybe perhaps didn't deserve or didn't expect so, I think it's just having that mindset kind of that growth mindset where you can kind of accept that you're here to learn and, yes, marks are important um especially if you want to go into graduate studies um then they become important, but for the most part, you know, it's it's about learning and um really allowing yourself to to make mistakes. Um that's something that I have a really difficult time with, um I'll be honest. Um I'm preaching it but I do have some difficulties with it and I think part of my own growth has just been trying to focus on learning the material to understand it instead of learning the material to get an A or to get a good mark because I find that when I switch my mindset into learning about the material and understanding the content then you actually will notice that your marks do improve. Um so, I know that for a lot of psych students, a lot of your first-year and even second-year classes will be based on memorization. Um most of your exams are multiple-choice questions so, memorizing is important but I think when you teach the material to someone else or when you teach yourself the material, you really start to get kind of like a a benefit out of learning from what you're studying and it kind of makes more sense. So, I think for me the biggest thing is being vulnerable to those mistakes. I think that's probably the best tip I could give as well as um getting enough sleep. That's something that's kind of not really talked about but um make sure you're sleeping. Try not to pull all-nighters where you're studying because I can tell you right now that it doesn't work as effectively as you think so, yeah. I think that's kind of my two cents. I know that was probably longer than you guys were expecting but, yeah. That's kind of what I have to say about that.

SYNCLAIR: Awesome. That's great. Um I love what you said about success not looking the same for everyone because that's exactly right. What works for one person isn't always going to work for the next person. Natalie, did you have a response to that like uh what you think success looks like for you as a student and kind of what helped you get there?

NATALIE: Yeah. So, for me the main for success for success I want to enjoy my experience, my post-secondary experience. Um I want to enjoy my classes so I try to interact as much as I can with my professors. Um I go to their office hours. Uh I've joined the b biology of the cubs uh club at which is the biology club at Carleton um and there's so many clubs. There's a bacon lovers club. So, there's so many clubs. Um so, enjoy your experience and also take care of yourself. Make sure that you're getting enough sleep, you're eating properly and, yes, it is a priority, school is a priority but your health is number one. If you don't have your health, you won't be able to study. So, make sure you take care of yourself and um if you stay organized, it's not that bad. So, it's I enjoyed my first year a lot. The PMC was amazing to me. They provided me with so many resources gradually throughout the year. Um if something didn't work for me, I would try something different and, like Meredith said, don't try to memorize stuff. Um in the long run, it's not going to help you because most courses build off your previous courses. So, if you if you memorize uh something the night before for an exam, you'll probably know it for the exam but you won't know it the next day afterwards so you won't remember it for your future courses. So, it'll provide you with a lot more or with a lot less work in the long run if you take the time to actually understand the course content when you're studying it. Um overall, that would be my definition of success. Just have fun and take care of yourself and talk to your professors. They're more than willing to help you. They want to see you succeed so, I know it's a little bit intimidating at first but they're humans just like you and I so they want to see you succeed so ask your questions. They will answer. And if they don't know, it's pretty funny a question to a professor and they don't know they will ask whoever else and they will get you that answer so ask your questions. Everybody in the Carleton community is so helpful. Um I know it's easier said than done but don't be shy because we're all here to help.

SYNCLAIR: I love that message, Natalie, um especially the part about kind of on-campus involvement with academics and outside of academics. Being a part of the Carleton community is so much greater than just studying for your degree. We have such an awesome community here. If you're interested in academics, you can get involved with academic clubs. If you're interested in bacon, you can get involved with the bacon club. Um so, I love hearing that. It really provides an extra layer of enjoyment during your degree um getting involved with other organizations. So, the last thing that I'll ask you guys before we move on to some of the questions that some students are asking um it's the classic if you knew then what you know now kind of what would you do? So, this is why we love hearing from older students especially with our first-years because it's so valuable to hear experiences from people who have just gone through what first-years are going through now. So, what is the most important piece of advice that you would pass on to a new student? Um maybe we can start with Meredith.

MEREDITH: Yeah, sure that's a great question. I have to like kind of think about that. There's so much that I would tell myself, my first-year self, um that I know now. I think this is gonna sound kind of crazy but I think one thing I would tell myself is, like, to chill out. Like, you're gonna be okay, you're gonna figure it out, you're gonna make mistakes, you're gonna get marks that you don't think you deserve, um and you're also going to meet some amazing people and professors and you're gonna find interest that you didn't know that you had. Um and so I think my message is to just be patient with yourself. I know how intimidating all of this can be especially when you're going on an online environment that kind of, like, makes the intimidation in a way feel like it's more stressful maybe um but you're gonna you're gonna do great and, you know, if you're organized and you're curious and asking questions and taking care of your mental health, um yeah, I I think you all will do amazing and I wish you all the best.

