

# York 101:

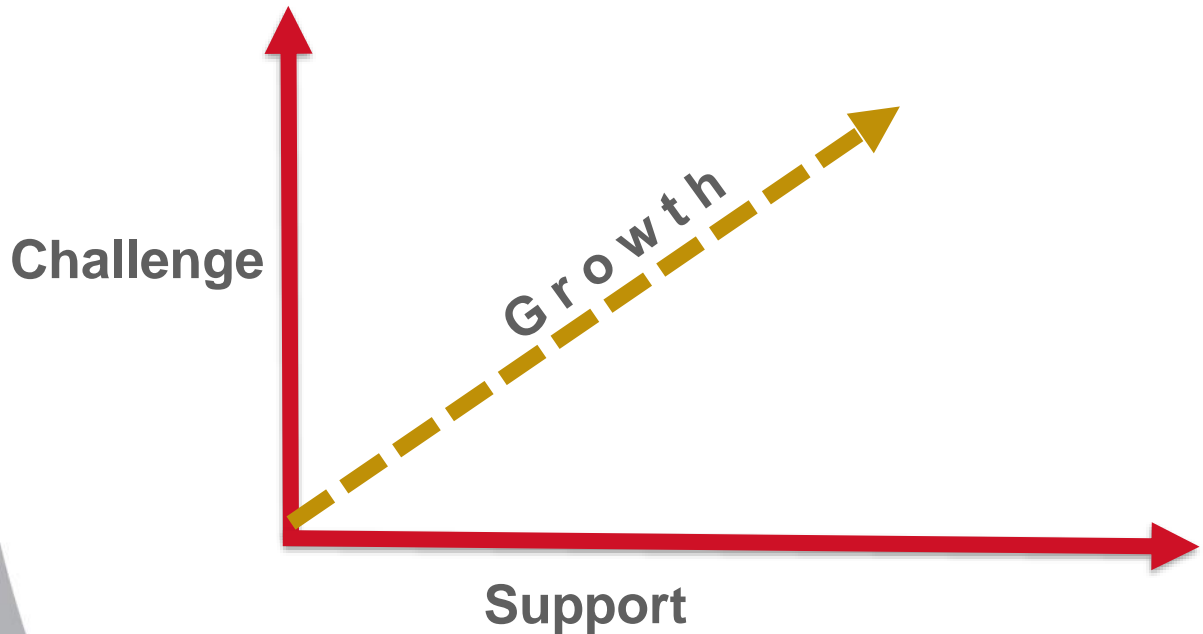
## Student Well-Being

Resources for parents  
& families

# Agenda

- Importance of student well-being
- Partnering with students on connecting to campus resources
- Prioritizing healthy habits for academic success

