



Parent & Family 201: Supporting First Year Students

NEW STUDENT TRANSITION TEAM

STUDENT COMMUNITY & LEADERSHIP DEVELOPMENT

YORK 



 **Division of Students**
York University

Student Counselling, Health & Well-Being

Brought to you by:

HEALTH EDUCATION & PROMOTION

STUDENT COUNSELLING, HEALTH & WELL-BEING

YORK U





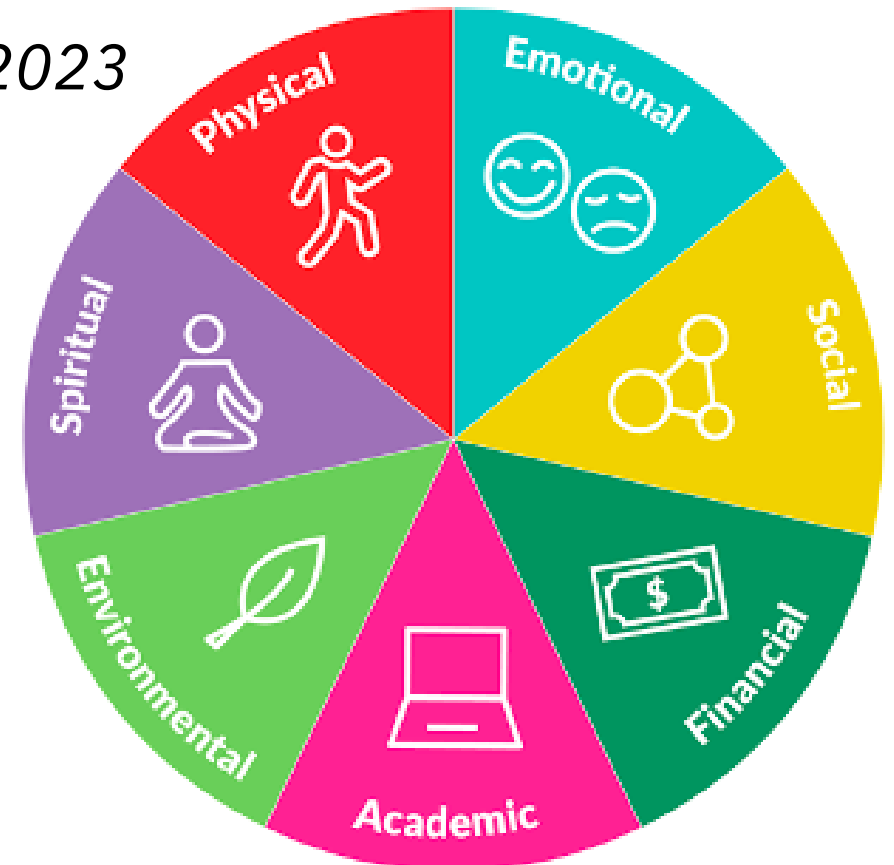
Agenda

- What is Health
- Health & Wellbeing in Post Secondary
- Introduce Student Counselling, Health & Well-being
- Student Counselling
 - Individual Counselling
 - Short-Term Counselling
 - Support Groups
 - Partnerships & After-hours Supports
- Health Education & Promotion
 - Peer Health Educators
 - Public Health Nurses
- The Well-being Strategy

What is Health?

