

A photograph of a person with long, curly hair, wearing a dark jacket, sitting on a large green lawn. They are positioned at the base of a large, mature tree with thick, textured bark and dense green foliage. The background shows a wide, open grassy field leading to a line of trees with some autumn-colored leaves. The scene is brightly lit, suggesting a sunny day. A purple rectangular box is overlaid on the right side of the image, containing white text.

WELLNESS & WELL-BEING EDUCATION



OUR STORY

Let's talk about how we got to where we are today.

Western  Student Experience

STUDENT EXPERIENCE PILLARS



Wellness & Well-being

Wellness and Well-being Education

Health & Wellness

Student Support & Case Management

Sport & Recreation

Sport

Recreation

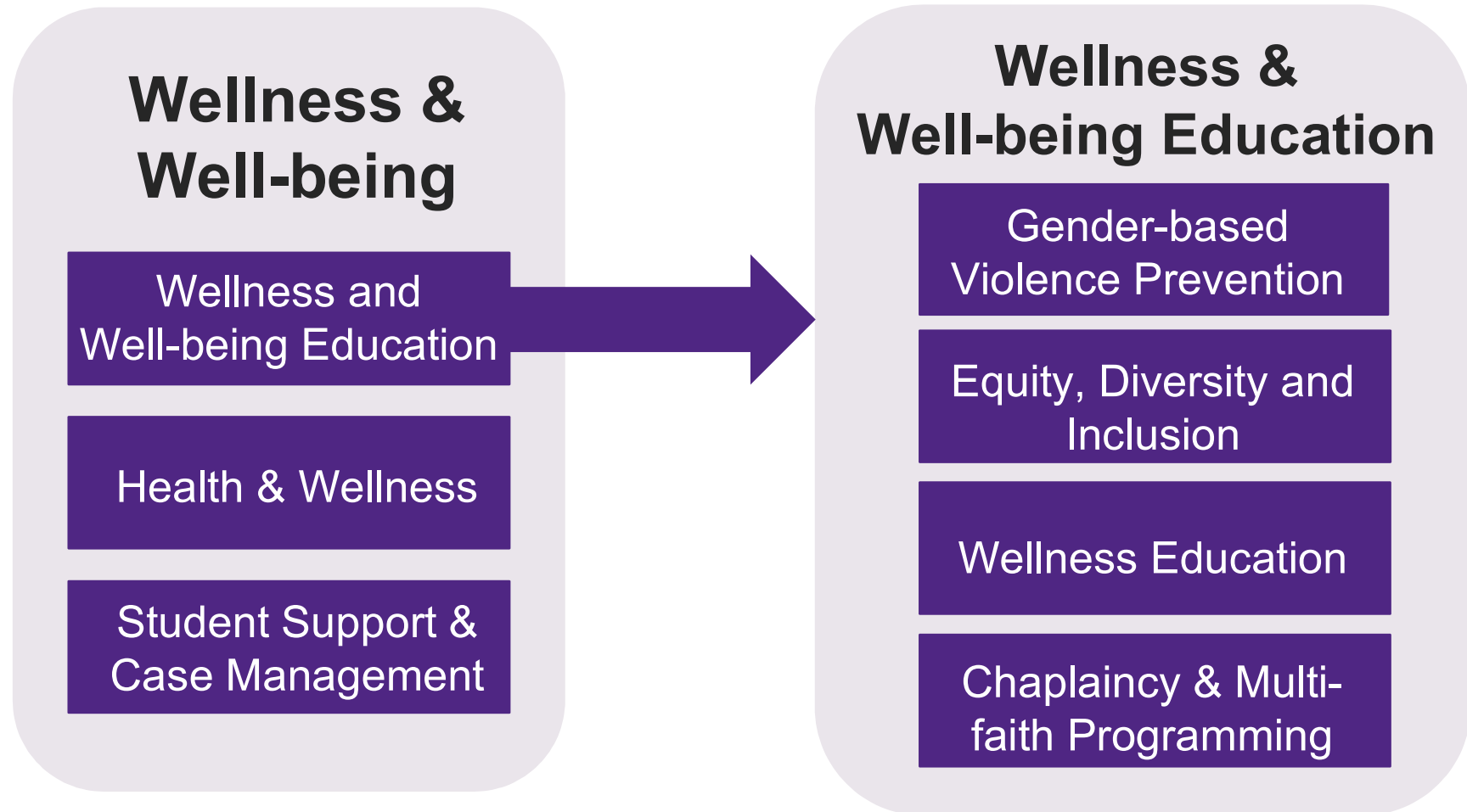
Spirit & Connection

Leadership & Learning

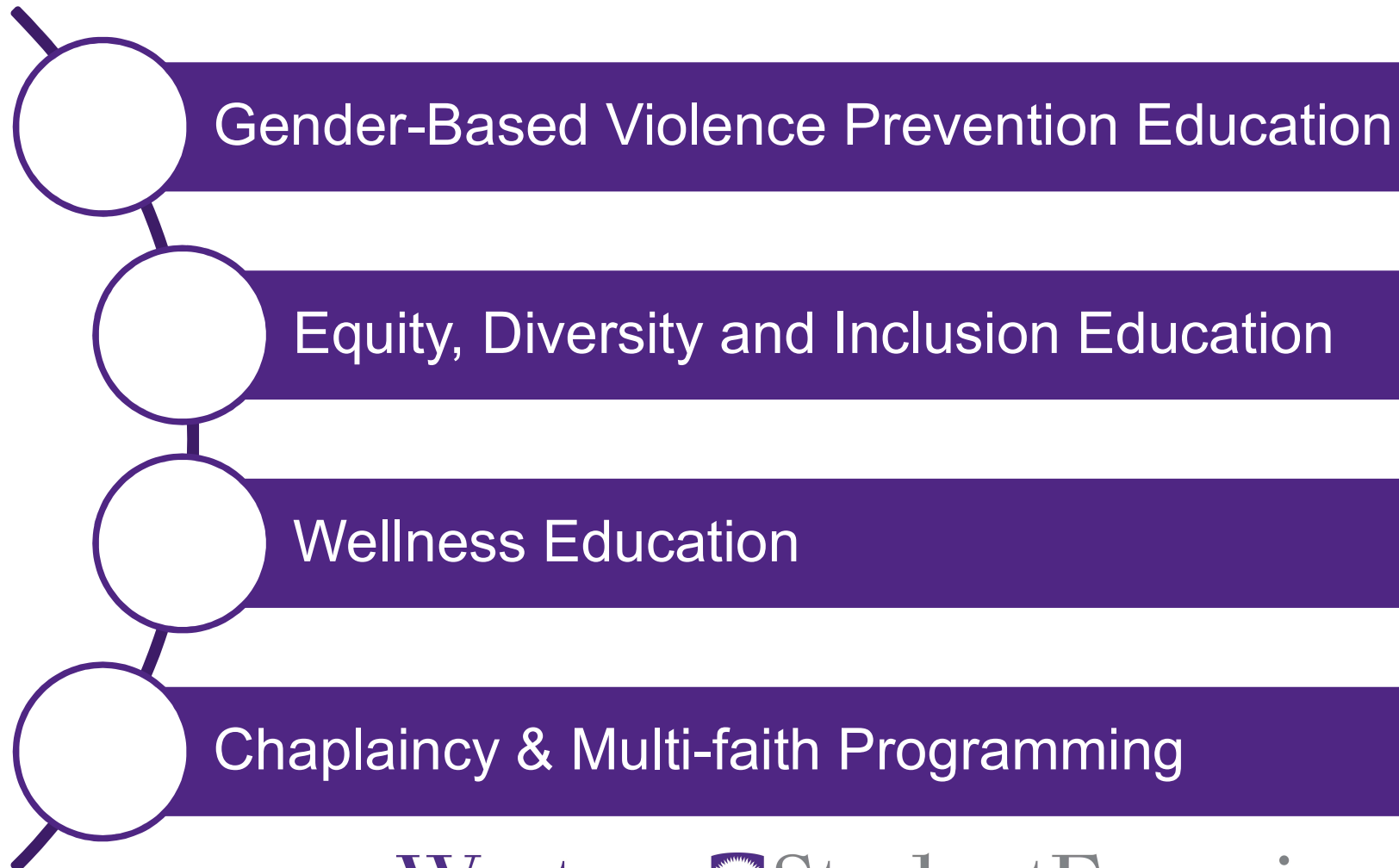
Academic Support & Engagement

Careers & Experience

STUDENT EXPERIENCE PILLARS



DEPARTMENT OVERVIEW



OUR PURPOSE & VISION



Through engagement in collaborative research and intentional education opportunities, Wellness and Well-being Education will contribute to the development of a more supportive, inclusive and thriving campus that empowers all students to achieve their full potential.

DEPARTMENTAL GOALS



- Enrich the on-campus learning experience, creating and implementing university-wide programs and resources that uniquely equip students to live, learn, inspire and influence others;
- Elevate the efficiency and effectiveness of the Wellness Education operational environment to develop collaborative structures and programs that promote student learning;

DEPARTMENTAL GOALS



- Enhance and support the ability for Western's diverse community to thrive by treating every interaction as an intentional and transformative learning opportunity.
- Contribute to the creation of a thriving campus ecosystem by ensuring that all members of the university community have access to the information and resources required to support students in their journey of personal development and self-discovery.

