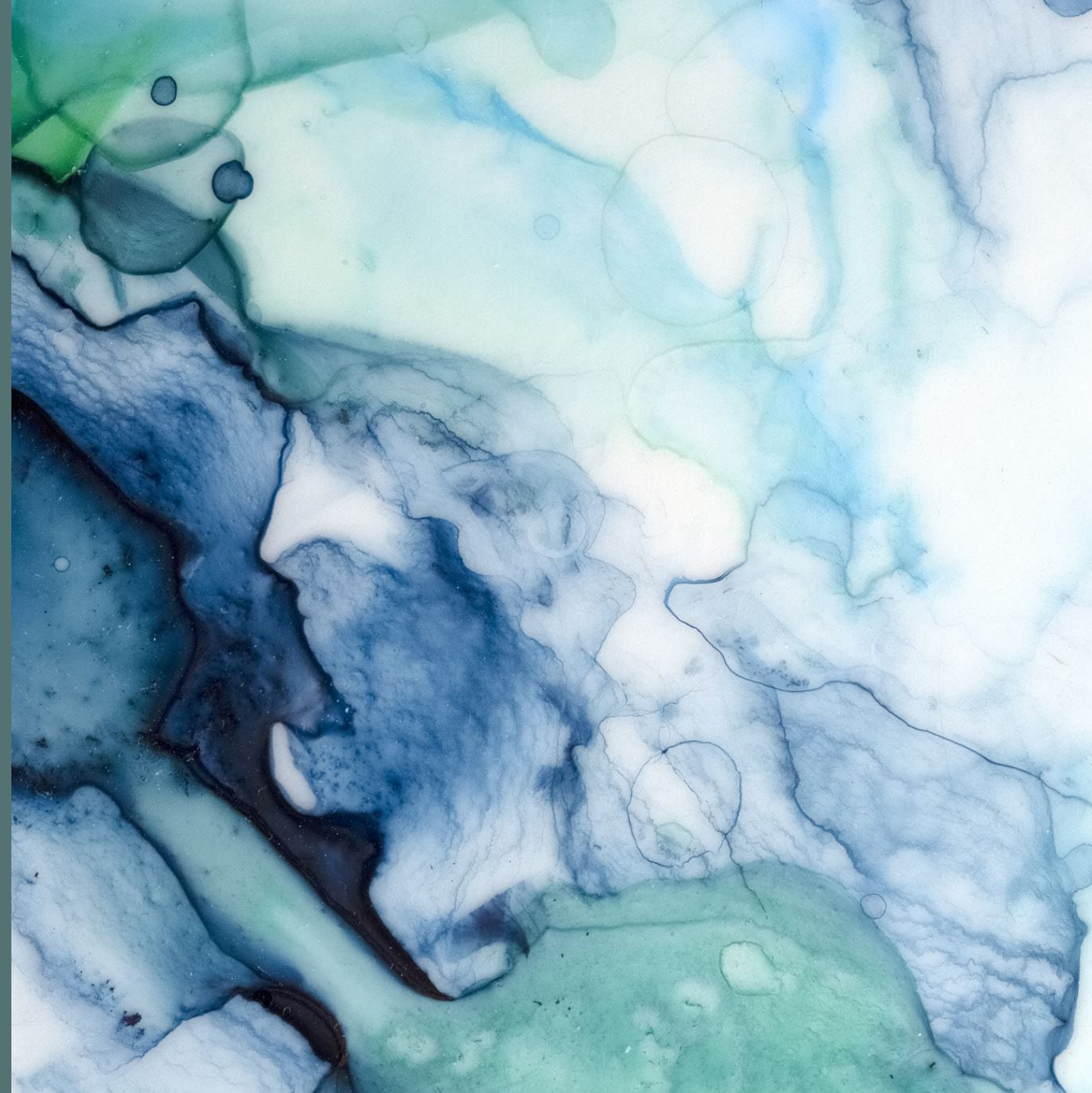


BIGGEST BACK
TO SCHOOL
EVER:
OBSERVATIONS
OF STUDENT
WELLNESS
POST
PANDEMIC

*Andrea Urie, Assistant
Dean Student Wellness,
Support & Success UTM*



STUDENT WELLBEING

- Student well-being has been linked to their engagement and performance in curricular, co-curricular, and extracurricular activities, intrinsic motivation, satisfaction, meaning making, and mental health.
- The Covid 19 pandemic disrupted education systems.
- Fundamental measures of disease control, including physical distancing, isolation, and movement restrictions.
- Online learning and engagement

HEALTH NEEDS & OBSERVATIONS (POST PANDEMIC)

- Limited access to healthcare for regular primary care physical health needs
- Sexual health needs
- Medication management needs
- Feelings of isolation, social connections, engagement in university experiences
- Accessibility registrations
- Engagement in virtual care options particularly for mental health

ACCESSIBILITY NEEDS & OBSERVATIONS (POST PANDEMIC)

- Increase in registrations for academic accommodations
- Increase in mental illness as primary accommodation need
- Increase in disability symptoms and difficulties in returning to in person learning
- Online learning provided accessible features that assisted students

STUDENT BEHAVIOUR/ CONDUCT OBSERVATIONS (POST PANDEMIC)

- Higher number of student conduct complaints
- Virtual environment versus reality
- Relearning of social behaviours

HEALTH SUPPORTS

**GET YOUR
FLU Shot.**

Mon, Nov 28

12:30 pm - 3 pm

UTM Room (DV 3140)

Davis Building



PEER ENGAGEMENT



The Wellness Den



The Wellness Den is a student space on campus that features weekly, drop-in wellness opportunities to support learning and success. Open to all UTM students. Brought to you by the UTM Health & Counselling Centre.

