BusOne is an interdisciplinary program in the Beedie School of Business which is positively impacting the health of our campus community. The program is designed to support students in their transition from high school to university. Students participate in one hour weekly workshops that focus on academic, personal and social development while also enrolled in Business 201 which sets the foundation for business courses.

BusOne supports the concept of a healthy campus community by equipping students with the experiences and skills they need to thrive personally and socially throughout their time at SFU. This includes providing students the opportunity to build a social network, linking students to campus resources that support well-being and connecting students with mentors and community engagement opportunities that enable them to feel prepared for their future work at SFU and beyond. A student describes the impacts of the program:

"Being a part of the BusOne Program has been one of the most rewarding and engaging experiences at the Beedie School of Business. I believe mentorship is a great way to use your past experiences to guide others to build a solid foundation for their future and I was able to develop myself professionally and personally along the way...BusOne is a great way to develop leadership, communication and teamwork skills while making new connections in a fun and interactive environment."

Being healthy is about much more than being free of illness or disease; health and well-being are resources that enable individuals to thrive and reach their full potential. The BusOne program is in line with this concept. Focusing on the unique transitional experience of students in university with weekly workshops, experiential learning in BUS201 and a service learning project all exemplify how well-being can be fostered through academic programming. Students are exposed to numerous campus resources and engage with each other as well as the course content all within a positive learning environment.

The BusOne Program is fostering social interaction and community engagement through its weekly workshops, peer mentors as well as the service-learning project, while also providing students an opportunity for personal growth and development throughout the program. All of the program components work together to help students set healthy expectations academically and create a foundation of social support, which enhances overall well-being.

As Jaclyn de Jong, the BusOne program facilitator reflects on BusOne’s contribution to well-being, “We all want the best for our students and we can do this by working together as a whole, creating a positive, healthy community environment.”
Champion for a Healthy Campus Community 2013
Dr. Mark Winston for the Undergraduate Semester in Dialogue

Mark Winston and the Semester in Dialogue Program are positively impacting the health of the SFU campus community. The Semester in Dialogue Program was founded by Mark in 2002 as a result of noticing disconnected and disjointed students and having a strong belief that “teaching is about the whole person”.

A Healthy Campus Community enables individuals and their surrounding communities to achieve their full potential. Both the Semester in Dialogue program and Mark’s underlying passion are in line with this concept. By focusing on inspiring students with a sense of civic responsibility, and encouraging their personal and professional development through dialogue and community service, the Semester in Dialogue has been structured to create conditions for student well-being and success. In addition, by encouraging students’ passion to improve Canadian society and developing innovative intellectual tools for effective problem solving, the program supports the development of the whole student.

The Semester in Dialogue program is fostering social interaction and community engagement while also providing students an opportunity for personal growth and development throughout. As a previous student suggests, “[his] vision, along with his many other insights and words of motivation has left me, and hundreds of students and community members motivated to become more socially minded and community engaged, fostering a healthy campus community.” Through the cohort, students are creating lasting connections with one another as well as faculty mentors and community members. These connections set the foundation for a sense of belonging and a thriving campus community. Mark emphasizes that, “By addressing the context of students in the world, we create an environment that supports their well-being”.

Mark also notes a personal benefit of leading the Semester in Dialogue. It has enhanced his capacity as an engaged citizen, deepened his own sense of belonging within the university and city and has offered immense gratification while witnessing the program’s impact on the lives of participating students. The influence of the Semester in Dialogue has been greater than anticipated. Heather Palis, a student from the Fall 2012 semester comments, “The Semester in Dialogue really challenged me to become an active participant in my learning and in this sense the work I did offered me a greater sense of accomplishment and positively impacted my well-being.

In response to what others can do to help create a healthy campus for SFU, Mark Winston noted, “It is about providing a tangible structure to express our sense of how much we care. The fundamental imperative is to care for each other, support each other and encourage achievement of good health”.

Everyone plays a role in creating a Healthy Campus Community at SFU. Congratulations to Mark Winston for developing and leading the Semester in Dialogue program which has made and continues to make significant contributions to student well-being.