

# Resource Hub

For Students' Academic Journey!

The following Resource Hub encompasses a collection of resources hand-picked by the research team at The Academic Wellness Project to help support students at York University and abroad. The Resource Hub includes the following categories of resources: (both at York University and other long lasting organisations)

- Academic integrity Resources
- Mental Health and Wellness Resources
- Physical Health and Nutritional Wellness Resources
- Mindfulness Resources
- Time Management Resources
- Financial Wellness and Literacy Resources

For more information and to access TAWP's Resource Hub please visit:

[www.tawp.ca](http://www.tawp.ca)

*What is the Academic Wellness Project?*

*The Academic Wellness Project (TAWP) is an initiative founded by Dema Talib in 2021 through the Agents of Change Program at York University.*

*TAWP promotes the academic well-being and mental health of post secondary students by increasing their understanding of the applications of Academic Integrity and providing them with evidence based tools and resources.*

For any inquiries, please email:

[tawp.yu@gmail.com](mailto:tawp.yu@gmail.com)



Unless otherwise noted, all content in this document was created by Dema Talib, Derya Sönmez, Thiviya Sothinathan, & Tabinda Malik in 2022, and is available under a [Creative Commons Attribution-Noncommercial 4.0 International License](https://creativecommons.org/licenses/by-nc/4.0/). If you reuse this work, please attribute The Academic Wellness Project and York University.

## Academic Integrity Resources at York University

### ❖ [Academic Writing Guide](#)

- Students can access links to guides to write various types of essays and papers through the [Academic Writing Guide](#).

### ❖ [Academic Integrity – York Federation of Student](#)

- Students can access academic support for tutoring, tips on avoiding academic misconduct and information on investigations through the York Federation of Student [website](#) on Academic integrity.

### ❖ [Online Tutorials for Students](#)

- Students can access links to various online tutorials with self tests through the [Online Tutorials for Students](#).

### ❖ [Academic Integrity: Self-Paced module \(undergrad\)](#)

- Students can access a module on academic integrity and citations to help guide them through assignments and exams from the [Academic Integrity: Self-Paced module](#).

### ❖ [Instructional Workshops – York University](#)

- Students can access workshops by York University on academic integrity with thorough instructions through the York University [website](#) on Instructional Workshops.

## Other Academic Integrity Resources

### ❖ [Purdue OWL // Purdue Writing Lab](#)

- Students can access guides on how to format various types of papers, such as MLA and APA through the [Purdue OWL Writing Lab](#).

### ❖ [How Not to Plagiarise / Writing Advice](#)

- Students can access tips on avoiding plagiarism through the [Writing Advice](#) centre.



❖ [MLA Style Centre](#)

- Students can access resources and tips on writing in MLA format through the [MLA Style Centre](#).

❖ [APA Style](#)

- Students can access resources and tips on writing in APA format through the [APA Style website](#).

### **Mental Health and Wellness Resources at York University**

❖ [Glendon Counselling Services](#)

- Students with mental disabilities can access personal counselling through [Glendon Counselling Services](#).

❖ [GradConnect Wellness Services](#)

- Students can access help regarding concerns about mental health and personal wellness, while also gaining psycho-education and other resources through [GradConnect Wellness Services](#).

❖ [Health Education and Wellbeing](#)

- Students can access workshops on mental health and how to deal with addiction specifically through [Health Education and Wellbeing](#).

❖ [Student Counselling, Health & Well-being \(SCHW\)](#)

- Students with any mental health related concerns can access help consultations when in distress/crisis through [Student Counselling, Health & Well-being \(SCHW\)](#).

❖ [York University Psychology Clinic \(YUPC\)](#)

- Students can access a range of leading edge, effective mental health services (including assessment and treatment) through [York University Psychology Clinic \(YUPC\)](#)

### **Other Mental Health and Wellness Resources**

❖ [Big White Wall](#)



- Students can access self-guided programs through the anonymous and confidential hub for supporting students through mental health issues with [Big White Wall](#).

❖ [Good2Talk](#)

- Students can access support via Messenger, call, or text on the free, anonymous, and confidential [Good2Talk](#).

❖ [First Nations & Inuit help line](#)

- Students who are from the First Nations and Inuit communities can access support regarding their mental health through the multilingual [First Nations & Inuit help line](#).

❖ [BounceBack Ontario](#)

- Students can access two forms of support: online videos; and telephone coaching sessions with guided workbooks and skill-building through [BounceBack Ontario](#).

❖ [Reconnect Community Health Services](#)

- Students of all ages and young adults with families can access immediate mental health counselling through [Reconnect Community Health Services](#).

