

SCIENCE CONNECTION SUMMER EDITION



VOLUME II



ORIENTATION IS JUST AROUND THE CORNER, AND THE COUNTDOWN IS OFFICIALLY ON! WE'RE SO EXCITED TO WELCOME YOU TO CAMPUS AND KICK OFF AN AMAZING YEAR TOGETHER. OVER THE NEXT FEW WEEKS, MAKE SURE TO CHECK YOUR EMAIL REGULARLY AND KEEP AN EYE OUT FOR IMPORTANT UPDATES, TIPS, AND REMINDERS TO HELP YOU GET READY.

FROM MEETING YOUR CLASSMATES AND PROFESSORS TO EXPLORING EVERYTHING UNB HAS TO OFFER, THERE'S SO MUCH TO LOOK FORWARD TO, AND WE CAN'T WAIT TO SEE YOU ALL THIS FALL!



Faculty of
Science

YOUR PEER MENTORS ARE SO EXCITED TO MEET YOU ALL! SEE YOU THIS FALL!

SCIENCE ORIENTATION

SEPTEMBER 2ND, 2025

**WE'RE SO
EXCITED YOU'RE
HERE!**



**Faculty of
Science**

Get ready to meet inspiring professors and amazing new friends! Academic Orientation is your chance to explore the Faculty of Science, make meaningful connections, and pick up helpful tips to kick off your year with confidence.



We're excited to welcome you to UNB Science, your home away from home for the next few years! Worried about finding your classes, managing your course load, or making new connections? Don't stress, we're here to support you every step of the way!

To get important news from Science go to: [SSLP Sharepoint](#)



Know Your Syllabus: Your Roadmap to Success



What Is a Syllabus?

A syllabus is your course's blueprint. It outlines everything you need to know for the semester: from assignments to expectations and helps you stay on track.



What's Inside a Syllabus?

Course Overview: A brief summary of what you'll be learning

Instructor Information: Names, email, office hours, and preferred contact method

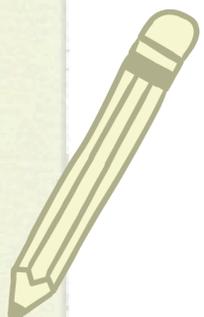
Required material: Textbooks, readings, software, or supplies you'll need

Evaluation Breakdown: How your grade will be calculated (Test, assignments, participation, etc)

Grading Scale: How marks translate into letter grades

Course Schedule: Important dates for lectures, labs, exams, and due dates

Policies & Rules: Attendance expectations, academic integrity, late penalties, etc.



PRO TIPS:

KEEP A DIGITAL AND PRINTED COPY HANDY

MARK DEADLINES IN YOUR CALENDAR RIGHT AWAY

ASK YOUR INSTRUCTOR ABOUT ANYTHING UNCLEAR AS EARLY AS POSSIBLE

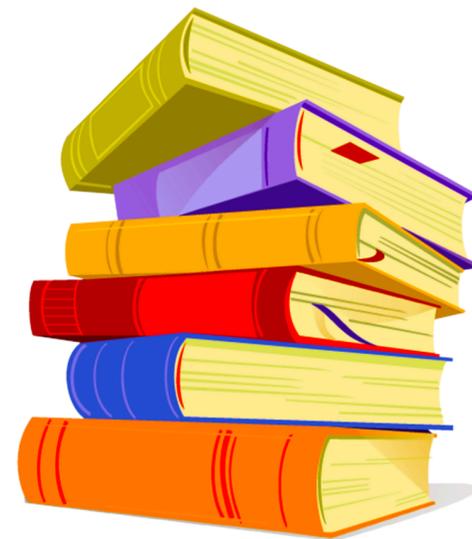
WHEN TO REVIEW YOUR SYLLABUS

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- **First Week:** Read it carefully and highlight key details
 - **Before Each Assignment:** Double-check the instructions and grading criteria
 - **Before Tests or Exams:** Review the covered topics and any rules
 - **When in Doubt:** The syllabus is your first stop before asking for clarification

Textbooks...

All you need to know!

Unlike in high school, your textbooks are not provided for free at university! Textbooks can be quite expensive, so we are here to answer some questions you might have:



WHERE CAN I BUY TEXTBOOKS?

SHOULD I BUY THEM NEW OR USED?

DO I EVEN NEED THE TEXTBOOK FOR THIS COURSE?

The broad answer to all of these questions is that it depends!

Sometimes, you will require the most recent edition – it may contain new material that is important or may require learning software only available when bought new!

Other times, an older edition will suffice – which helps to save money if you buy a previously-owned textbook:
UNBSU Buy & Sell
UNBSU Used Textbooks FB page

The most common location to purchase new textbooks is the UNB campus bookstore located at 21 Pacey Dr Main Floor in the Student Union Building (see below for contact information).