# Sanford Model of Challenge and Support



# HEALTH

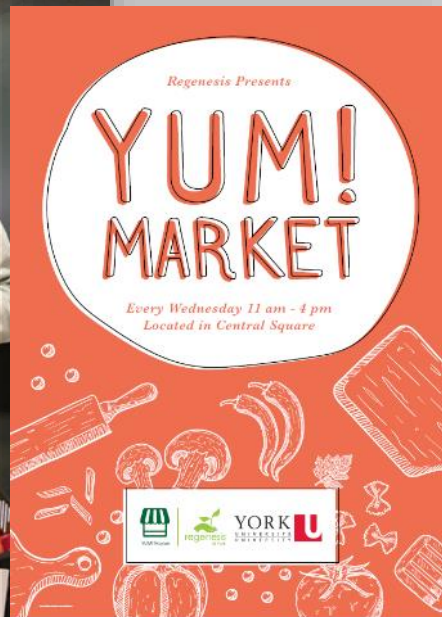


# Nutrition





# Nutrition on Campus



**DIVISION OF STUDENTS**  
**PARTNERS IN STUDENT SUCCESS**

**YORK**  
UNIVERSITY  
UNIVERSITY

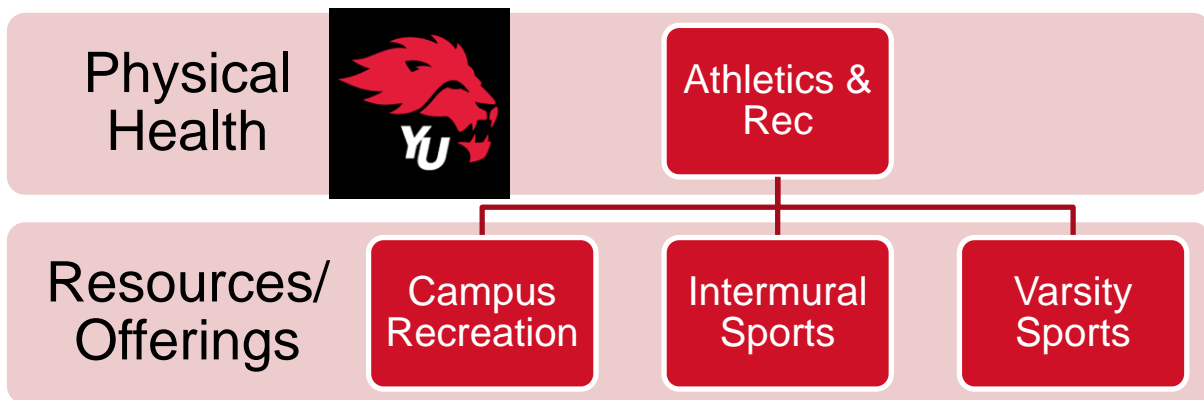
# Sleep



# Resources/Supports

- Check out the fairs for our services offered on campus

**yorkulions.ca**





# Common Stressors



Academics



Finance



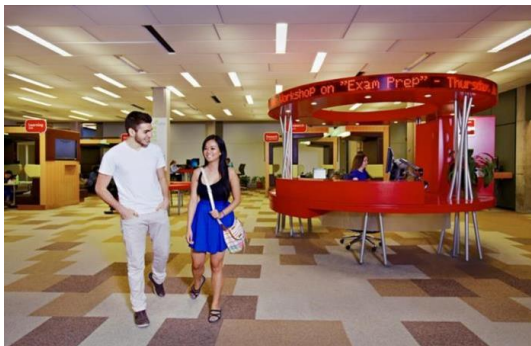
Career  
related  
issues

# Resources/Supports

[accessibility.students.yorku.ca](https://accessibility.students.yorku.ca)

[lss.info.yorku.ca](https://lss.info.yorku.ca)

