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
Sleep
Resources/Supports

- Check out the fairs for our services offered on campus

yorkulions.ca

Physical Health

Resources/Offerings

- Athletics & Rec
- Campus Recreation
- Intermural Sports
- Varsity Sports
Common Stressors

- Academics
- Finance
- Career related issues
Resources/Supports

accessibility.students.yorku.ca
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

- Check out the fairs for our services offered on campus

[ careers.yorku.ca ]

Careers
- Career Centre

Resources/Offerings
- Exploring career opportunities
- Job searches (incl. work study postings)
- Support services

Supports
- Resume and cover letter writing
- Appointments; Workshops; Online resources; Career Fair; Career library
Stress Cycle

- High Stress
  - Strong anxiety
  - Burnout meltdown
- Low Stress
  - Boredom
  - Depression
  - Increased attention

Performance vs. Stress graph showing the relationship between stress levels and performance.
Mental Health Supports

yorku.ca/mentalhealth
counselling.students.yorku.ca
Resources/Supports

- Check out the fairs for our services offered on campus

Counselling Services

Resources/Offerings

Off Campus Resources

Student Counselling & Development

Crisis Intervention

External Resources

Counselling: Individual; Couple & Group

Workshops & Workshop Series
THE WELLNESS HUB

Your hub for health and wellness services and workshops on campus

thewellnesshub.scid.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.sclsd.yorku.ca/
(click 'Contact Us' to ask questions)