Some professors may tell you that the textbook is necessary and very useful for the course. Others may say that the textbook is there for further interest/reference only, and that it is not necessary for success in the course.

Our top piece of advice is to wait for the first week of classes before you buy them!

Please check out the UNB Bookstore at <http://bkstr.com/newbrunswickstore/home>. With your student ID, you can find out which textbooks or other course materials are needed.

Ph: 506-648-5540
Email: unb@bkstr.com



 **UNB**
EST. 1785
UNIVERSITY OF NEW BRUNSWICK

PEER ASSISTED LEARNING (PAL)

BIOLOGY, CHEMISTRY, PHYSICS, AND EARTH SCIENCES

Taking a first-year science course and looking for extra clarity, practice, or support with studying for midterms or finals? We've got you covered!



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



**Faculty of
Science**

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

Our Peer-Assisted Learning (PAL) Program is a great way to stay on top of your studies in a relaxed, peer-supported environment. It's a free resource offered by the Faculty of Science to help you succeed in your courses.

PAL is led by upper-year students who have already taken the course and know what it's like. They'll attend lectures with you to stay current on the material and provide the most helpful support possible. PAL sessions will be held in person on campus throughout the week. These sessions are designed to help you review course content, ask questions, and connect with classmates to form study groups.

Your PAL leaders are excited to get started and can't wait to meet you! Keep an eye out during the first few weeks of class for session details.

Math Learning Centre (MLC)

Does the thought of taking a Calculus course (or more!) make you nervous?

If so, fear no more; we have the resource for you!



The Math Learning Centre, located in Room 422 at the very top of Tilley Hall (9 Macaulay Lane), is the perfect place to receive *free* math tutoring, formula sheets, and past math and statistics exams.

This resource is most used by students in 1st and 2nd year math and statistics courses at UNB.

Keep an eye out for the extra-help session schedule on the Sharepoint site, in addition to this link:

<https://www.unb.ca/fredericton/science/depts/math-stats/mlc/>



If you aren't feeling confident about your math skills, the MLC hosts a Pre-Calculus Math Workshop, on August 27, 28, and 29 from 9:00am-5:00pm:

<https://www.unb.ca/fredericton/science/depts/math-stats/mlc/pre-calculus-workshop.html>



Hours: Sunday-Thursday (3:00pm-9:00pm)

Email: mlc@unb.ca

Website: unbmlc.weebly.com

Facebook: [@mlcunb](https://www.facebook.com/mlcunb)

TIPS AND TRICKS FOR UNIVERSITY SUCCESS



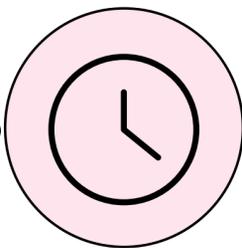
1 Time Management

There are only 24 hours in a day - how you use them matters!

Plan Ahead: Use a planner, calendar app, or time-blocking method.

Balance: Schedule time for schoolwork, extracurriculars, and downtime.

Avoid Cramming: Break big tasks into smaller, manageable chunks. Good time management reduces stress and helps you stay on top of your responsibilities.



2 Academic Advising

Your academic advisor is your go-to guide for course planning.

Meet before registering or dropping courses to make sure you're on track.

Ensure all program and graduation requirements will be met.

For Faculty of Science students, contact:

Angela Regier, Science Student Services Coordinator at: sciadvising@unb.ca

She is always happy to help point you in the right direction!



3 Catch Up Quickly

Missing a class happens, but don't let it snowball.

Review notes, slides, or lecture recordings right away.

Ask a classmate for their notes if needed.

Learn the material before the next class to prevent falling behind.



4 Reach Out to Professors

Professors want to see you succeed!

Don't be afraid to email or meet with them.

Ask for help if you're struggling to understand concepts.

Show initiative, this builds positive relationships and can lead to mentorship opportunities.



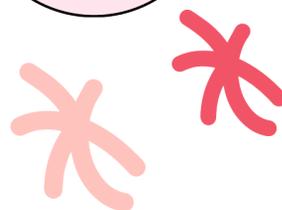
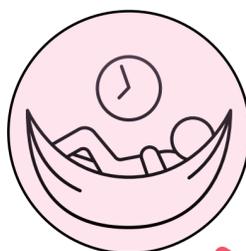
5 Relax and Recharge

University can be intense, but rest is part of success.

Take time to unwind and enjoy hobbies.

Get enough sleep, eat well, and move your body.

Remember: Your mental and physical health are just as important as your grades.