SYNCLAIR: Awesome. And Natalie. What piece of advice would you give to first year students coming to Carleton?

NATALIE: Basically the same thing. Like, first things first: relax. Everything's gonna work out. It's gonna be okay. I know it's something new but there's a lot of people going into first year as well so they're in the same boat as you. So, you can connect with those people whether you're taking online courses. There's a lot of ways that you can connect with your classmates whether it be through uh chat channels, through office hours because multiple students will go to online office hours so we could we you can all have a discussion with the professor together so it's kind of cool that way that they make it interactive. Um but really just enjoy it because I was such a ball of stress when I went into my first week and I realized, like, that's not gonna help me in the long run because I won't be able to do to succeed to my proper abilities because I'm taking that stress out on my work as well. So, really the main thing is it's okay, ask your questions, um professors are so friendly and they will help you. Email if you if you go to their office hours or anytime so ask anybody anything and they will help, don't be shy. I know it's hard, it's easier said than done, but try not to be shy because it helps you in the long run.

SYNCLAIR: I think that that's excellent advice from the both of you. Um yeah, definitely reaching out and making those connections can make a really big difference in your individual experience here at Carleton. Um so, we do have a couple of questions from you guys watching right now and the first one, Natalie actually you just kind of covered up a little bit. It's about professors. So, the first one is I feel like everybody says that professors are scary. So, what's your experience been when interacting with professors and are they helpful? Um so, either of you can jump in to answer that one.

NATALIE: So, yeah. They're really, really helpful. Um throughout the semester when you're taking your course, you can ask them any questions anytime. They would normally get back to you as soon as they possibly can and if you're engaged into the course, they are more than happy and willing to help you. Um and also, another thing to keep in mind is that professors can be supervisors for your thesis you're up in like your fourth-year thesis. So, I have contacted professors afterward after I finished a course to see if I could get a research opportunity because I knew that a professor worked in a lab at Carleton. So, that's another resource that you could always have experience through. It's always helpful to talk to your professors because they're they'll tell you what what they do because they like to talk about it and, if you're interested in that, you can talk about them more and see oh, maybe this could be something that I could pursue in the in my upper years. So, definitely talk to your professors. They're so friendly and they're very passionate about their courses so if you engage with with the course content, you're all good to go.

MEREDITH: And yeah, I will just quickly jump off of what um Natalie was saying. So, I can totally understand the intimidation factor when it comes to first interacting with professors. I was terrified of my professors. Um it was, like, really scary and so I can totally relate to that and now that I'm in third year and I've interacted with a lot of professors, I can say that they're really not that intimidating. Um the only difference is that they hold a PHD or an equivalent doctorate and you're just starting out your your education post-secondary journey. So, they are human too and they totally understand the struggles of being a student and a human. Like, they they're not robots. Um so, yeah. I think it's really important to kind of what Natalie was saying too. Get to know your professors, get to know their research interests and um build a connection off of off of that as a starter and slowly it will get more personal but I find that talking about research interests is a great first step. Um and yeah, they can they can be references for um future jobs or opportunities. So, yeah. And I'm sure like you're probably thinking well how do I make a connection online? Um email. Email your professors, set up, you know, a a Zoom or or go to office hours. These are all great tools that are available that students don't often take advantage of just because of the intimidation factor but once you get over that fear, um and you're and you do it, you'll notice your anxiety will really start to decrease. So, yeah!

SYNCLAIR: Awesome. Thank you both. Um yeah, that is definitely something that a lot of first-year students can sometimes struggle with is that first introduction step to getting to know your professors but once you do, it gets so much easier. Um so, definitely recommend doing that. And our next question from students are or sorry is how will registering with the PMC impact my experience as a student at Carleton?