### Physical Health and Nutritional Wellness Resources

❖ [Tait McKenzie Fitness Centre](#)

- Students can access the fitness centre at York University, accessible to all York students with a gym, pool, courts etc at the [Tait McKenzie Fitness Centre](#).

❖ [York University Recreation MUV Fitness Classes](#)

- Students can access online or in-person weekly fitness classes. These classes range from zumba, power yoga, cardio hip hop and many more at [York University Recreation MUV Fitness Classes](#).

❖ [Canada's Food Guide](#)



- Students can access Canadian nutritional guides and information on nutritional balance, healthy eating habits, recipes, resources and more through [Canada's Food Guide](#)
- ❖ [UnlockFood Website](#)
  - Students can access this website that offers a variety of healthy recipe ideas that meet your needs, including vegetarianism along with information on nutrition and gut health, dietary info through [UnlockFood](#).
- ❖ [LiveStrong Website](#)
  - Students can access a website that provides a variety of information and recent articles in the field of health and nutrition such as fitness, diet, weight management and many more through [LiveStrong](#).

### Mindfulness Resources

- ❖ [CBT Thought Diary](#)
  - Students can access a mental health app that provides tools from Cognitive Behaviour Therapy that helps users reflect their thoughts through the [CBT Thought Diary](#).
- ❖ [Seven Mindfulness Techniques for College Students | SUU](#)
  - Students access mindfulness techniques and exercises through the [Seven Mindfulness Techniques for College Students | SUU](#).
- ❖ [22 Mindfulness Exercises, Techniques & Activities For Adults \(+ PDF's\)](#)
  - Students can access activities, interventions, techniques, exercises, PDF documents & worksheets that help with mindfulness through [22 Mindfulness Exercises, Techniques & Activities For Adults \(+ PDF's\)](#)
- ❖ [15 Mindfulness Activities to Reduce Stress and Increase Calm](#)
  - Students can access various physical and emotional exercises to help reduce stress and increase mindfulness and calm through [15 Mindfulness Activities to Reduce Stress and Increase Calm](#).



❖ [What's Up? A Mental Health App](#)

- Students can access this mental health app that provides breathing techniques, habit tracker, a comprehensive diary, and more through [What's Up? A Mental Health App](#).

### **Time Management Resources**

❖ [Managing Time in University](#)

- Students can access student and community leadership development workshops centred around helping students with topics such as how to build a balanced schedule, along with other time management workshops through [Managing Time in University](#).

❖ [Time Management Online Activity](#)

- Students can access an online module that helps you practise scheduling and knowing when to reserve free time, even make a schedule for work and how much time you need studying through the [Time Management Online Activity](#).

❖ [Building Time Management Skills](#)

- Students can access a blog about helping to set SMART goals and determine how to most efficiently use your time through [Building Time Management Skills](#).

❖ [Why Manage Time?](#)

- Students can access a SPARK module that helps with managing time and the benefits of having a schedule on your academic success through [Why Manage Time?](#)

❖ [Remember the Milk: To-do List](#)

- Students can access a To-do list app that can be shared with others, and helps manage priorities [Remember the Milk: To-do List](#).

### **Financial Wellness and Literacy Resources**

❖ [York University Student Financial Office/Services Website](#)



- Students can access information about all financial needs and support for York students, including financial advising, work/study programs, financial petitions, refund tables, scholarships/bursaries and many more through [York University Student Financial Office/Services Website](#).

❖ [Investopedia Website](#)

- Students can access the latest information about financial news, personal finance and money management tips, the current market and many more so you can be knowledgeable and make healthier financial choices today and for future planning through the [Investopedia Website](#).

❖ [Government of Canada Website – Financial Services and Management](#)

- Students can access a wide variety of services available to help with money management, how to make a budget, budget planning, building credit, financial rights and much more. All the information is provided by the government of Canada so it is reliable and helpful for York students residing in Canada through the [Government of Canada Website – Financial Services and Management](#).

❖ [Yconic](#)

- Students can access information on scholarships, bursaries, grants, and other forms of financial assistance through [Yconic](#).

❖ [SFS Financial Support Peers](#)

- Students can access financial support peers to help with common financial advising questions through [SFS Financial Support Peers](#).

You can explore The Academic Honesty Policy and other York University policies, procedures, and regulations through: [www.yorku.ca/secretariat/policies](http://www.yorku.ca/secretariat/policies) & [www.yorku.ca/unit/vpacad/academic-integrity](http://www.yorku.ca/unit/vpacad/academic-integrity)



Unless otherwise noted, all content in this document was created by Dema Talib, Derya Sönmez, Thiviya Sothinathan, & Tabinda Malik in 2022, and is available under a [Creative Commons Attribution-Noncommercial 4.0 International License](#). If you reuse this work, please attribute The Academic Wellness Project and York University.