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ampus Session 2/3 - Part 4: Wellbeing

Click below each question to share what you are doing at your institution.

How are you supporting your international students' wellness and wellbeing?

Example

At VIU we have introduced zoom and phone counselling services and will be introducing extended hours in the fall to accommodate timezones.

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Which stakeholders are you engaging and in which activities?

Example

At VIU we are working with all service areas (library, IT, etc) to explore extended service hours in the fall at least a few days a week to accommodate timezones.

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What are you doing to ensure your own oxygen mask is on first?

Example

I start my day with a reflection on my own wellness level for the day and then try to incorporate at least 1 thing first thing that brings me joy (eg sitting outside with my morning coffee and watching the birds)

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Virtual Nutrition Coaching

Students can meet one on one for personalized coaching over phone or online (for all students including international)

★★★★★(1) RATE

Add comment

Student Engagement Office

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Add comment

Work life balance

Taking time to smell the roses...literally!

★★★★★(1) RATE

Add comment

Our Counselling Dept offers daily 11 mindful mins at 11am virtual session

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Add comment

Not enough!

☆ RATE

Add comment

Myssp

Partnered with Myssp includes 24/7 counselling in various languages available anywhere

☆ RATE

Example

Some days I just wear pjs on the bottom (as can't see in video) if I need that extra level of comfort to be in a better mood for the day!

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