WELCOME TO THE SCHOOL OF AUDIOLOGY AND SPEECH SCIENCES!

CONGRATULATIONS!
WE CAN'T WAIT TO MEET YOU.

FROM YOUR FRIENDS IN SECOND YEAR
Congratulations and welcome to SASS! You made it! You did it! Welcome to SASS :) The competition is over, now you can look forward to learning the ins and outs of all things SLP. First year can be a lot of work, but you’ve got a great support system in your cohort. My biggest piece of advice is to study together, share notes etc. from Day 1. Congrats on getting in! - Sarah

Congratulations, and welcome to SASS! I still remember the mixed feelings I had stepping into the classroom on the first day. Now, a year later, I’m very grateful for the wonderful people I’ve met and the treasurable memories that have been made. Although school will look different this year, I’m sure such experiences will unfold for you nevertheless. School can get quite hectic and add a lot to your plate, but try not to feel too pressured about having to finish everything right away. Work at a pace that’s right for you. If you’re feeling lost or overwhelmed, don’t be afraid to reach out to the school, your classmates, us, and any resources that may be available. Also, feel free to talk to us if there’s anything positive you want to share or just want to talk—doesn’t only have to be for help :) Take care of yourself because it can get easy to get caught up with so many things going on in everyone’s lives. Enjoy your time here, and don’t forget to have fun! - Kevin

Welcome to SASS, first years! Have lots of fun learning new material and meeting new friends. Ask for help when you need it and don’t be afraid to raise your hand in class! Remember to take care of yourself and take breaks when you need to! - Kaitlyn

Congratulations and welcome to SASS! You get to learn some amazing stuff this year, and lots of profs are super fun! Just take it one assignment at a time, and collaborate with others to study. Don’t be shy about reaching out to second year students to ask for help either! - Elisa

Congratulations and welcome to SASS! You all will have a busy but wonderful program and career ahead of you! Don’t hesitate to ask any of the second year students for advice, and take great care of yourself. Lean on each other for support. You’ll be spending many hours together! - Maida

Congratulations and welcome to SASS! You get to learn some amazing stuff this year, and lots of profs are super fun! Take care of yourselves and each other, it’s going to go by super quick! The second years are also always here to lend a hand if you need. - xoxo Lexa

Congratulations class of 2022! You made it! Remember that everyone is in this together and that no matter how tough things seem, you will make it through and better yet, it was such a great experience! Take care of yourselves and each other. It’s going to go by super quick! The second years are also always here to lend a hand if you need. - xoxo Lexa
Welcome to SASS! Breathe in, breathe out - you’re finally here! This year will bring many new friendships, challenges, and opportunities. Your classmates are your biggest resource - USE THEM! Share notes, share resources, share ideas, share questions. Collaboration is a valuable skill in the workplace - start practicing now! Remember that it’s okay to feel overwhelmed at times. Please don’t hesitate to reach out to your support system - classmates, friends, family, UBC resources, second years - if you are feeling like you are in over your head. We are here cheering you on! - Laura

Welcome to SASS! We’re so excited to have you on board with us! While this year may look a little different (I’m talking about the old elevator in the school that is finally repaired!), this year will certainly present you with new friendships, supportive mentors and learning opportunities that will shape your mind and heart. Remember to ask questions to nourish your curiosity and to enjoy every season of growth. Remember that you are the author of this new chapter, and despite the uncertainties that your current story may present you with, you get to write the pages and watch your individual journey unfold. We’re genuinely so joyful that you’re in this program with us. Please feel free to reach out to any of us, anytime. Whether you’re seeking advice about school or whether you want friends to have discussions about Hamilton, pets or places to eat, we’re here for you! - Lisa

