



WELCOME TO THE SCHOOL OF AUDIOLOGY AND SPEECH SCIENCES!



**CONGRATULATIONS!
WE CAN'T WAIT TO MEET YOU.**

**FROM YOUR FRIENDS IN
SECOND YEAR**





OUR WELCOME MESSAGES TO YOU!

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

Congratulations and welcome to SASS! First year will be busy, but it will be fun and worthwhile! Take care of yourself and support one another, I guarantee you will make it through the end. Don't hesitate to come to us for any questions or support!
-Lydia

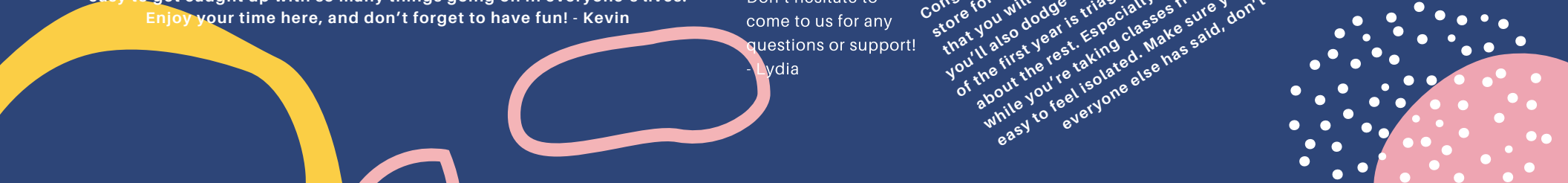
Congratulations class of 2022! You made it! Remember that everyone is in this together and that no matter how tough things seem, you will make it through and better yet, succeed. First year was full of ups and downs but it was such a great experience! Take care of yourselves and each other, it's going to go by super quick! The second years are also always here to lend a hand if you need. - xoxo Lexa

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

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 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! Honestly, it's hard to say much about what's in store for you since everything's kind of new to everyone these days. I imagine that you will encounter some challenges we didn't in our first year, but maybe you'll also dodge a bullet or two that we couldn't, so hopefully it evens out. A lot of the first year is triage. Focus on learning what you're there to, and don't worry about the rest. Especially don't stress about grades; those days are over. Also, while you're taking classes from home in your pajamas all the time, it might get easy to feel isolated. Make sure you reach out and support each other, and like everyone else has said, don't hesitate to ask us for help! - Geoff



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! 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

Congratulations and 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

Welcome to SASS! You're starting the year out a little differently than we did, but please take the time to get to know each other so that you can have each other to lean on when those hard times hit. All that stress about getting good grades to get into this program - throw those feelings out! Learning now is PURELY for yourself and no one else. Oftentimes, it'll feel like such a bummer not to get a good mark on an assignment that you worked really hard on - but do realize that it's a) not your fault, b) not your fault and c) grades don't matter anymore (despite what it may seem). Lastly, when advocating for anything, please please PLEASE stick together. Voicing our thoughts as a group has gotten us so much further than as individuals. Good luck and congrats on getting in :) - Carmen

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

Hi new SLP student! As my peers have already, I welcome you to SASS and congratulate you on your hard work in getting here. I highly commend you for starting your first term online, but I hope you'll get to meet your classmates in person soon! I remember being psyched out by what our upper years told us -- high workload and high stress. But! For me, I found that a) collaboration (you're stronger and smarter together) and b) trying not to exaggerate or amplify your own or others' stress can help greatly. Take confidence in your knowledge and skills, but don't be afraid to ask for help. And of course, take time to do non-academic things and rest! - Stephanie