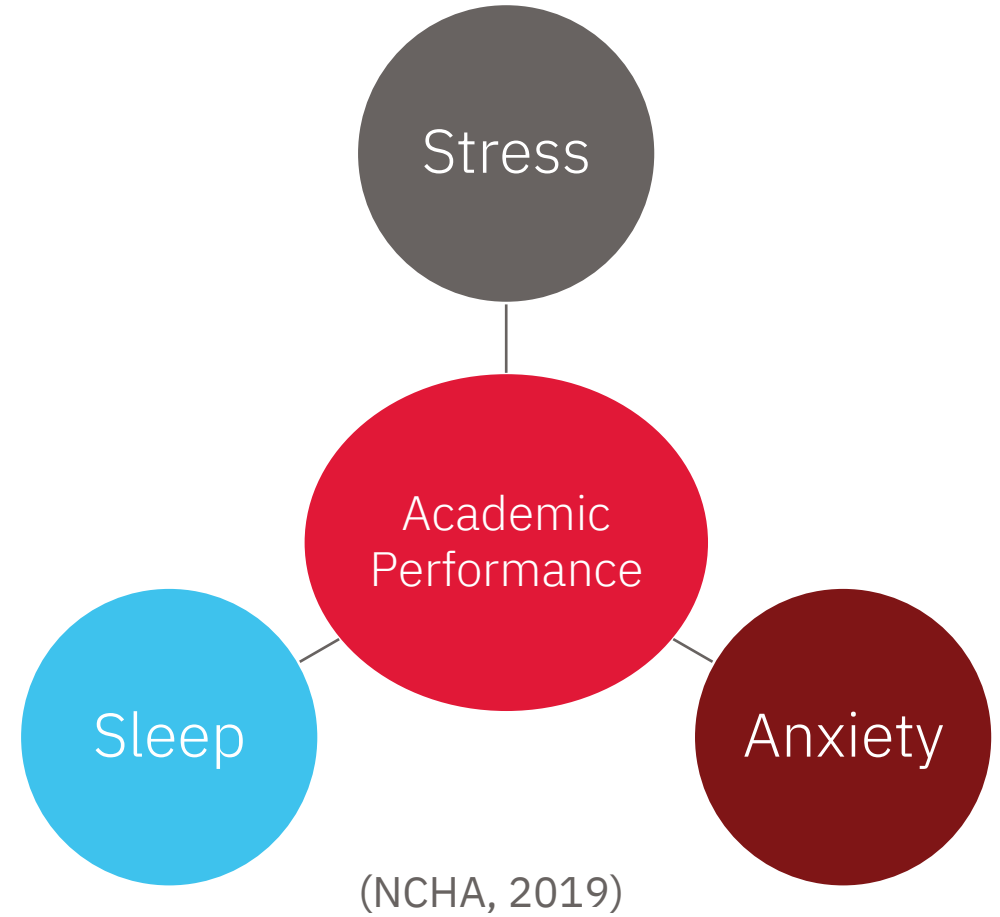
"Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity" - *WHO, 2023*

- Multifaceted
- Impacted by individual, social, and structural determinants
- Exists on a continuum