Congrats on getting into the program! Honestly, be proud of how far you’ve come. The next couple of years will have difficulties, but also have joys and blessings. Be proud of yourself every time you complete an assignment, and practice gratefulness. Appreciating the journey is so important, and will help you through the tougher weeks. Rely on your support systems, and make sure you take time to just do things that are fun and relaxing for you! It’s okay if you don’t do all of the readings (it’s a good idea to do some of them though!) and instead use some of that time for self care. Speak kind words to yourself and to others, and be excited! This program is going to change your life for the better: you will learn more about yourself, more about your future career, and develop the skills you’ll need to be an amazing, empathetic clinician! (Also, if you want to do a thesis, I recommend getting that sorted at some point in first semester if possible, because it can take a LONG time) - Linae

Welcome to SASS! The worst is over! You made it! You might find that this year will be overwhelming in all new sorts of ways, but make sure to be kind to yourself at the outset and give yourself time to adjust. It’ll feel like there’s lots to do: stay organized, give yourself a pat on the back for every little thing crossed off the to-do list, be clear about your boundaries, and don’t be afraid to not get everything done the way you would like -- remember, grades don’t matter anymore and just be proud of yourself for doing what you can in that moment. You’ll get through it! And if all else fails, stick together. We’re wholeheartedly cheering you on, so don’t hesitate to ask us questions! - Gloria

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Congrats and welcome to SASS! Hope you have a great start to the year - and find a way to connect with your peers (even though things are a little strange this year!). The coursework can be challenging but try to remember all the reasons you want to be an S-LP and stay positive (and also be kind to yourselves!!!!) - Brooke

Yay congrats and welcome to SASS! It feels like just yesterday but also forever ago that we were just starting our 1st year. You’re gonna learn so many new and cool things and hopefully you’ll have lots of fun this year! It must be hard starting a new program where you don’t know many people and only see people online, but do your best to reach out to your profs and fellow students to ask questions and work together. Don’t forget to make time for non-school related things like family, friends, hobbies and exercise! (see below for tons of great ideas!) But also manage your time properly and don’t procrastinate (like I sometimes do and leave things to the night before…). Just know that whatever you’re feeling, you’re definitely not alone! If you’re confused or have a question, chances are someone else is also thinking the same thing. I hope you get to meet some unique and cool people! Best of luck this year! Hopefully we’ll see each other in person eventually. - Sofia
We know this year is going to look a bit different for your cohort... but here are some of our favourite things you have to look forward to!

Collaborative Google Docs! very helpful for certain classes (Hello AUDI 514, we're talking to you)

Creating clay molds of the oral cavity in less than 10 minutes in Dysphagia class!

Painting muscles in dysphagia, or pretty much anything to do with Stacey's dysphagia class because she's a bad ass!

Finding out if your /l/ is bunched.

Audiology labs!

We loved our preschool visits on campus! We hope you get to have that experience too! (THANKS PAOLA <3)
You'll get so used to having your new friends around that when they're away, you try to fill the void any way you can.

Linda's Voice classes... seriously, you get to shout and sing and chant and put your body in weird positions!

You'll have a weird affinity for crows after a few of Valter's classes.

30-day mindfulness challenge. Sign up when it's offered! It's free <3

Also, Eavan's lecture was a helpful reminder to have a re-set button and unwind at the end of a long day.

Working through case studies! It's a great way to apply your skills and knowledge and to share ideas and listen to your classmates brilliant ideas.

SIM day! SIM day! SIM day!
WE ALSO LOVED.....

Lounge lunches, stuttering class and guest lectures!

hellooooo group projects!
You will get to learn so much about your new classmates!

However, your first semester might look like...

class from bed? okay! (it gets old, trust us)

Meta instruction??????

Like, what the heck is going on!?
Don't worry, we are in this together!!
Don't forget to lean on your friends <3
Yeah, you're here for school, but you're allowed to have some fun too! Here are some ways we de-stress...

**Trivia nights** (Colony, Five Point and Castaway) and **Nerd Nite**. It's a great way to bond with new friends and old friends too!