MEASURES OF SUCCESS: KPIs



Employee	<ul style="list-style-type: none">• Primary reason a student is accessing a Wellness Coordinator or Wellness Peer Educator• Number of new programs offered per employee/month vs. Number of existing programs offered per employee/month• Number of requests for new programs or resource materials
Student	<ul style="list-style-type: none">• Website and social media engagement• Number of unique programs engaged in vs. Number of established programs engaged in• Number of unique vs. recurring visits



THE JOURNEY

How do students make their way through our programs?

Western  Student Experience

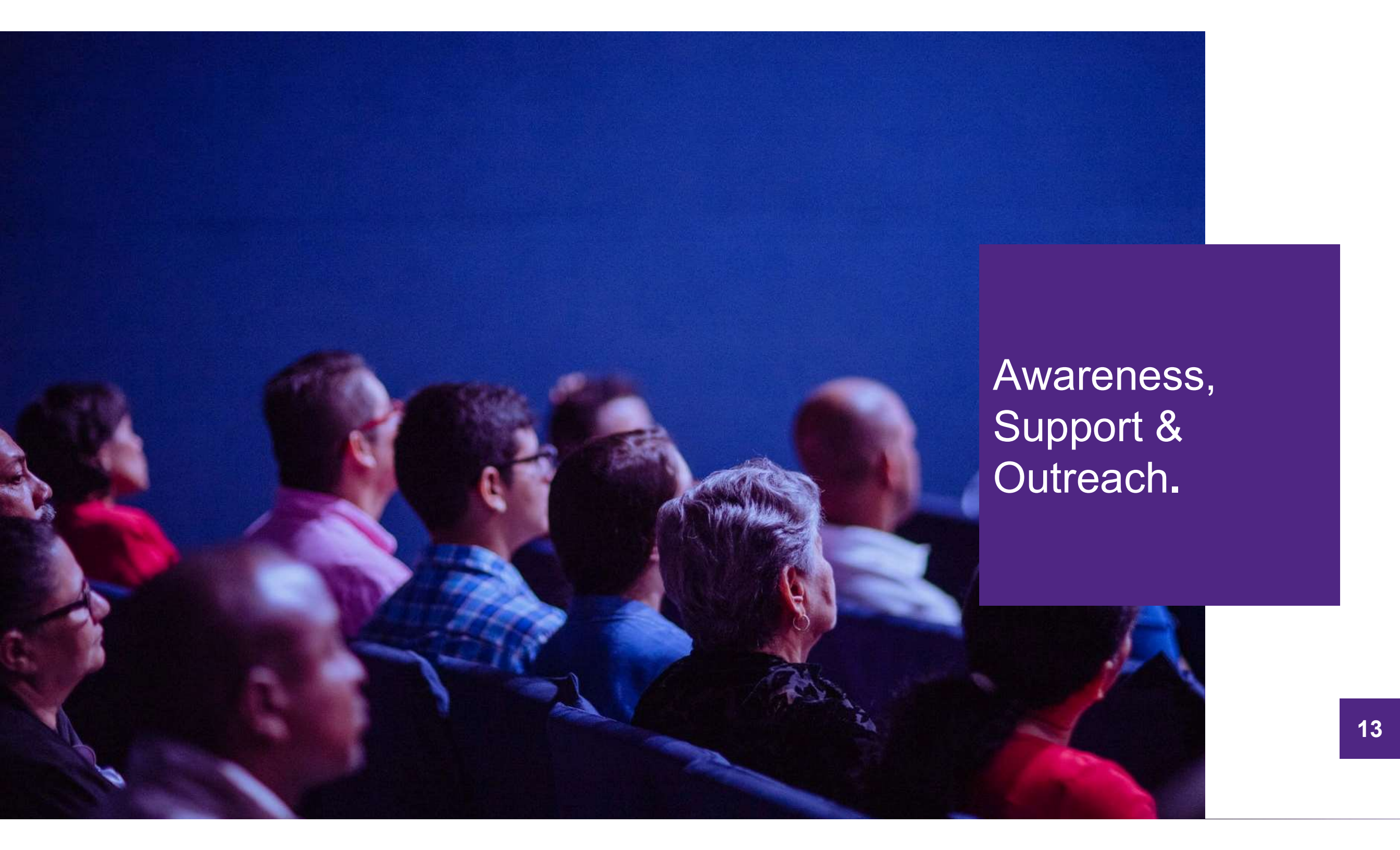
A DAY IN THE LIFE



Exploring a 'day in the life' of the Gender-based Violence Prevention Education Coordinator provides insights into current and future directions in the design and orientation of Wellness and Well-being Education on campus.



Student Training & Workshop.



Awareness,
Support &
Outreach.



Research & Evaluation.

