

DIVISION OF STUDENTS
PARTNERS IN STUDENT SUCCESS

York 101:

Student Well-Being

Resources for parents
& families

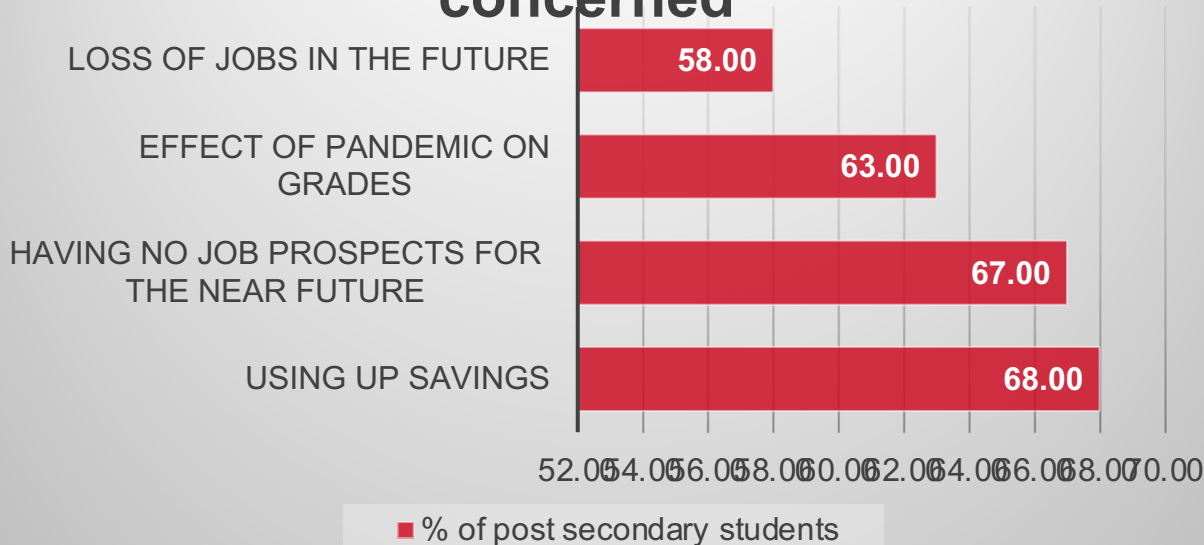
Agenda

1. **Transition & Stress**
2. **How can parents/family support their student**

Extended presentation:

- **Wellness supports on campus**

% of post secondary students who reported feeling 'extremely' concerned



Source: Stats Canada : Updated May 1 2020

What are additional challenges students may be facing this year?

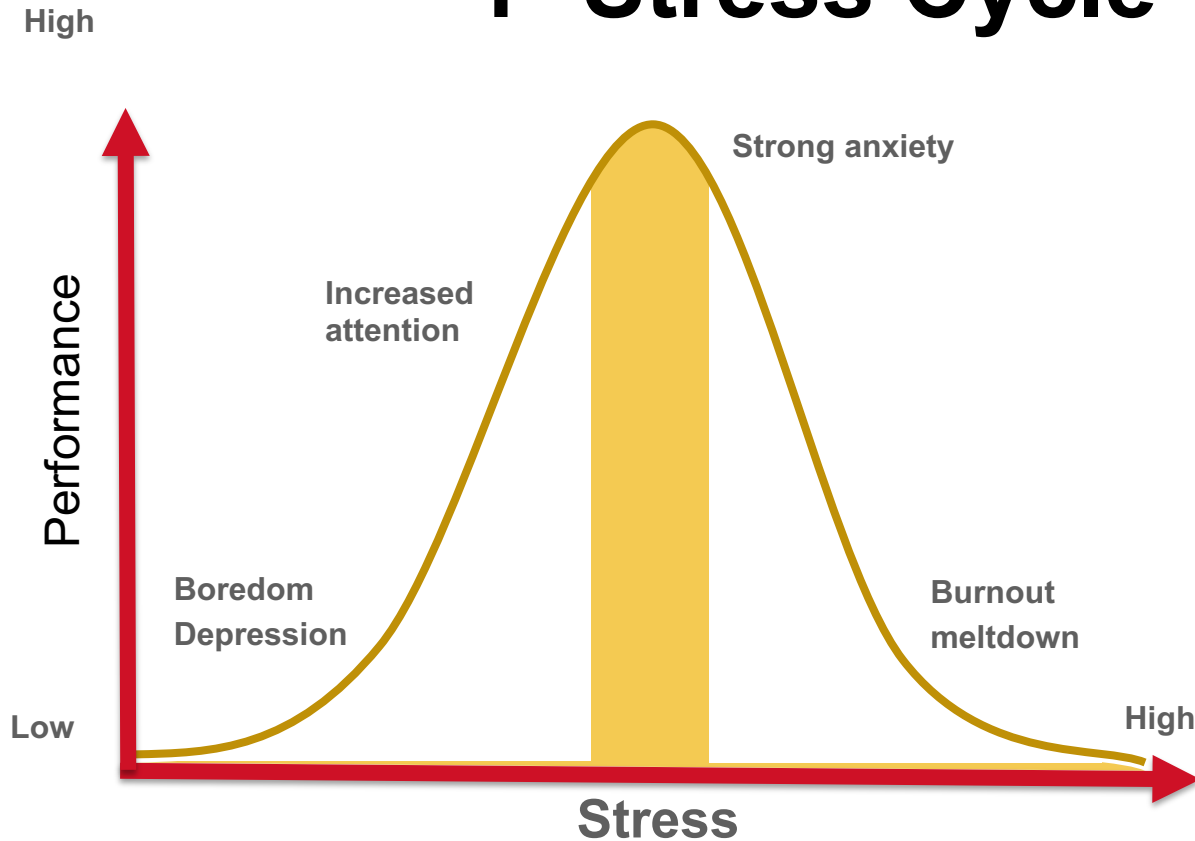
- Sharing space and co-living challenges
- Creating social connections new friends
- Additional interruptions (technology, home life,)
- Staying motivated and focused
- Time zone considerations for group projects/presentations

How can parents/family can support student transition?