**SKIING!**
Hit the slopes day or night.

**Retail therapy**

**Puzzles**

**Cooking and baking**

**YOGA!**
Try to grow some vegetables and get moving!

**Hit up some local breweries**

**try paddleboarding or kayaking!**

**Hit the slopes day or night.**
Some more fun things...

Pet all the dogs. Animal therapy is amazing! It's an instant pick-me-up... try going to a dog park. Crowley park is great for off leash!

Cycling the sea wall
Walking at Spanish Banks/Locarno/Jericho beach

Running/walking at Pacific Spirit Park → lots of different trails and you feel like you’ve escaped the city. Download a podcast to listen to and enjoy!

Learn the ukulele!

Paint! Even if you think you're not good, just try to create something, get your creative juices flowing!

Learn a new language with a friend
Crafts; sewing, card-making, crochet (Counting stitches is helpful for keeping frantic thoughts at bay) etc

Westminster Abbey (Benedictine monastery in Mission - people are welcome to quietly wander the gardens and trails - it’s a really relaxing and beautiful place)
Oh, and then there's stress eating, but in a healthy way. Because food is everything. Here are some of our favourite restaurants around Vancouver and the Greater Vancouver area...

Most of these places are on Door Dash, Skip the Dishes and Uber Eats if you are not comfortable going to restaurants yet.

**TACOS ANYONE?!**

- Sal y Limon (their horchata is also to die for)
- Tacofino
- Chancho Tortilleria

**El Pulgarcito (Hastings-Sunrise):** no frills Mexican & Salvadorian food, tasty pupusas

**Bandidas (really delicious vegetarian Mexican restaurant on Commercial Drive):** (they have the best veggie nachos)

**MeeT (various locations):** good vegan and vegetarian eats

**Chickpea:** good vegan eats - especially the chickpea fries!

**Tractor;** delicious and seasonal food

**JJ Bean and Blue Chip cookies:** - fabulous pick-me-ups

**Batard Bakery for the best croissants**

**Grounds for Coffee at 10th and Alma for cinnamon buns and coffee!**

**Breka Bakery and Cafe (4th and Alma/Highbury):** I've never been disappointed by their treats! Plus open 24 hours!

**Nook (amazing Italian; Kits has the best location!):**

**Porch (on campus):** - great veggie bowls and sandwiches, pretty affordable for mostly under $10

**Sushi:** There are a LOT of sushi places, and the sushi is cheap and fresh (compared to non-ocean-having provinces)

**Earnest Ice Cream:** it’s worth the lineup I promise! Dairy free options

**November 1 sale Halloween candy anyone?**

Sometimes you just need noodles and a beach break...

**Andamiro - for korean food!**

**The Hyde:** cheap wings and beer! Student budget y'all.

Most of these places are on Door Dash, Skip the Dishes and Uber Eats if you are not comfortable going to restaurants yet.
Don't forget hiking and trails! Get out in nature. We are so lucky to live in such a beautiful city and province. Take full advantage. Make the time to enjoy it all.

Elfin Lakes (Garibaldi Provincial Park)

St. Mark's Summit (or Bowen Island Lookout if you want something shorter, but on the same trail as St. Mark’s)

Lindeman Lake Trail

The Chief

Garibaldi

Dog Mountain; hike or snow shoe

Norvan Falls

Any trail or hike in Golden Ears Provincial Park

Buntzen Lake Trail / Diez Vistas
We remember how nervous and excited we were before starting this program... We are here for you, we've been through it. You should be proud of yourselves. Hold your head high and be confident in your skills. There is lots to learn still. There will be hard times, but it’s nothing that you can't get through. Be kind to yourself and be kind to others.

We can't wait to meet you!!!!

CONGRATULATIONS ON BEGINNING YOUR NEW JOURNEY, CLASS OF 2022!!!

From the Class of 2021

Geoff invented SASS. Can you outdo him?