5.94,6675
59.12,4282
35.64,50
115.94,6
115.94,669
27.49,86

THE BUDGET

KEY TAKEAWAYS



2019-2020	Status	2020-21
Develop online learning & digital engagement strategies	<ul style="list-style-type: none"> • Launched ReSHAPE Micro eLearning Collection, Step 1 • Leveraged social media as an educational platform • Created new Equity, Justice and Well-being resource page on the Digital Student Experience website. 	<ul style="list-style-type: none"> • Develop series of micro elearning modules for GBV prevention education • Develop elearning content for EDI and Wellness Education • Expand opportunities for digital content and engagement
Enhance educational programming opportunities	<ul style="list-style-type: none"> • Developed a new series of Graduate Wellness Workshops • Created new EDI education and training programs for student leaders • Launched new online programs to promote spiritual well-being 	<ul style="list-style-type: none"> • Integrate assessment into in-person and online programs • Enhance offerings in Wellness Education and multi-faith programming • Develop a scaffolded series of EDI education programs

KEY TAKEAWAYS



2019-2020	Status	2020-2021
<ul style="list-style-type: none"> Shift from responsive peer-led wellness support services to proactive/prevention education & programming. 	<ul style="list-style-type: none"> Closed the WEC and launched programs to provide proactive education on a range of wellness topics 	<ul style="list-style-type: none"> Continue to provide prevention education programs Develop a Wellness & Well-being Education Curriculum
<ul style="list-style-type: none"> Engage a broader cross-section of students, faculty and staff in the work 	<ul style="list-style-type: none"> Established new partnerships to tailor educational programs to meet diverse student needs (ex. BSA, MSA, Hillel Western, SOGS, Sport & Recreation, ISC, Health & Wellness) Engaged more students through digital engagement and programming 	<ul style="list-style-type: none"> Strengthen existing relationships with key partners Establish new partnerships with faculties, departments and student groups.
<ul style="list-style-type: none"> Conduct strong assessment and evaluation to understand impact on behaviours and culture. 	<ul style="list-style-type: none"> Integrated assessments into new programs, including ReSHAPE Micro elearning collection and Graduate Wellness Workshops 	<ul style="list-style-type: none"> Integrate assessments into GBV & EDI training programs Collect demographic data to assess student engagement and impact(s)



THE IMPACT

What difference is made by our work?

