Contributions
To a Healthy Campus Community

In celebration of SFU’s 50th anniversary, Health Promotion has compiled 50 Contributions to a Healthy Campus Community (in no particular order). The following examples can inspire nominations for the 2016 Champions for a Healthy Campus Community.

See more at: sfu.ca/healthycampuscommunity/50
Laurie Anderson, Executive Director, SFU Vancouver, led the creation of the Wellness Studio in consultation with Recreation and Health and Counselling Services. Free programs for students, staff and faculty are offered with the aim of relieving stress.

For all 50 Contributions: sfu.ca/healthycampuscommunity/50
#1
Brian Fox, Coordinator Student Engagement, is leading a mentorship program in the Faculty of Arts and Social Sciences with an intentional focus on increasing students’ sense of belonging and well-being.

#2
Paola Ardiles (Lecturer and Adjunct Professor, Faculty of Health Sciences) supports real-life learning by bringing guest speakers from the surrounding community into her classroom to demonstrate different career options for students.

#4
The Faculty of Health Sciences supports a student-led Peer Mentorship Program which creates a sense of community and support for new and returning students.

#5
The Faculty of Applied Sciences leads the Tech Connect program, a first year cohort program that helps create connection and community among students.

#6
Hellenic Studies created a multi-functional space shared by faculty, students and staff to encourage collegiality and connection.

#7
With Program Chair, Malcolm Steinberg, the Master of Public Health curriculum in the Faculty of Health Sciences includes presentations from alumni which helps students build confidence in their future and creates connections between students and professionals in the field.

#9
Sheri Fabian (Senior Lecturer, Criminology) purposefully creates inclusive and safe classroom environments through the co-creation of class discussion guidelines.

#10
As part of Business 202, Shauna Jones (Lecturer, Beedie School of Business) has students participate in an experiential learning summit to teach self-assessment and team building skills using a Strength Deployment Inventory.

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The Library’s Thesis Boot Camp creates a sense of community among graduate students and links students with supports for academic and personal success.
Stephen Brown (Senior Lecturer, Biomedical Physiology and Kinesiology) creates a positive classroom culture by being approachable and setting a supportive tone in class. He believes student well-being can be impacted by both content of his courses and the environment he creates in the classroom.

Annette Santos (Director) and Kim Thee (Student Development Educator) in Student Engagement and Retention, added a session to the Passport to Leadership Program on creating inclusive and respectful communities.

Residence and Housing has incorporated the importance of well-being and social connection within their strategic plan.

Kate Tairyan (Senior Lecturer, Faculty of Health Sciences) supports students by offering Skype office hours. She believes that fostering positive, enjoyable and engaged learning experiences within her classroom contributes to student well-being.

With Marc Fontaine as General Manager, Build SFU (a division of the Simon Fraser Student Society) has incorporated design elements that foster well-being (views of the outdoors, inclusive spaces) in the plans for the new Student Union Building.

Jo Hinchliffe (Associate Registrar, Senate and Academic Services) is actively raising awareness about the impact of policy language on student well-being.

SFU students and City of Vancouver Staff developed projects on the city’s priorities such as the Greenest City Action Plan and the Healthy City Strategy, through City Studio (a part of the Semester in Dialogue).

Nicky Didicher (Senior Lecturer, English) enhances flexibility for students through "learner-centered teaching" and the use of contractual evaluations, in which students choose their assignments, the weighting of the assignments, and due dates.

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With Rummana Khan-Hemani (Registrar, Pro Tem) as Chair, SFU hosted the Canadian Association of College and University Student Services annual conference with the theme, “Whole Campus Whole Student: Creating Healthy Campus Communities” raising the profile of student and campus well-being nationally.

#17
Raising National Awareness

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Well-being and Learning

With Stephanie Chu as Director, the Teaching and Learning Centre is a partner in the Well-being in Learning Environments project and actively advancing a consideration of well-being within teaching practices, activities and events.
#26

Tracking Well-being

Institutional Research and Planning has included new questions in the Undergraduate Student Survey to help understand aspects of well-being and sense of community on campus.
With John Grant as Director, Alumni Relations assists faculty members in bringing alumni into the classroom to incorporate real life learning opportunities into courses and connect course material to practical skills.

Celeste Snowber (Associate Professor, Education) creates a positive classroom culture by honoring students’ lived experience and artistic ways of knowing. She believes well-being is intrinsic to excellent pedagogy, practice and scholarship.

Ivona Mladenovic (Senior Lecturer, Biology) offers flexibility in her classes by having students write some of their exam questions as well as choose their assignment deadlines.