Drop by for a visit - Located in Room 2077A, Davis Building.



Wellness at UTM is a campus-wide health promotion initiative, which aims to:

- (I) provide students with information, tools, and resources to support them in making healthy choices towards their personal and academic goals, and which
- (II) advocates for and supports the development of healthy systems and structures that encourage and support student health and well-being.

Our **vision** is a healthy and supportive campus environment where all students are able to thrive to their fullest.

CAMPUS AWARENESS & ENGAGEMENT

Be Well UTM: Resource & Activity Fair



Event Overview
Oct 6, 2022 | 11 am – 4 pm



ACCESSIBILITY SUPPORTS

Peer Mentor Learning Community

What is the Peer Mentor Learning Community?

The Peer Mentor Learning Community (PMLC) program is a collaboration between Accessibility Services and the Robert Gillespie Academic Skills Centre (RGASC). The PMLC Program is a free, non-credit program that aims to help Accessibility students build academic skills and a sense of community. There are four types of events in the PMLC program: Interactive Workshops, Social Events, Study Groups, and One-on-One Mentoring. PMLC events are facilitated by Peer Mentors: upper-year student volunteers who are highly trained in facilitation and accessibility.

Registering with Accessibility Services

- For New Students
- For Previously Registered Accessibility Students
- For UTM Students taking courses at another campus
- For St. George/Scarborough Students taking courses at UTM
- For Internal Transfer of Accessibility file to St. George or UTSC

SUPPORTS FOR DISTRESS

Feeling distressed? There is help!

Supports and Resources:



Mental Health and Crisis Supports



Personal Safety Resources



Sexual Violence Supports



International or Out of Province Supports



Staff and Faculty Supports



Equity and Human Rights Services

BEHAVIOUR SUPPORTS

[Home](#)

[Syllabus](#)

[Modules](#)

Managing Distressing or Complex Student Situations

Faculty, Staff and Teaching Assistants are often the first people to become aware that a student is in distress or struggling. You can be instrumental in helping a student who may be struggling to seek and receive the support they need. The information presented throughout this site will assist you to identify, respond to, and seek additional support when helping students through difficult times. Resources will continue to be added throughout the year, so continue to check back for new information and support resources.

This resource is divided into the following 6 modules:

[Module 1: Consultation and Support for Staff and Faculty](#)

NEW!

Click on this module to learn about the Comprehensive Student Support Team and how and when to make a referral.

Have you already reviewed the information on the team and want to make a referral now? Click [here](#) to make a referral.



The information provided in this module will assist you in identifying the most appropriate resources to contact if you need to consult on a student issue. Whether you are working from home, or on campus, there is support available 24/7. Various consultation resources are available, to identify the

[Academic Integrity](#)

[Student Mental Health](#)

[UCheck](#)

[View Course Stream](#)

[View Course Calendar](#)

[View Course Notifications](#)

To Do

Nothing for now



CONSULTATION SUPPORT

Referral for Consultation from UTM Staff and Faculty

* Indicates a required field

Information on the Comprehensive Student Support Team

What is the Comprehensive Student Support Team?

- A team committed to promoting safety and success at UTM through a proactive, comprehensive, and coordinated approach to the prevention, identification, intervention and management of situations that may significantly impact the wellbeing of individuals and/or the University Community.
- Serves as leaders to support and guide faculty and staff through their engagement with and support of students displaying *behaviour(s) of interest by providing consultation, education and recommendations.
- Provides timely, coordinated, and comprehensive support for students who are displaying behavior(s) of interest that help promote academic and interpersonal success, as well as campus safety.

When should I seek consultation with the team?

- **PLEASE ENSURE THAT YOUR SUPERVISOR IS AWARE OF THIS REFERRAL**
- Concerns regarding a student's distress level (ie: references to suicide or violence).
- Students exhibiting unusual, distressing or unmanageable behaviour.
- Complex academic situations that cannot be resolved through conventional supports (Accessibility Services, Office of the Registrar etc.).

What happens after I make a referral for consultation?

- A team member will contact you to gather more information.
- A team member will recommend and/or implement appropriate intervention strategies to support the faculty/staff member and/or student.

Additional Notes:

IMPORTANTLY – If you are worried a student is at imminent risk of harm to self or someone else, please contact Campus Safety at 905-569-4333 or call 911. Please make a referral to the Comprehensive Student Support Team following this call for additional consultation and support.

**Behaviour of Interest: explicit or implicit behaviours that are perceived as worrisome, disruptive, disturbing presented through a student's actions, appearance, spoken or written words that may significantly impact the wellbeing of one's self, other individuals and/or the University Community.*

STUDENT NARRATIVES