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

- Loss of jobs in the future: 58.00%
- Effect of pandemic on grades: 63.00%
- Having no job prospects for the near future: 67.00%
- Using up savings: 68.00%

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?

1- Stress Cycle

Performance

High

Low

Stress

High

Boredom
Depression

Increased attention

Strong anxiety

Burnout meltdown
2 - Adopting a growth mindset

GROWTH MINDSET

“Failure is an opportunity to grow”

“I can learn to do anything I want”

“Challenges help me to grow”

“My effort and attitude determine my abilities”

“Feedback is constructive”

“I am inspired by the success of others”

“I like to try new things”

FIXED MINDSET

“Failure is the limit of my abilities”

“I’m either good at it or I’m not”

“My abilities are unchanging”

“I don’t like to be challenged”

“My potential is predetermined”

“When I’m frustrated, I give up”

“Feedback and criticism are personal”

“I stick to what I know”
3- New Expectations: High School vs University

High School vs University

Your parents and teachers will remind you of your responsibilities and help you manage them.

You must balance your responsibilities and set your own priorities.
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
Mental Health Supports
Student Accessibility Services (SAS)
https://accessibility.students.yorku.ca/
Wellness Services

Athletics & Recreation

Visit: https://yorkulions.ca
Wellness Services
Health Education & Promotion

Visit: https://healthed.sclld.yorku.ca/
Career Wellness
Career Centre

careers.yorku.ca/covid-resources
Academic Wellness
Learning Skills Services

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