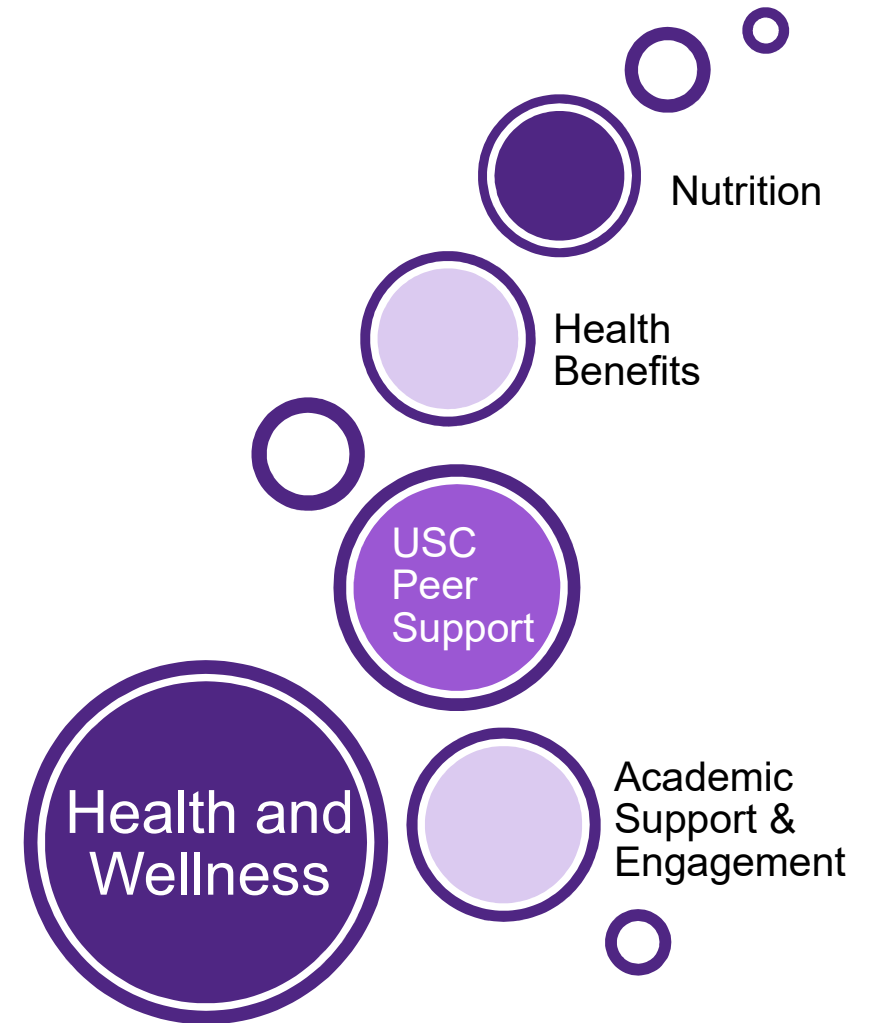
Western  Student Experience

WELLNESS EDUCATION CENTRE

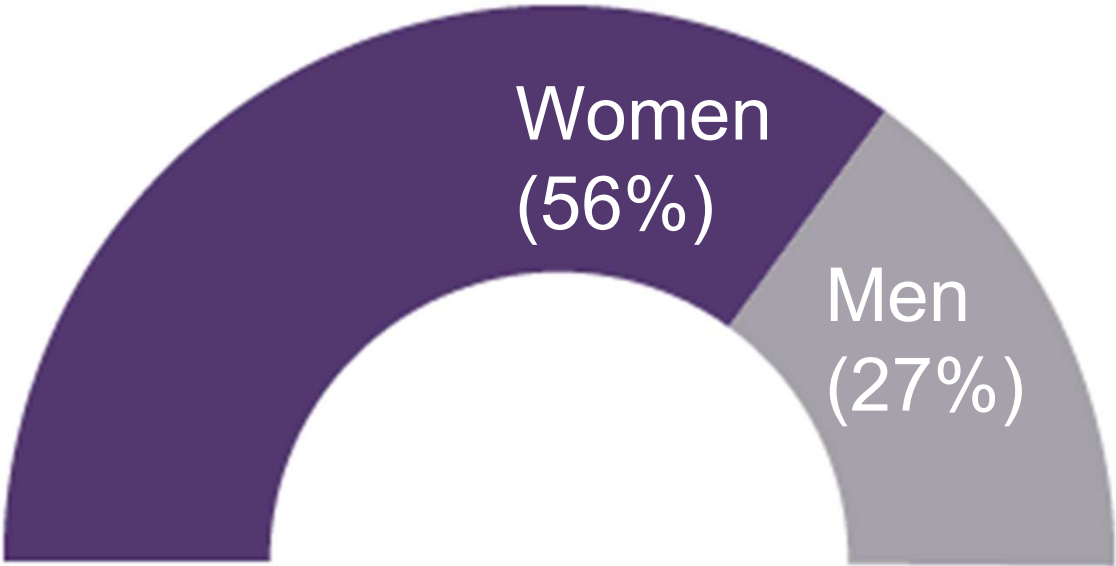


Most common referrals made by **student volunteers** at the Wellness Education Centre (WEC) in 2019-10:

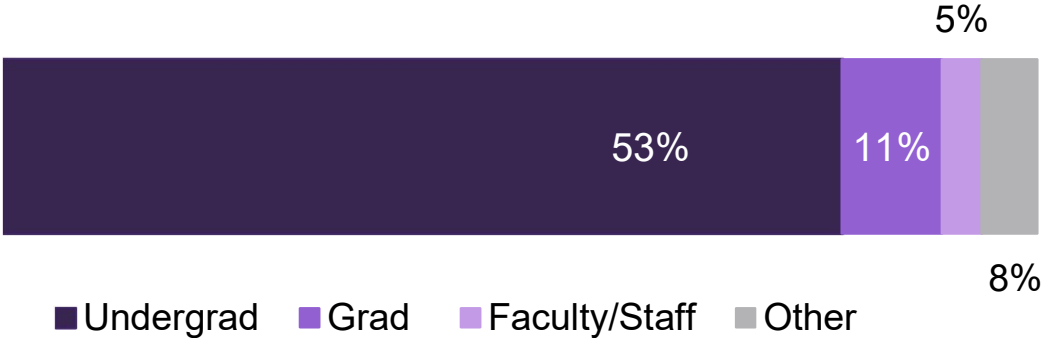
- Health & Wellness (103 referrals)
- Academic Support & Engagement (110 referrals)
- USC Peer Support (41 referrals)
- Health Benefits (25 referrals)



In 2019-20, **women** accessed the WEC 2.1 times more than men.



**Individuals that identified as another gender did not reach saturation for anonymity.*



The Wellness Education Centre served **276 students** in 2019-20.

**Total client intake forms decreased by 33% from 2018-19 to 2019-20.*

**Total client intake forms decreased by 20% from 2017-18 to 2018-19.*

TRANSITIONS IN WELLNESS EDUCATION



- The number of students accessing the Wellness Education Centre for supports and services has declined consistently over the past three years.
- In response to COVID-19, the Wellness Education Centre was suspended in March 2020.
- To promote student well-being, Wellness and Well-being Education shifted to online programming and digital engagement.
- Staff have engaged a greater number of students in proactive, prevention education and training.