Academic  
Supports



Student  
Accessibility  
Services

Mental Health  
services

Learning services

Physical sensory &  
medical services

Learning  
Skills  
Services

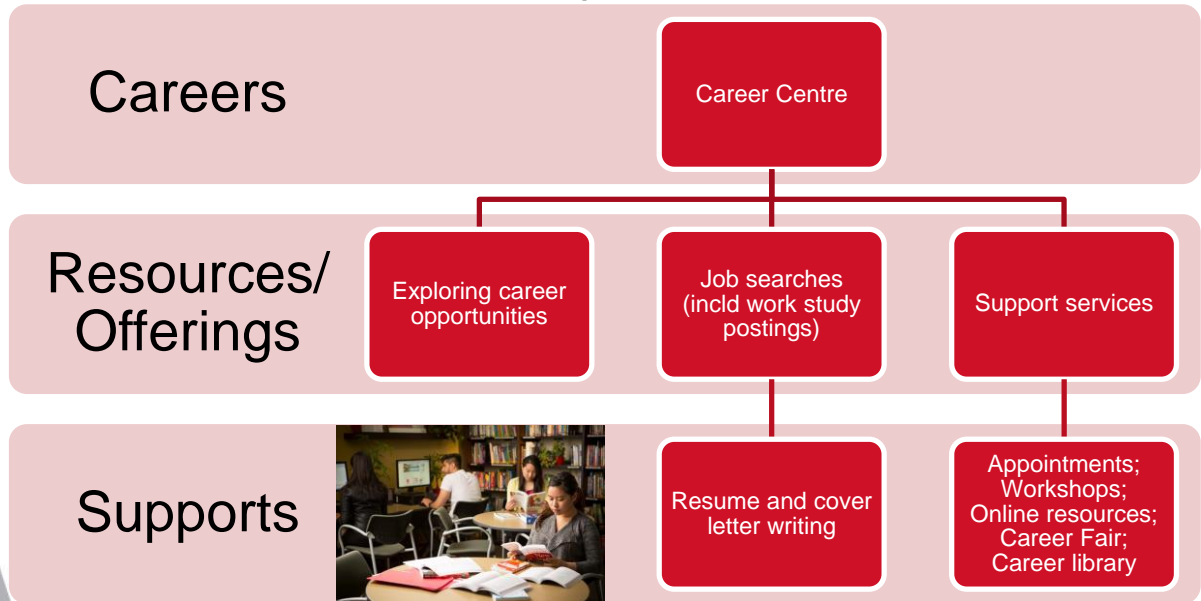
Workshops;  
Outreach events;  
academic coaching