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

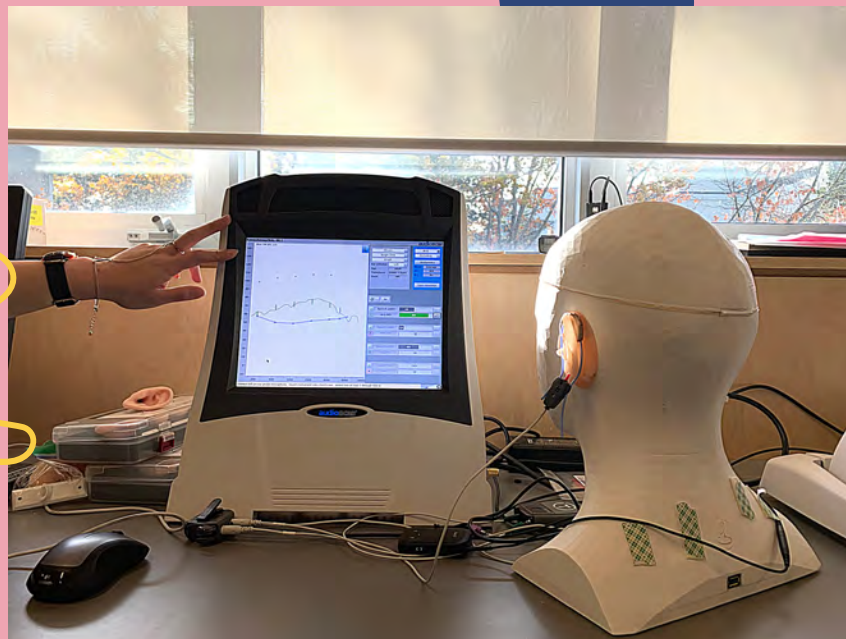
Yay congrats and welcome to SASS! It feels like just yesterday but also forever ago that we were just starting our 1st year. You're gonna learn so many new and cool things and hopefully you'll have lots of fun this year too! It must be hard starting a new program where you might not know many people and only see people online, but do your best to reach out to your proffs 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!



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

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



the drawing book in the study area

Audiology labs!



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 /ɹ/ is bunched.



We loved our preschool visits on campus! We hope you get to have that experience too!
(THANKS PAOLA <3)



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



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

CAW! CAW!

SIM day! SIM day! SIM day!

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



30-day mindfulness challenge. Sign up when its 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



WE ALSO LOVED.....

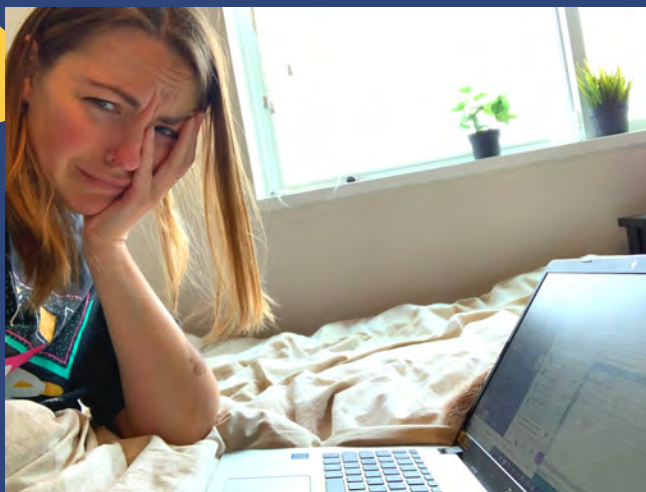


Lounge lunches, stuttering class and guest lectures!

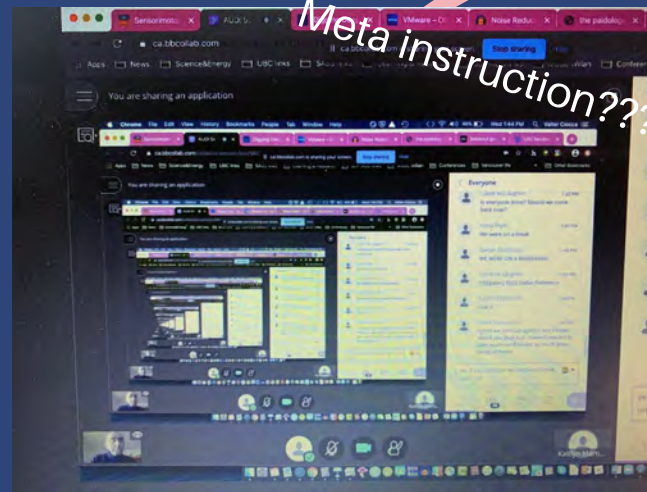


helloooo group projects!
You will get to learn so much about your new classmates!

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



Hit up some local breweries



try paddleboarding or kayaking!



SKIING!
Hit the slopes day or night.



Retail therapy

Yeah, you're here for school, but you're allowed to have some fun too! Here are some ways we de-stress...



Puzzles



Cooking and baking



try to grow some vegetables
patience, my friends

YOGA!
or any exercise...
get moving!