EDUCATIONAL PROGRAMMING



Collectively, Wellness and Well-being Education offered a combination of **111 in-person and online programs** that engaged a total of **6,770 students**.

In-person and virtual programs offered include, but are not limited to:

- Mental Health Workshops
- SOPH and Orientation Programs
- Male Allies on Campus
- Upstander Training
- Disclosure Training
- Graduate Wellness Workshops
- Intro to EDI 101
- Allyship Training
- Anti-Racism Training
- Anti-Oppression Training

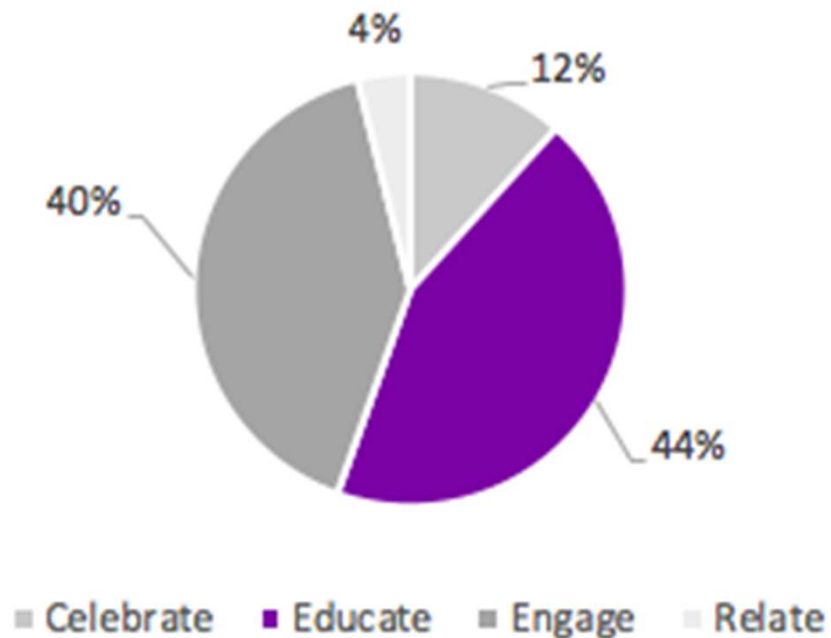
Please note, the EDI Education Coordinator position has been in place since May 2020

DIGITAL CONTENT & ENGAGEMENT

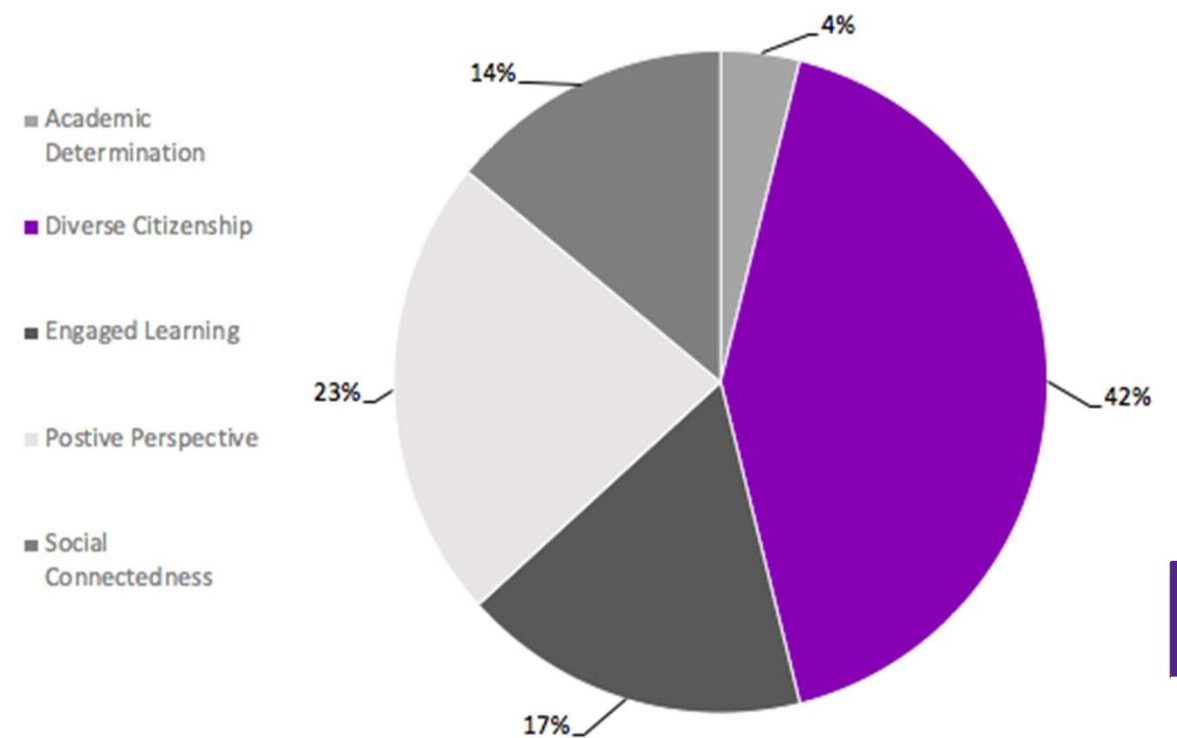


Wellness and Well-being Education has leveraged social media to educate and engage students in areas related to all factors of thriving.