Core academic  
skills: reading; note  
taking; critical  
thinking; exam prep

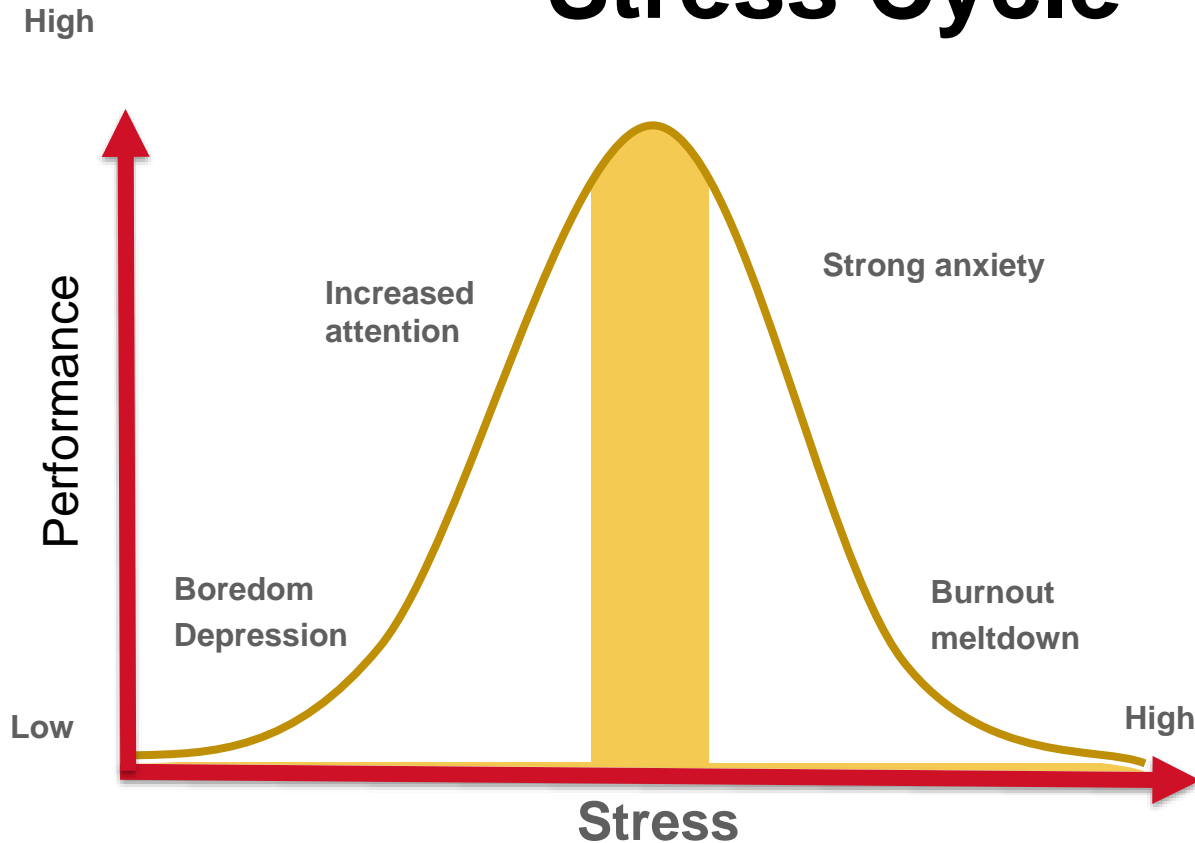
# Resources/Supports

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**careers.yorku.ca**



# Stress Cycle



# Mental Health Supports

[yorku.ca/mentalhealth](https://yorku.ca/mentalhealth)

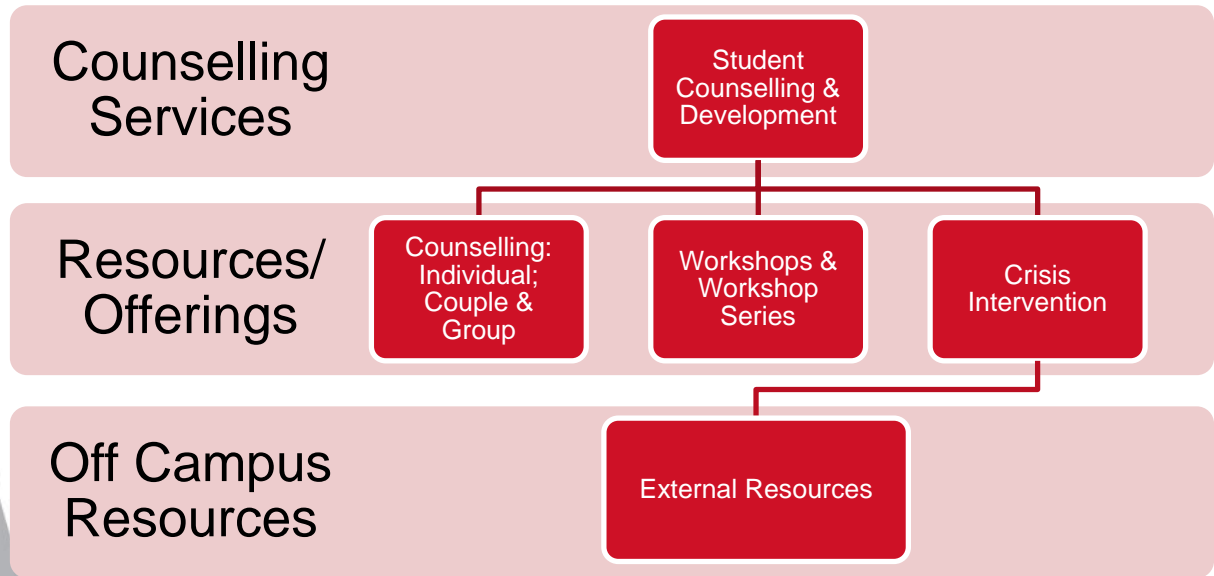
[counselling.students.yorku.ca](https://counselling.students.yorku.ca)





# Resources/Supports

- Check out the fairs for our services offered on campus



# THE WELLNESS HUB



Your hub for health and wellness  
services and workshops on campus

[thewellnesshub.scd.yorku.ca](http://thewellnesshub.scd.yorku.ca)



# Key Takeaways...

- Well-being is important at York
- Making healthy choices impacts student success
- Encourage students to ask for help
- We are Partners in Student Success

# Questions?

**Health Ed Website:**

<http://healthed.scld.yorku.ca/>

(click 'Contact Us' to ask questions)