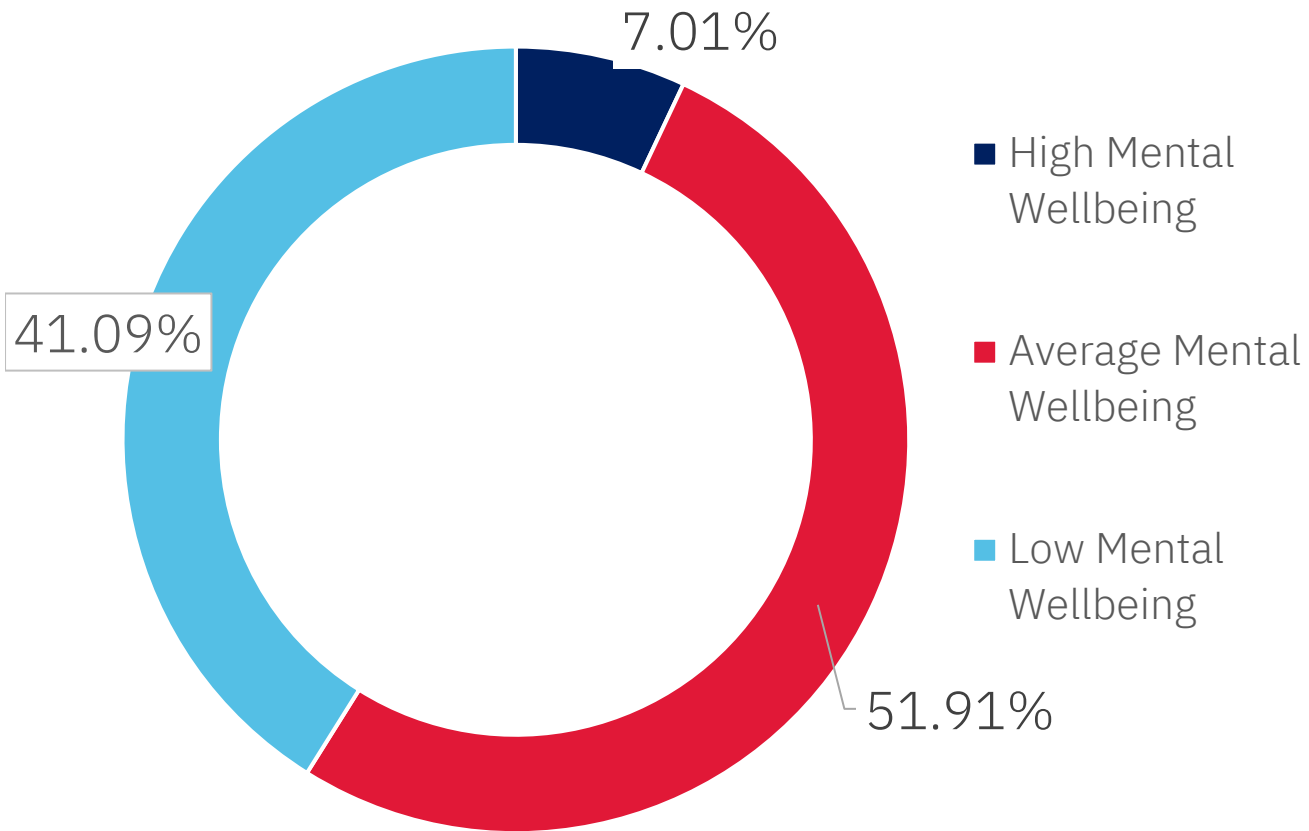
(Baldwin et al., 2017) **YORK U**

Health Belief Model: Mental Health of Post Secondary Students

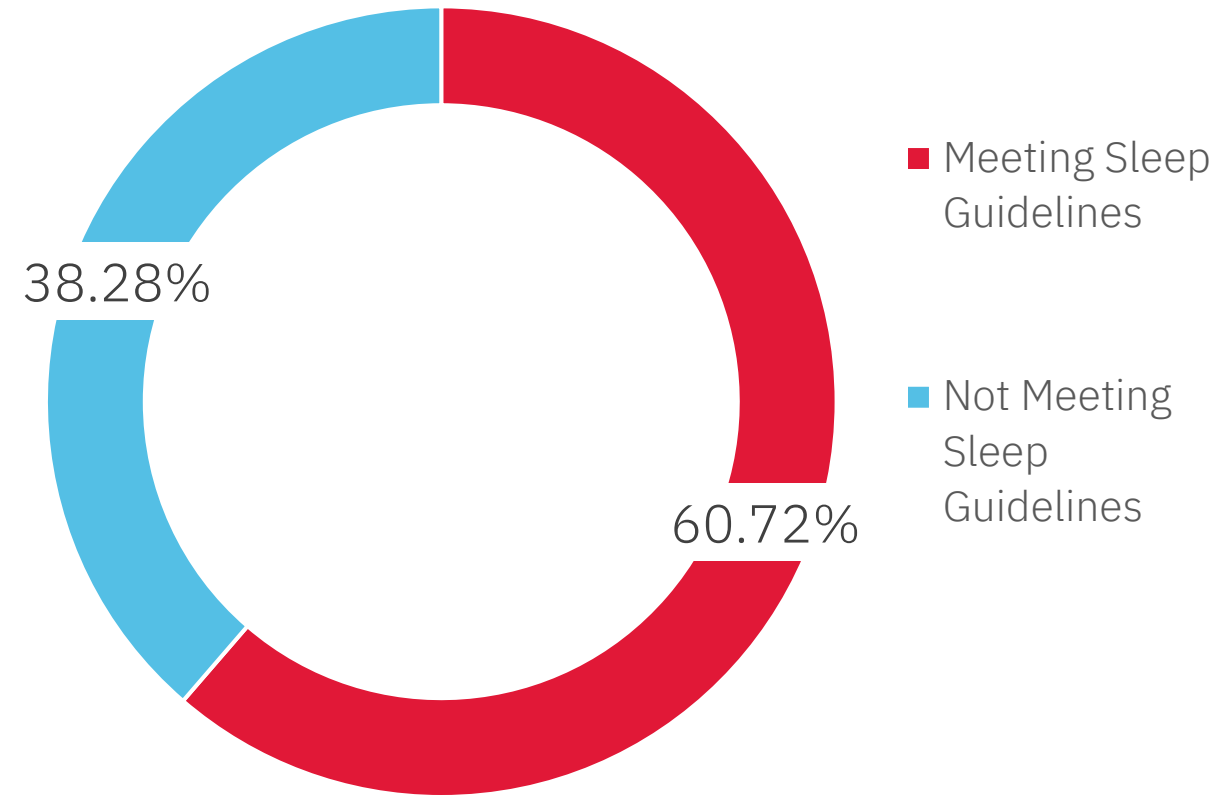


York University

Mental Wellbeing



Sleep



Student Barriers to Seeking Mental Health Support




Structural Barriers:
cost of services,
transportation,
student accessibility



Difficulty finding,
choosing and
accessing the right
support



Social stigma
surrounding mental
health



**Student
Counselling, Health,
& Well-being**

Student Counselling, Health, and Well-being (SCHW)



Aim: "Our purpose is to support students in realizing, developing, and fulfilling their personal potential in order to maximally benefit from their university experience and manage the challenges of university life."

Location: N110 Bennett Centre for Student Services

Contact: (416)-736-5297

Department Email: schw@yorku.ca

<https://counselling.students.yorku.ca>

Student Counselling



Students Come to Counselling For...



Based on data collected from January 1 to December 31, 2022

Student Counselling, Health & Well-being

- Same-day individual counselling provides students timely access to a qualified counselling professional
- Meet with the counsellor for approximately 50 minutes
- Services are offered both in-person & virtually Monday to Friday from 9:00AM to 3:00PM

In-Person Walk-In Counselling

- Located at the Bennett Centre for Student Success:
99 Ian MacDonald Blvd.
Room N110
- No appointment necessary, students must arrive in person

Same-Day Virtual Counselling

- Book online
<https://counselling.students.yorku.ca/>
- Counsellor availability posted daily at 8:45AM
- Students are to ensure they have a private space and access to a strong internet connection

Short Term Counselling

- Accessed via Walk-in/Same-day Virtual Counselling sessions
- Meet with a counsellor for approximately 50 minutes for up to 8 sessions
- Work with counsellor to set relevant and achievable goals and co-create plan for coping strategies.
- Preference for a counsellor of a particular background (e.g. gender, race, sexual orientation) can be discussed with the counsellor during the initial walk-in.



Support Groups

- Led by SCHW counsellors
- A safe space for students to reflect on specific experiences that impact their well-being
- Examples of support groups:
 - ❑ 2SLGBTQIA+
 - ❑ Racialized Student Support Group



<https://counselling.students.yorku.ca/group-counselling-schw>

SCHW Partnerships & After-hours Supports



Access to free, unlimited, real-time and appointment-based support from anywhere in the world in any language.

[keep.meSAFE \(keepmesafe.org\)](https://keepmesafe.org)