Digital Content by Content Goal, 2019-20



Digital Content by Thriving Competency, 2019-20

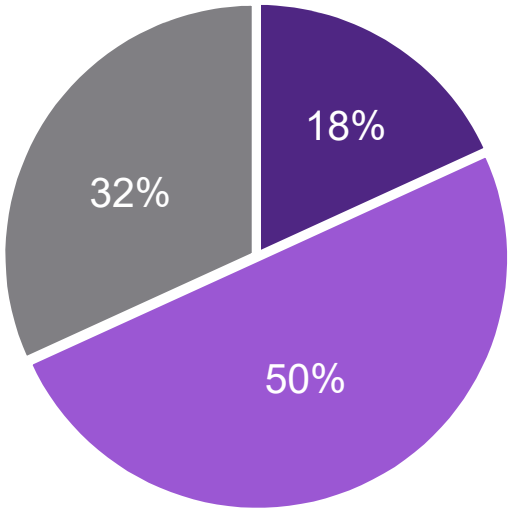


DIGITAL ENGAGEMENT DATA

Example #1 - Pride 2020

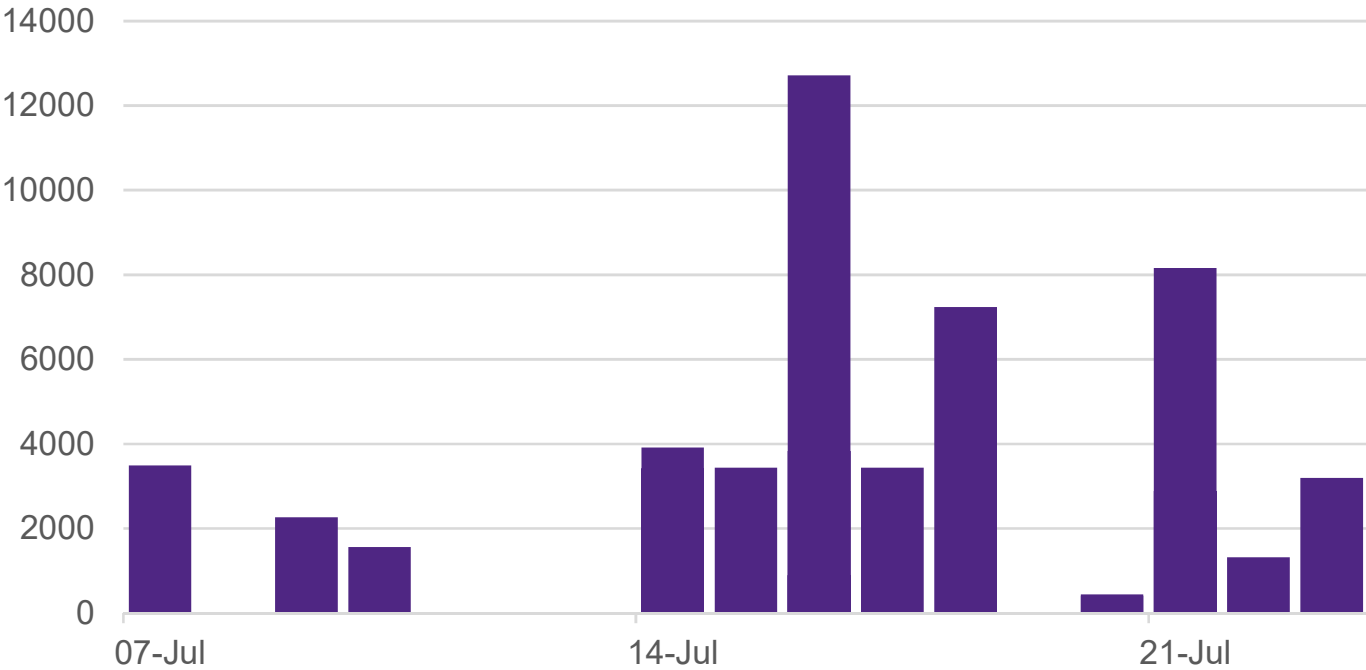


3,775 Facebook Reach	44,318 Twitter Reach	22,963 Instagram Reach
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■ Celebrate ■ Educate ■ Engage