NATALIE: I can go ahead. Um so, basically nobody knows the nature of your disability other than your PMC Coordinator. You never have to disclose the nature of your disability to any professor or any student. The volunteer note-taking is all anonymous so you don't know who your volunteer note-taker is and they don't know that you're getting their notes. So, really being with the PMC, nobody knows unless you tell them. I am comfortable telling people that I am enrolled but some people aren't and that's completely fine. You don't have to disclose it. Um the the only thing that you do have to disclose is that you do have a disability to your professor but it's not the nature of your disability. Um so, being enrolled with the PMC has just improved my uh post-secondary experience because it's allowed me to access way more resources than I would have thought possible in high school so that would it would it's just a benefit but you don't have to disclose it to anybody. It's um really up to you how comfortable you are. The only person that knows the nature of your disability is your PMC Coordinator.

AMANDA: I just wanted to jump in real quick because I've been sitting in the background but uh Natalie, I know that Meredith was doing in-person classes prior to the switch to online last year but, Natalie, you've never had class on campus and have you even accessed, like like physically on campus, and have you even accessed like services on campus? So, like, I know there's gonna be a question I think coming up here about how do you access stuff when you're remote but I think you've been remote this entire time you've been a Carleton student, right?

NATALIE: Yes, I have been. I've been a remote student from the beginning. So, you can access anything online they will do virtual meetings, phone call meetings, um so, it's very easy. You can email your PMC Coordinator and they might have that information and, if not, they will pass you along to somebody that will um but overall, I've been able to access all the resources that I've like could imagine through online. I I'm really looking forward to going on campus. I I live in Ottawa so I have been on campus. I used to play hockey. I used to play at that Ice House um on on campus but that was years ago and I haven't been in a long time. So, I'm really looking forward to going back on campus in the winter. I'm fully virtual again this fall so you won't see me there until the winter but I'm it'll be interesting to go back. I'm really looking forward to being able to interact with people in-person but for now, the virtual at least we make it work, we have video conferences, Zoom meetings, uh MS Team meetings, so. Yeah, they make it as interactive as possible and if you're not comfortable with uh like meeting virtually, you can always have a phone call so they're so flexible.

SYNCLAIR: Awesome. And that actually leads in really well to my next question um since, Natalie, you have been virtual for the whole time you've been attending Carleton. So, how did you find making friends and connections on campus when you weren't here. Were there any challenges or how was that experience for you?

NATATLIE: Um, for me it wasn't too bad. I joined a couple of discord channels and so I was able to talk with other students regarding uh the course content and stuff like that and then you get to know people through that um and then it's kind of like you start there and it gets more personal as you get to know them and throughout the semester you start chatting more. Um it was a little bit more difficult at the beginning because I was concentrating so much on the schoolwork. I was not enjoying myself so but then I realized I have to interact with others and it also benefited me in the long run because I was able to learn better by learning from others and teaching others something that they didn't understand. Um but I am looking forward to going back in person. I'm sure it would be easier if we could all just see each other's faces but we may do and um there's so many different ways that professors try to make their classes interactive with their students um virtually, so. I think that um it's it's a different time, of course, it's a little bit more challenging but it's not something it's not impossible, it's definitely possible.

SYNCLAIR: That's awesome. Thank you. Yeah, that's definitely um a big thing is maybe joining clubs when you aren't able to be on campus so you are still able to kind of make those connections even if they are virtual with other students and maybe peers in your program. Um Meredith, did you have any uh feedback for that one like how you make friends and connections on campus when you aren't physically on campus? Like, was there a difference for you?

MEREDITH: Yeah, there was definitely a difference and a bit of an adjustment. Um so, my first year was spent on campus so how I made friends there was, honestly, if there was someone sitting next to me I would just turn and say hey I'm Meredith um, like, I'm from Ottawa. I'm staying at home. Um I'm majoring in psychology and, you know, so it goes. Um but online it was definitely more difficult and I know Natalie brought up um discords, which um I found that a lot of students were using to make connections. Another tool that I found to be helpful was actually tutorials so if you have a tutorial um which is kind of like the live part of your class where um it's normally like on a Teams meeting or a Zoom call, you can see kind of different people's perspectives and points of view. It's very discussion based so I found it really interesting to kind of hear other people's perspectives on a certain topic and it sounds funny but you can always email, like, the person um because you have their Carleton email and just be like hey I'm in, you know, this tutorial and um you know, what's your social media and then you kind of connect there and um it's really all about networking um and just kind of those small steps kind of lead to bigger connections. So, yeah. I think that's um what I would say about it but it definitely was an adjustment for me um, for sure.