Download the App: Telus Health Student Support Service

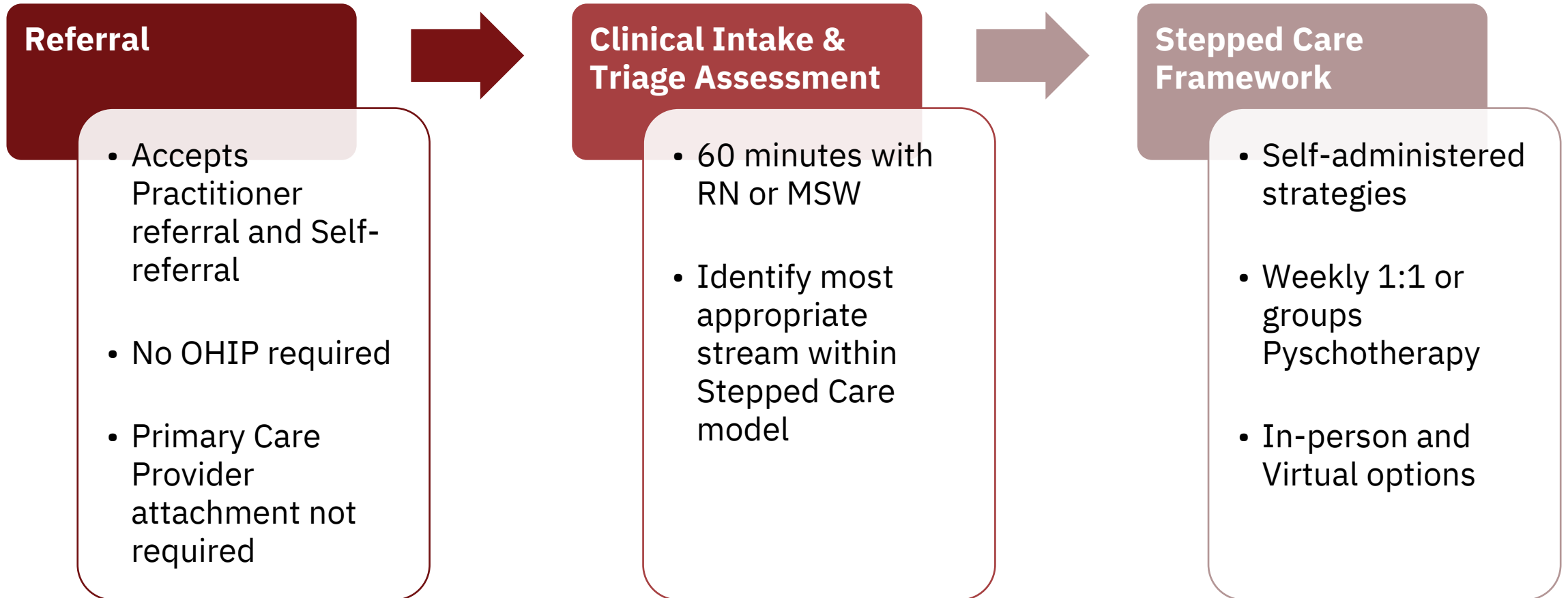


Convenient access to healthcare providers between classes, during your lunch break, and from the comfort of home or residency

[York University | Virtual Health Clinic](https://yorku.ca/virtual-health-clinic)

Booking Code: YORKU2023

CBT-based services within a Stepped Care Framework.



<https://www.ontarioshores.ca/services/ontario-structured-psychotherapy-program>

A group of five young women are sitting on a concrete ledge outdoors. They are all smiling and looking towards the camera. The woman on the far left is wearing a dark blue t-shirt and jeans. The woman next to her is wearing a white t-shirt with 'Health Education & Promotion' and 'YORA' printed on it, and jeans. The woman in the middle is wearing a white t-shirt with 'Health Education & Promotion' and 'YORA' printed on it, and jeans. The woman next to her is wearing a white t-shirt with 'Health Education & Promotion' and 'YORA' printed on it, and dark pants. The woman on the far right is wearing a dark blue t-shirt with 'Health Education & Promotion' and 'YORA' printed on it, and a blue hijab. The background shows a modern building with large windows and greenery.

Health Services, Health Education & Promotion

Public Health Nurses



Aim: To improve the health of students, reduce health inequities, and empower students to make informed choices regarding their health.

Services: Provision of health services and education to students including blog posts, health consultations, systems navigation, vaccine program, health fairs, etc.

Email: shealth@yorku.ca

<https://students.yorku.ca/health>

Health Education and Promotion



Aim: Create proactive approaches to well-being on campus.

Services: Offers active programming in different areas of health including workshops related to resiliency, coping, and stress reduction.

Department Email: schwhep@yorku.ca

<https://counselling.students.yorku.ca/workshops>

Overview of Health Ed Workshops



- Vaping: misconceptions & safer practices
- Cannabis: misconceptions & safer practices
- Introduction to Substance Use & Harm Reduction



- Guide to improving sleep
- Guide to physical activity



- Food & mood
- Student guide to meal planning
- Plant-based nutrition



- Guide for perfectionism & procrastination
- Coping with winter blues
- Taking effective breaks
- Improving your relationship with social media



- Sexual health foundations
- STI's, STD's & safer practices
- Reproductive health 101



- Supporting peers in distress
- Exam anxiety



- Navigating mental health resources
- Navigating physical health resources
- Navigating Queer Resources

Engagement Activities



Dance
Fitness



Yoga
Sessions



Painting
Events

NEW This Year!