SFU Campus Planning and Development within Facilities Services is working closely with the Health Promotion team to consider well-being while renewing indoor and outdoor physical spaces on campus.

Jennifer N. H. Thomas (PhD Candidate and Sessional Instructor, Sociology and Anthropology) uses a Privilege Exercise with her students to help create an inclusive, anti-oppressive learning environment.

The Department of Engineering reduced the number of credit hours in the first year and added preparation courses to first and second year to reduce undue stress and improve student success.

Peer Health Educators are leading outreach to help students manage stress (the number one reported health issue among students). Peers are helping students build skills related to balance, resilience, sleep hygiene, active living and nutrition.

David Zandvliet (Associate Professor, Education) creates opportunities for real-life learning by taking learning beyond the walls of the classroom and leading the creation of innovative programs such as the Change Lab.
Marcos Olindan, Building Technologist and SFU Facilities Services designed and renovated lounge spaces in the AQ with consideration of well-being. Inviting spaces where students can study, socialize and relax were created.
#31
The Economics Student Society partnered with SFU Career Services to offer their first Career Night which provided students the opportunity to connect with economists from top local organizations while building community in the department.

#32
The Centre for English Language Learning, Teaching and Research (CELLTR) joined administrators from the Beedie School of Business to foster multicultural helping skills in a two-day workshop in June 2015.

#33
Julia Lane considers students’ emotional well-being when providing feedback on their writing as a Graduate Writing Facilitator in the Student Learning Commons. She thanks them for sharing their writing, acknowledges their experience and well-being and focuses on the skills they can build.

#34
Brent Lyons (Assistant Professor) and Kathleen Burke (Senior Lecturer) in the Beedie School of Business are drafting Principles for Inclusive Teaching in order to promote a culture of respect and support diversity.

#35
Associate Dean of Students in Graduate Studies, Mary-Ellen Kelm hosted a session on imposter syndrome in academia to generate discussion and help address students’ related insecurities.

#36
Adam Dyck (Graduate Student and Teaching Assistant, Mathematics) advocates for announcing one’s pronouns in a “pronoun round” before a group discussion or event begins; this creates an inclusive learning environment, especially for trans students.

#37
Embark, the student Sustainability Society at SFU, offers the Harvest Box Program which offers fresh, local fruits and vegetables to campus community members at reduced rates.

#38
Mark Lechner (Senior Lecturer, Faculty of Health Sciences) supports personal growth and development by encouraging student involvement on campus. He also uses the Team Style Inventory to create positive collaborations among students.
At a global conference, SFSS President, Enoch Weng signed a commitment to use the new Okanagan Charter (an International Charter for Health Promoting Universities and Colleges) to inspire and catalyze further action towards creating a healthy campus community here at SFU.
#40

Bouncing Back

Bernard Ryu (Academic Advisor) and Steve Birnie (Associate Director, Student Engagement and Retention) added a module dedicated to resilience and well-being in the Back on Track Program.
#44

Creating Community

With Marc Pope as Director, SFU Recreation has embedded a focus on creating community and social connection within their strategic plan.
The Hi F.I.V.E. campaign (which aims to eliminate stigma towards those who are experiencing mental health distress or illness) received the first “Friendship Bench” outside the South AQ, which aims to get people talking about mental health.

Steve Dooley (Executive Director, Surrey Campus) initiated the Wellness Committee to ensure healthy and supportive work environments for Surrey staff.

Marcia Guno (Director) and the Indigenous Student Centre creates a culturally respectful, relevant, and reciprocal learning environment through space, programs and relationships that support indigenous students’ well-being.

Diana Cukierman (Senior Lecturer, Computing Science) facilitates active student participation and peer collaboration, incorporates kinesthetic learning activities, and promotes a friendly and respectful classroom environment in her courses.

Peter Ruben (Professor, Biomedical Physiology and Kinesiology) uses team-based learning to help create social connections among students and build a resilient and supportive learning community within his class.

The Student Health Advisory Committee is holding a student focused Vision to Action event to actualize SFU’s Vision for a Healthy Campus Community.

Health and Counselling Services provides preventative health services to the entire campus community including flu vaccination and mammogram clinics.

SFU Recreation offers department specific activities (spin classes, yoga etc) to improve physical activity while also enhancing social connection among colleagues.

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The Student Athlete Advisory Committee (SAAC) took initiative to create a video contribution to the #consentmattersfu campaign, advocating for prevention of sexualized violence.

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SFU Health Promotion would like to thank all campus members making strides to create a healthy campus at SFU. Join us to collectively advance SFU’s Vision for a Healthy Campus Community.

Contact: health_promo@sfu.ca

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