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



Some more fun things...

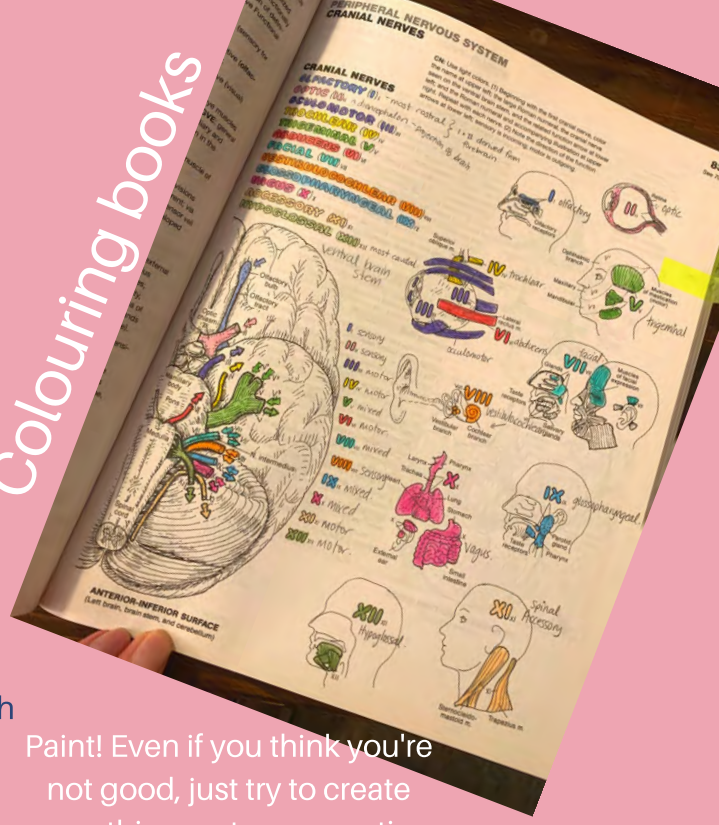
Pet all the dogs. Animal therapy is amazing! It's an instant pick-me-up... try going to a dog park. Crowley park is great for off leash!



Cycling the sea wall

Walking at Spanish Banks/Locarno/Jericho beach

Colouring books



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

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 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)



Learn the ukulele!



© David Schultz Photography

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...

TACOS ANYONE?!

Saly Limon (their horchata is also to die for)
 Tacofino
 Chancho Tortilleria



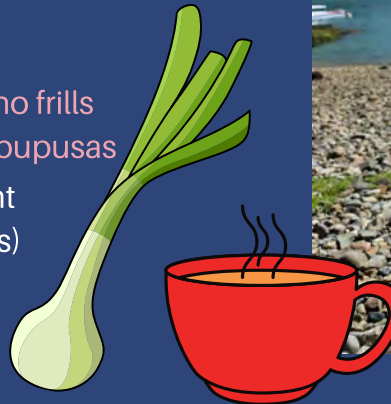
Tractor;
 delicious and
 seasonal food

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!



November 1 sale
 Halloween candy anyone?

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

Andamiro - for
 korean food!

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



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

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



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

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

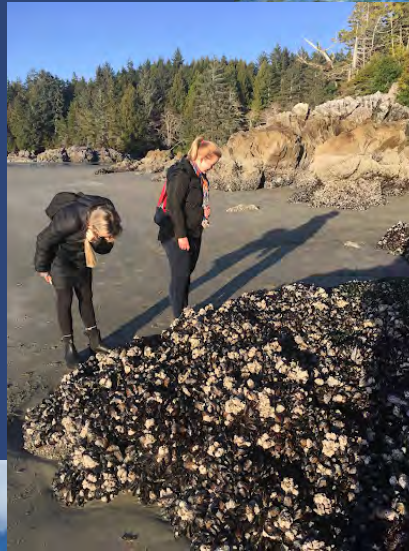
Don't forget hiking and trails! Get out in nature. We are so lucky to live in such a beautiful city and province.

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)

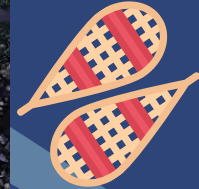


Norvan Falls



Lindeman Lake Trail

The Chief



Garibaldi

Dog Mountain; hike or snow shoe



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?