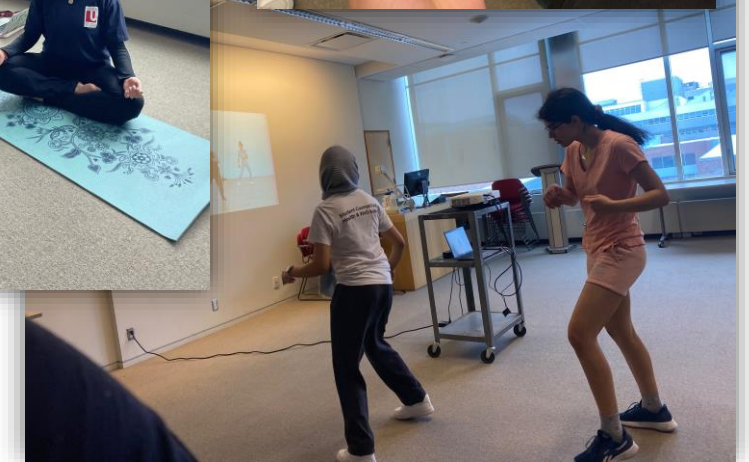
Knitting
Events



Wellness
Events



Fitness
Bootcamp





Well-being

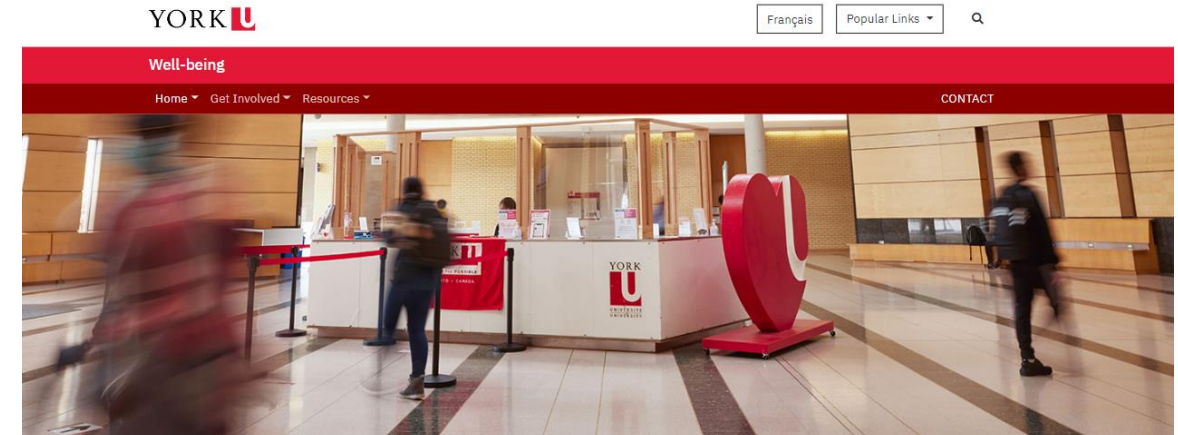
Well-being

Well-being Strategy:

- Create a pan University Well-being Strategy
- Complete evidence based/informed assessments on York's campuses
- Implemented student based Canadian Campus Well-being Survey
- Community engagement

Well-being & YU:

- Student led Well-being Podcast
- go.yorku.ca/wbpodcast



Well-being at York

York University is committed to fostering well-being across our campuses.

In support of the University Academic Plan (UAP 2020-2025) priority of Living Well Together, York University is mobilizing resources to provide an inclusive and supportive environment that promotes positive well-being among all members of our community.

These efforts will be bolstered with a holistic Well-being Strategy focused on understanding the current needs and priorities of the York community through a pan-university approach addressing well-being across all York campuses and sites. The goal of the strategy is that students, staff, faculty and instructors can flourish and be well in this shared environment.