SYNCLAIR: Awesome. Yeah, that definitely is a lot of feedback I've personally received from students is that they've been able to make more connections through their tutorials and like discussion groups than they have been in the past just because it is kind of the only option right now um but just going on to our last question before we wrap up, um so this can be answered by either Meredith or Natalie. Um are there any study groups for students registered with PMC or study groups on campus with like your programs or departments?

NATALIE: So, they have um PASS study groups, so they're peer-assisted study groups. Um these study groups are normally uh run by a student that's gotten an A- or higher in the course and uh they uh they will email you through the actual course. So, you get emails um from this the BrightSpace page um and they will tell you uh when their uh sessions are and when their office hours are. So, you could always go to those. It's extra practice so it's optional but it's definitely worth it. I've been to some sessions and they're definitely helpful if you're not really understanding the course content because it's a different way of um explaining it because you're hearing it from somebody else that has learned it previously. Um there's also I'm I'm pretty sure there's some study groups that can be um like registered. I'm not 100 percent sure. Maybe Amanda can help me out with this one.

AMANDA: So, I I can definitely try so um through PMC we will be offering uh study pods which will be essentially like focus sessions uh where you will be able to um join fellow PMC students virtually to work independently on your own things and the host for those study pods will ask everyone to identify, you know, what they hope to achieve during the hour that they will be working together and it's just a way to kind of um you know allow yourself an opportunity to to work with somebody else, maybe not not together but kind of independently on your things. We're also in the midst of finalizing some details for a study buddy program where you can be paired with somebody either in your program or with the classes that you're enrolled in um so that the two of you can can work together and that could be something that will be requested through your coordinator but nothing's been finalized yet so stay tuned for more details about that um which kind of uh reminds me, and I know we'll mention this during our um our wrap up here, but um you can follow us on Twitter or sorry on Instagram um and we also send out PMC newsletters uh quite frequently as well. So, um all of those updates will be included on the social media page as well as in those newsletters. I don't know, Meredith, if you had anything else to add to the study groups at all.

MEREDITH: No, I think um Natalie covered it uh yeah, I've used PASS before too um specifically with statistics. That was a bit of a bit of a struggle but I got through it and I did pretty well thanks to that program so um yeah, so I think PASS is a great tool to use.

SYNCLAIR: Awesome, thank you. PASS is definitely a wonderful resource especially if you're struggling in one particular course. Uh it gives you an opportunity to work with your TA one-on-one as well which is really awesome. So, that does unfortunately conclude our student panel um I want to give a huge thank you to Meredith and Natalie. You guys have been a wealth of knowledge and I’m sure you guys have had a really great impact on the students watching here today. Um so, thank you so much and I will push it back to Amanda for our wrap-up.

AMANDA: And just to conclude, I want to thank Synclair for also moderating the panel. She did a great job there um and just to talk about Meredith and Natalie a little bit. They also were once in your space watching PMC Orientation and then here they are as ambassadors for PMC. So, um it doesn't take very long for you to also be um here with us one day imparting your knowledge on future students. So, um we've really enjoyed bringing um all this information to you today. Some of the touch-points that I wanted to follow up with before we leave from today is to remember to check out the PMC Fall FAQs or frequently asked questions on our website. Um Somei mentioned this during her presentation. There is tons of information there so feel free to peruse through that and follow up with your PMC Coordinator if you need referrals or have further questions. We are here to support you. Um again, there are employment placements um through ACT to Employ um which is the service offered through Career Services and again, we're happy to provide you with those referrals should you need them. Um it's also really helpful if any of you are planning to do co-op in the future. Jenna can also help students um through ACT to Employ with co-op placements and Nicole is there with ACT if you are interested in jobs outside of Carleton as well. Um so, follow the PMC Instagram account to stay informed throughout the year and i believe the Instagram handle is being posted um on the Q&A page right now so we look forward to seeing you live there. Remember to set up your accommodations for your September appointments. Um again, that appointment will allow you to set up your accommodations for the term with your coordinator and we are offering those appointments in-person, virtually or via phone. So, whatever your preference is, we are here to support you. I don't know if I've said that enough yet. Uh and again, as a reminder, September the 7th is Academic Orientation Day and so that is being hosted through the Student Experience Office and so you can check out the link again in the Q&A section where you will be able to find your department and information about how your department will prepare you throughout your academics as well. So, um that is a wrap for us today. Welcome once again to Carleton and to PMC. We look forward to seeing you virtually or in person in the future and welcome home, Ravens. Bye now.

[MUSIC PLAYING - Hey! - Benjamin Tissot]