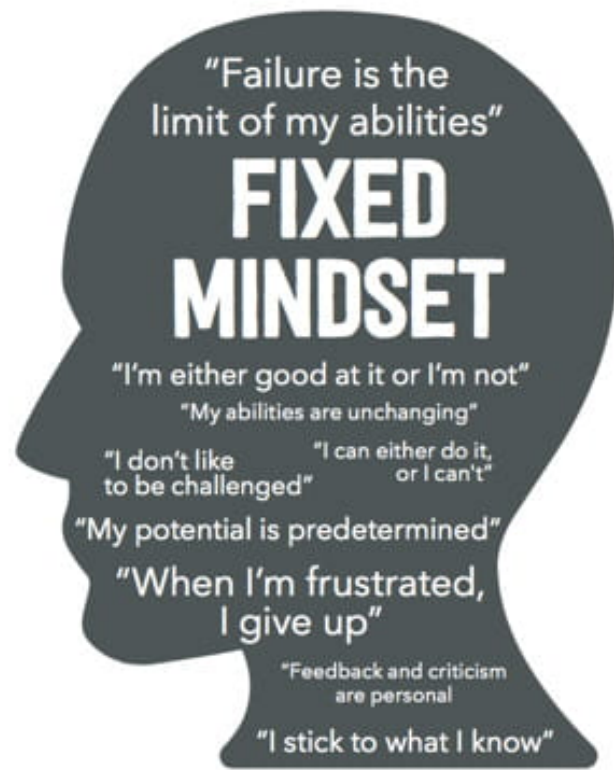


From www.nytimes.com - August 28, 2015 12:24 AM

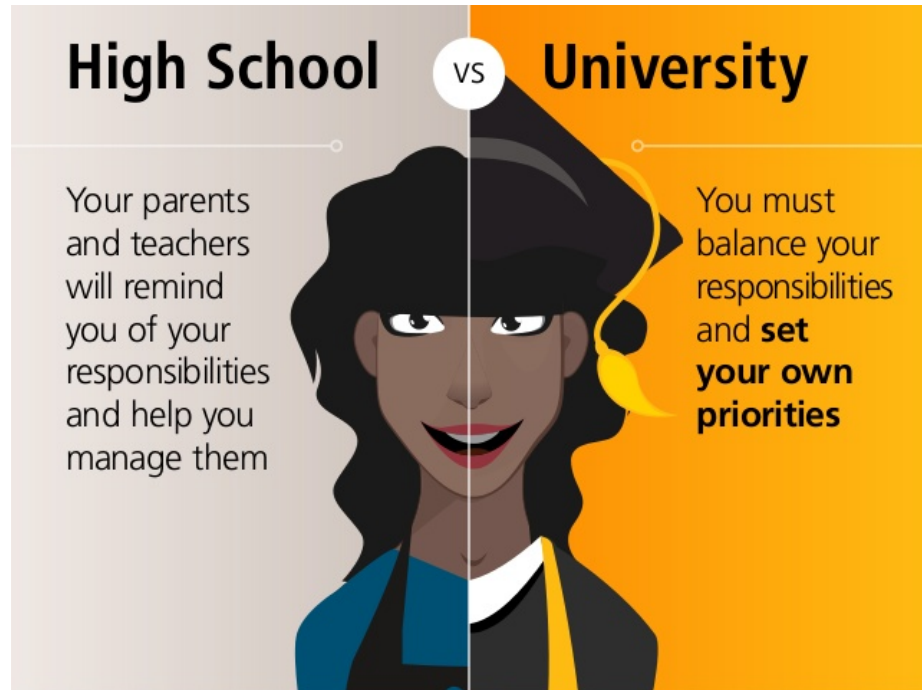
1- Stress Cycle



2 -Adopting a growth mindset



3- New Expectations: High School vs University



3- Creating an Environment for Learning @ home



3- Checking In



Image source: soulveda.com

Campus Supports & Resources

- **Academic Wellness**
- **Career Wellness**
- **Mental Health Supports**

*this full presentation is available by PowerPoint and by video



Mental Health Supports

Student Counselling & Development

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

Updated August 4th



Mental Health Supports

KEELE

**Student Counselling & Development
(SCD)**

Serves all students on the Keele campus

GLENDON

**Accessibility, Well-Being and
Counselling (AWC)**

**Serves all students on the Glendon
campus**

Graduate Student Wellness Services

**Serves graduate students on the Keele
campus**

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Mental Health Supports

Student Accessibility Services (SAS)

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

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Wellness Services Athletics & Recreation

Visit:
<https://yorkulions.ca>

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Wellness Services Health Education & Promotion



Visit:
<https://healthed.sclد.yorku.ca/>



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Career Wellness Career Centre



careers.yorku.ca/covid-resources



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Academic Wellness Learning Skills Services

<https://lss.info.yorku.ca/>

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Academic Wellness Learning Commons & Libraries

<http://learningcommons.yorku.ca/>

Questions?

Health Ed Website:

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

Current Students Website

<https://currentstudents.yorku.ca/>