IMPORTANT LINKS

- [EFAP at York](#)
- [Better Together at York](#)
- [Student Counselling, Health & Well-being](#)
- [York University Psychology Clinic](#)

[Strategy Structure >](#)

[Our Goals >](#)

[Guiding Principles & Documents >](#)

<https://www.yorku.ca/well-being/>



Brought to you by the Health Education & Promotion Team

Contact Us At:
Health Education & Promotion

- schwhep@yorku.ca

Connect Further At:

Instagram (shared with SCLD)

- <https://www.instagram.com/studentlifeyu>

Website & Upcoming Workshops

- <https://counselling.students.yorku.ca/>

* Division of Students
York University

Intro to living in Residence on Campus at York

Everything you should know

Brought to you by:

RESIDENCE LIFE

MEAGHAN MORRIS, ASSISTANT DIRECTOR RESIDENCE LIFE

YORK U



What is Residence Life?

Our undergraduate residence communities function under two teams: Housing Services (building operations and maintenance, residence admissions, custodial services) and Residence Life (student experience and support).

Residence Life's focus is on how to best support students during their time living on campus; this support includes:

- Community building and fostering connection
- Mediating conflict and difference
- Building security and safety through the Residence Services Assistants and Dons on Duty
- Provision of learning and development opportunities
- Addressing misconduct
- Emotional and mental support
- Referrals to appropriate resources on campus and in the broader community

Who works in Residence Life?

RESIDENCE DONS

- Upper-year students
- Peer mentoring
- Don on Duty shifts every night (and 24/7 on weekends)
- Community builders
- Educational programming
- Referrals to supports
- First Aid response
- Mental and emotional support

RESIDENCE SERVICES ASSISTANTS

- Upper-year students
- Guest policy enforcement
- Referrals to supports
- Equipment rentals

RESIDENCE LIFE MANAGEMENT TEAM

- 8 Full-time professional staff
- Residence Life Coordinator
- Oversight of Residence Life
- 24/7 on-call support
- Student support (mental, emotional, etc.)
- Referrals to resources
- Student conduct

Introduction to Residence Curriculum

Residence Life is committed to fostering residents' learning and development outside of the classroom; we do this through what we call our Residence Curriculum.

Throughout the year, there will be plenty of opportunities for students to reflect and learn in your house meetings, active programs hosted by Dons, emails sent by the Residence Life Management Team, one-on-one conversations with your Don, and more!

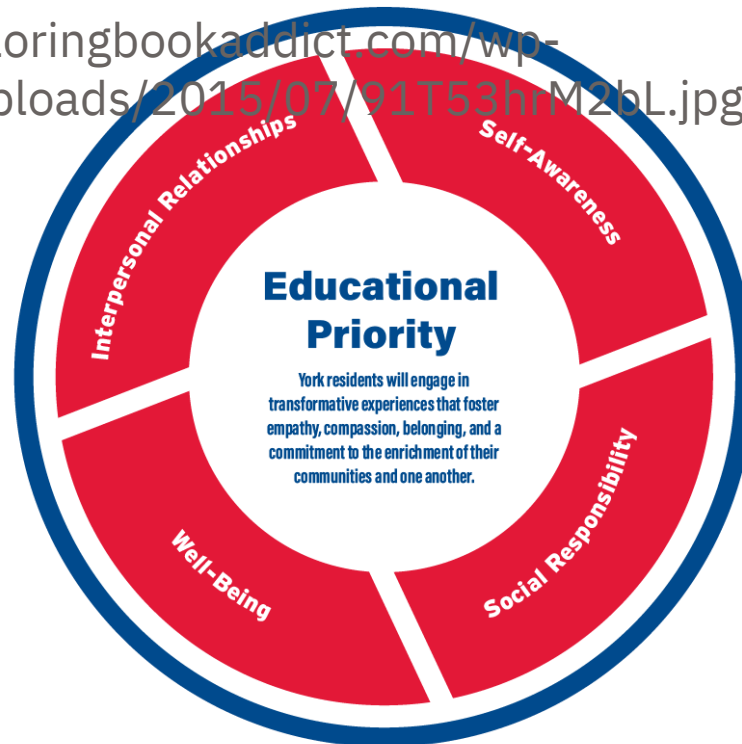
<https://coloringbookaddict.com/wp-content/uploads/2015/07/91T53hrM2bL.jpg>



