TA/TM WELL-BEING PROJECT

FALL 2017 REPORT

Through this project, SFU Teaching Assistants and Tutor Markers learn skills for maintaining resilience and well-being in grad school and create conditions for well-being in learning environments through their roles.

**Project Components**
- Introductory workshop
- Bi-weekly email inspirations with practical tips
- End of term check-in and evaluation

**Outcomes**
- 87 TAs involved
- 96% Have become more aware of strategies for enhancing their own well-being
- 91% Have learned new strategies for creating conditions for well-being through their role as a TA/TM
- 87% Have experienced positive benefits to their own well-being or personal growth
- 70% Have seen positive benefits to their students

SFU HEALTH PROMOTION
What are participants saying?

**What they've tried?**
- I talk about mental health as the last line in each of my follow-up emails every week.
- I started asking my students to give a word or two to express how they're feeling (especially around mid-terms).
- More announcements with well-being ideas for my online course.

**Impact on TAs**
- Just having more discourse around wellbeing on campus makes me feel more confident both in asking for what I need for my wellbeing and fore-facing that with students.
- It was helpful just to be reminded about this periodically, helps it become more of a focus in my daily life and priorities.
- Have come to feel more relaxed and confident teaching.

**Impact on Students**
- I've a student who told me she enjoyed when I asked the class to go around the room and say one word to describe how they are feeling. She said it created a comforting environment.
- Over time, more students have started speaking out in tutorials, even if they are not confident about their answers.
- More open and honest communication over the course of the semester.

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**Project History**
The project started as a pilot in the Spring of 2017 with 5 TAs/TMs and has grown through feedback and collaboration with various campus partners including:
- The Teaching Support Staff Union
- The Teaching and Learning Centre
- Petra Menz (Department of Mathematics)
- Ivona Mladenovic (Department of Biological Sciences)
- Susan Brook (Graduate Student Counsellor)
- The Office of Graduate Studies and Post Doctoral Fellows
- The Graduate Student Society

SFU Health Promotion