

NOSM University
Wednesday, May 18, 2022

WORKSHOPS

ACCESS CODE	TITLE	DESCRIPTION	PRESENTER(S)
A01	Mindfulness Using Arts-Based Methods: Improving wellbeing and resilience	In this workshop, you will learn about mindfulness, how to practice it by way of creative methods, and how it can help you improve self-awareness, mood, and coping. You will take part in several hands-on activities.	Dr. Diana Coholic (School of Social Work, Laurentian University)
A02	Intro to the World of Kinesiology!	Presenters will introduce a variety of practical topics covered in Lakehead's kinesiology program, the study of body movement.	Dr. Taryn Klarner-Read Leanne Smith (School of Kinesiology, Lakehead University)
A03	Physiotherapy: Mapping out your career as a PT	Participants will interact with a physiotherapist and physiotherapy students. They will learn what the profession of Physiotherapy entails and will be introduced to the process of becoming a physiotherapist. Question and answer period will follow.	Brock Chisholm (Rehabilitation Sciences, NOSM University)
A04	Careers in Speech-Language Pathology	We will be discussing what a career in Speech-Language Pathology looks like (e.g., scope of practice, pathways to becoming an S-LP). We will also demonstrate how an S-LP can work with individuals from birth to 99+ and include interactive activities to highlight various speech and language disorders.	Sarah Tinkler-Josephi (Rehabilitation Sciences, NOSM University)
A05	Let's Talk About Dementia!	In this workshop we will talk about what dementia is, discuss truths and myths about dementia, and students will have the opportunity to virtually experience what it may be like to live with dementia.	Brittany Reid (Alzheimer's Society of Thunder Bay)
A06	Becoming a Registered Dietitian	In this session, you'll learn about the incredibly diverse world of nutrition and the path to becoming a Registered Dietitian (RD). You can expect to learn about: - scope of practice - what is a dietitian? - the steps required to become a RD - job opportunities - where do dietitian's work? - "day in the life" examples You'll also need to come prepared to test your food and nutrition knowledge - can you keep up in a speed round against your peers?	Zoe Brenner (Northwestern Health Unit)

A07	Assessing Capillary Refill: Why is 2 seconds important?	During this presentation we will introduce you to the Bachelor of Science in Nursing program at Lakehead University. We will show a short video of our simulation lab in the School of Nursing followed by an interactive nursing assessment including the theory behind it as well as emphasizing critical thinking in nursing practice.	Amanda Ruck Caroline Sabotig Catherine Schoales (School of Nursing, Lakehead University)
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