Final Reminder

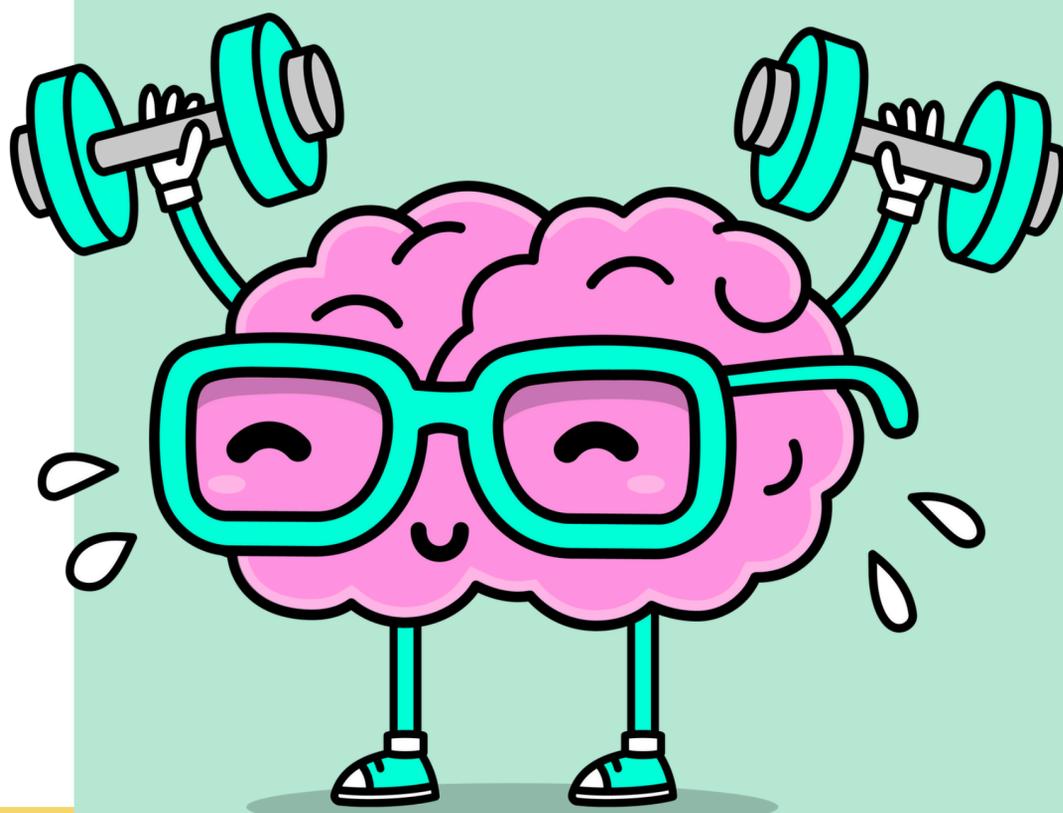
Success in university is about balance: managing time, using your resources, and taking care of yourself along the way.



If you or someone you know is in imminent danger, call 9-1-1 emergency services.

MENTAL HEALTH

As a Uni Student



What challenges may university students face?

University can be a big change. For some people, it means moving cities or even countries by yourself. Besides academics; finances, work, and issues in your personal life can be a source of stress. It is more important than ever to check in with yourself and know when to ask for help.

Importance of Mental Health

Good mental health is essential for overall well-being, enabling us to handle stress, relate to others, and make healthy choices.

Resources

- Counselling services: (506) 453-4820
- 24/7 Suicide Crisis Helpline: 9-8-8
- Kids help phone: 1-800-668-6868
- CHIMO Hotline: 1-800-667-5005
- Mobile Crisis Services (Fredericton): (506) 453-2132

SUPPORTING MENTAL HEALTH

• Self-Care

Regular exercise, balanced diet, adequate sleep.

• Seek Professional Help

Therapists, counselors, and support groups.

• Be There

Offer support and listen without judgment.

Maintaining Balance

Prioritize Tasks

Create daily to-do lists and prioritize tasks based on importance and deadlines.

Schedule Breaks

Get a snack and take a walk—you'll feel much better and get back in the grindset.

Avoid All-nighters

It may seem like a requirement at the time, but writing an exam with no sleep is like driving a car without gas—you won't get as far as you wanted. Instead, close the books and get a few hours of sleep. You can study more in the morning and you'll be more likely to retain information.

Choose your friends wisely

You'll make lots of friends and connections at university. Make sure your close circle is supportive, as well as understanding and respectful of your boundaries.

Practice Self-Care

Check in with yourself regularly and give yourself time to do activities that relax you and bring you joy!

Seek Support

Lean on friends, family, and colleagues for support and advice.

Plan Ahead!

Write down all the dates from the syllabus of each class. That way you know when a midterm/lab report/assignment is coming up, so you aren't surprised and scrambling last minute.

