

A collection of symbolic objects is arranged on a light-colored, textured surface. On the left, a portion of a chessboard with a blue and brown checkered pattern is visible, featuring several gold-colored chess pieces. Adjacent to the chessboard are two medals: one with a red ribbon and a white star, and another with a blue ribbon and a white star. A small, ornate compass is positioned in the bottom left corner. A pair of thin-framed glasses with brown temples lies diagonally across the lower half of the image. The text "Wellness Home Calls 2020" is overlaid on the right side of the image in a serif font.

Wellness Home Calls 2020

Organized By



Hayley Mcnamara
Residence Programme
Coordinator



Pat Kelly
Associate director,
Residence life

Participants, besides Students



Gerarda Darlington
Interim dean of CEPS



Brian Husband,
Assoc. Dean
(Acad.), Biol-cal
Science



Dr. Rene Van Acker
Dean of the Ontario
Agricultural College



Sean Lyons, Assoc
Dean, Research &
Graduate Studies,
Prof, Leadership &
Mgt, Dean's Office

Alexandra Gousse	Effie Gatsinos	Katherine McLean	Margaret Barth
Andrew Isaak	Elizabeth Rauchenstein	Kathryn Hofer	Mark Colvin
Andy Robinson	Erin Lipsitt	Kaur Navi	Matthew Temple
Angie Collie	Ernest Damalie	Kim O'Brien	Meaghan Morris
Barbara McDonald	Glen Van Der Kraak	Kiranbir Kaur	Rachel Choueiri
Barbara Robbins	Heather Mitchell	Krista Miller	Rebecca Roibas
Brent Harwood	Heather Pollock	Kristen Campbell	Rebecca Skelhorn
Brian Ingoldsby	Janet Sunohara-Neilson	Kristina Bartold	Rei Yang
Brittney McManus	Jason Dodd	Laura Law	Rico Dean
Cameron Lawrie	Jennifer Thurtell	Lauren Grant	Samantha Durfy
Charlie Obimbo	Jillian Santi	Leah Vanderende	Sara Faulhafer
Christopher Herkimer	Joanna Panayiotopoulos	Leanne Caron	Sarah Mau
Daniela Senkl	Joannah O'Hatnick	Lindzie O'Reilly	Steve Nyman
David Lawson	Jon Spenceley	Lisa Fodor	Tameera Mohamed
Dawn Ann Webster	Josh Ford	Lisa Tersigni	Yoonhee Lee



Wellness Home Calls - 2020

- ◆ Prior to the date, we had a 2 hour orientation:
 - Also provided with the Student Resource Booklet.

BUT FIRST... GRADES COFFEE TACOS



STUDENT
WELLNESS

Education &
Promotion Centre

UNIVERSITY
OF GUELPH

MENTAL WELLNESS

We're here to support you now and always - whether we're on campus or off.

To contact a resource using their extension, first dial **519-824-4120**
and then enter the 5 digit extension number.

EMERGENCY & 24 HOUR RESOURCES

On Campus

Campus Police, Fire and Ambulance

Emergency Ext. 2000

Non-emergency Ext. 52245

Student Housing Services

Lennox Addington Residence

Ext. 58122

East Residence

Ext. 58124

In Guelph

Sexual Assault Domestic Violence

519-837-6440 Ext. 2728

Care and Treatment Centre

24 hour – Ext. 2210

Here 24/7

1-844-437-3247

All Students

Good2Talk (Ontario residents)

1-866-925-5454

Crisis Text Line

Text UofG to 686868

RESOURCES

Student Wellness

wellness.uoguelph.ca

Counselling Services	Ext. 53244
Health Clinic Services	Ext. 52131
Wellness Education & Promotion Centre	wellness@uoguelph.ca
Accessibility Services	Ext. 56208
Student Support Network (peer to peer support) wellness.uoguelph.ca/ssn for hours of operation	ssn@uoguelph.ca
Sexual Violence Support and Education Coordinator	svinfo@uoguelph.ca
Health & Performance Centre	Ext. 53039
Stress Management and High Performance Clinic, Kathy Sommers	www.selfregulationskills.ca

Non-Academic Advisors

Indigenous, International and Cultural Diversity Advisors	student@uoguelph.ca
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Revised July 2020

International Students- have access to **keep.meSAFE** offers counselling support by chat, phone and through ongoing virtual appointments at no cost to students. Students can contact keep.meSAFE anytime – day or night – to speak with a Counsellor who has experience supporting the unique challenges students face. This service is available 24/7; Keeps your information confidential; and Speaks your language.

Student Connection – remind students about their Gryphons Nest or Residence Community!

Student Success - If a student is struggling with keeping on track for their semester (feeling behind, managing multiple complex challenges/barriers to success), it might be overwhelming for them to access a ton of professional resources all at once. They might find it positive to join STARTonTrack, where they can meet weekly or biweekly with an upper-year student to chat about anything on their mind, while they also access professional campus resources (library, wellness services, etc.). STARTonTrack takes a holistic approach to student life, and helps a student get on track in first semester on any of the following topics: academics, wellbeing, personal challenges, low family/friend support, making connections/friends, and more.

Academic Resources- Library webpage (<https://www.lib.uoguelph.ca/>) which has direct links from the main page to SLG schedules, the Mark Calculator, and appointment booking, or Studying Resources and Workshops (<https://www.lib.uoguelph.ca/writing-studying/studying-resources-workshops>) which is more focused on academic support applicable to the broadest number of first-year students.

Also, students can access a live chat on the UAIC website that will answer academic questions from 8:30-4:30 M-F at <https://www.uoguelph.ca/uaic>. Chat box is on the bottom right hand corner.

Athletics- Taking a break for their studies to do something physical will give them an energy boost and they will in fact be more productive. Students have access to Athletic facilities and programs on campus, as well as virtual fitness, and that gryphons.ca, Client Services is 519-824-4120 x56253.



Wellness Home Calls - 2020

- ◆ Held on 3 days **Oct 27-29**
 - 11 a.m. to 6 p.m.
 - Aim: each participant was to call 30 students.
 - I chose CS and SENG students.
 - In all **about 1200 students were spoken to.**

Some of the impt themes that emerged

+s

- ◆ Our students are **very resilient**, and many have adopted to online learning.

Needs

- ◆ looking for ways to **connect with peers**,
 - esp those looking for roommates for next year
- ◆ Many have **struggled** with **academic workloads**:
 - variety of formats being used,
 - how to access resources,
 - anxieties with **Respondus** (lock down browsers) &
 - difficulties with **time management**.
 - Some **specific courses** were identified where **extra support may be helpful**.

Some of the impt themes that emerged

I found out that:

- ◆ Our students are taking courses from around the globe, some in:
 - India (11½ Hours difference)
 - Japan (12½ Hours difference)
 - China (13½ Hours difference)
 - Various parts of Europe and Africa.
- ◆ **Some questions I received from our CS students:**
 - Will classes be online in the Winter?
 - Will student be able to go to residence?
 - Can the exams be done earlier, due to time differences?
 - How does one apply to residence for the Win of Fall 2021?