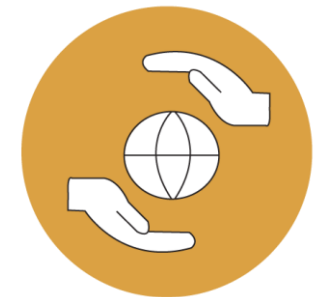
Self-Awareness



Interpersonal Relationships



Well-Being



Social Responsibility

 **Division of Students**
York University

Student Financial Services

The essentials going into a new semester

Brought to you by:

KAREN WARNER

MANAGER, SCHOLARSHIPS AND BURSARIES

YORK U



Who We Are

Student Financial Services consists of three pillars:

- Financial Aid (including OSAP, Out of Province Aid and US Aid)
- Student Accounts
- Scholarships, Awards and Bursaries; Work/Study Program

Mandate: In accordance with the University mission, Student Financial Services strives to ensure that all undergraduate students have access to the financial assistance programs that they require to successfully complete their degree.

Fall Dates and Activities

September

- ✓ Students enrol and pay registration deposit
- ✓ Entrance awards are applied to student accounts
- ✓ First instalment of OSAP is released
- ✓ Fall fees due (Sept 10)
- ✓ Application deadline for Scholarships and Awards (Sept 15)

November

- Last date to get a partial refund on Fall (F) or full year (Y) courses - Nov 7
- Recipients of in-course scholarships will be notified and funds will be posted to their student accounts
- York University will assess and post the first round of bursaries
- Financial blocks are mounted on accounts to prevent students from adding additional courses (Nov 1)

December

- York University will report all funding issued to OSAP recipients to the Ministry of Colleges and Universities
- York University will confirm enrolment for OSAP students so that second instalment can be released; students can expect to receive funds in early January
- Students will be invoiced for their Winter fees

What's to Come for Winter

January

- Winter fees due (January 10)
- Second instalment of OSAP released

February

- Deadline to apply for Work/Study consideration
- Second round of bursaries
- Students can access their tax forms online
 - T2202 Tuition and Enrolment Certificate
 - T4A (Statement of Pension, Retirement, Annuity, and Other Income)

March

- Last date to get a partial refund on Winter (W) courses – March 10
- Deadline to apply for Bursary program; final round of bursaries assessed
- York University will report all new funding issued to OSAP recipients to the Ministry of Colleges and Universities
- Financial blocks will be mounted for the summer session (March 1)

April/May

- Final round of award adjudication for those awards that are based on final academic results
- Student Financial Services will assess renewable scholarships and will notify students of their eligibility status (July)

Resources available to students

The Student Financial Profile (<https://sfs.yorku.ca/aid/sfp>) is a multi-purpose online application form that is used to apply for:

- Undergraduate Scholarships and Awards – Deadline has now passes
- York University Undergraduate Bursary program – Deadline to apply is March 15, 2024
- Work/Study, LEAP and RAY Programs - Deadline to apply is February 16, 2024
- Emergency Bursary Support (<https://sfs.yorku.ca/scholarships/emergency-bursaries>)

Apply once per session (Fall/Winter and Summer); Fall/Winter application is currently available

For more information about the Scholarships, Awards and the Undergraduate Bursary Program, please visit:

<https://sfs.yorku.ca/scholarships-awards-bursaries>

For information about the Work/Study Program, please visit: <https://sfs.yorku.ca/work-study-programs>

Need Assistance?

Student Support & Advising (<https://students.yorku.ca/ssa-contact>)

We are here to help you:

- Understand your student account, tuition and fees;
- Assist with financial aid and OSAP inquiries;
- Resolve financial or admissions related issues;
- Provide guidance on university policies and guidelines

Ways to connect with us:

- Virtual and In-Person Appointments – visit <https://students.yorku.ca/ssa-contact> for appointment booking instructions
- By Email – recheck@yorku.ca; provide your student number, first name, last name, reason for your email in the subject line
- By Phone - 416-872-YORK (9675)
- For Scholarships, Awards and Bursaries – email bursary@yorku.ca