Western Pride 2020, Digital Content Goals



Digital Engagement by Week, Pride 2020

DIGITAL ENGAGEMENT DATA

Example #2: COVID-19 Prevention Education



43,920

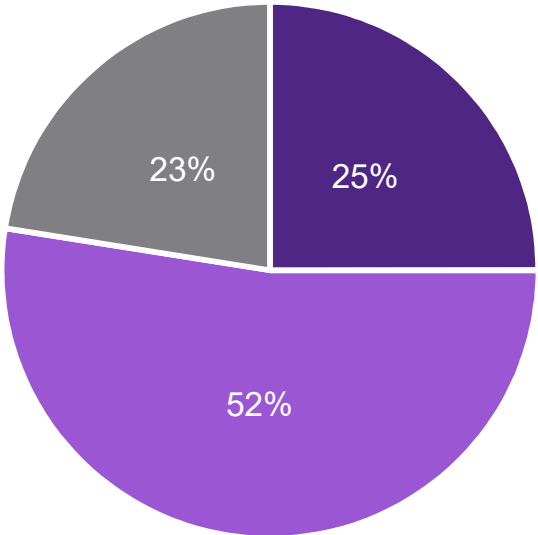
Instagram Reach

2,898

Likes

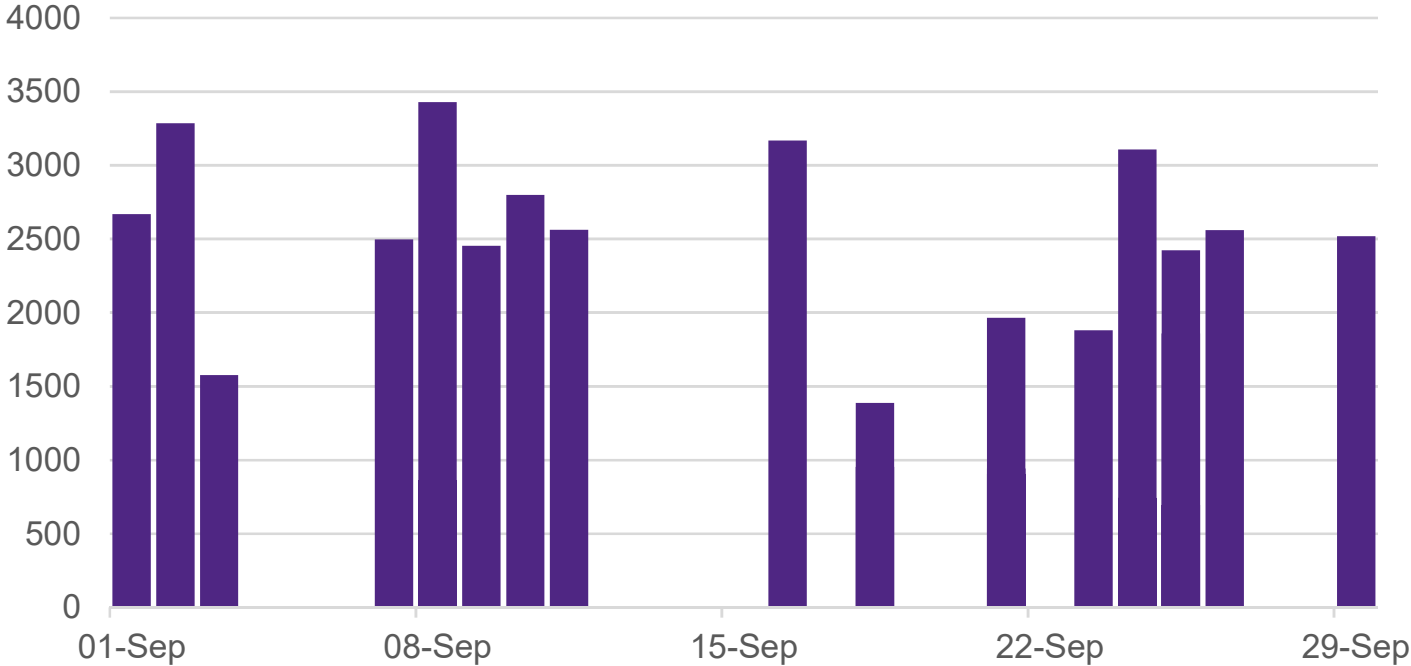
854

Profile Visits



■ Engage ■ Educate ■ Relate

COVID-19 Prevention,
Digital Content Goals



Digital Engagement by Week, COVID-19 Prevention Education

IN PROGRESS SINCE MAY



2019-2020	Status
Digital Student Experience Content	launched
Equity, Justice and Wellbeing Web page	launched
GBV Micro eLearning Module, Step 1	launched
Digital Content and Engagement	launched
ReSHAPE Micro eLearning Collection	in progress
EDI Scaffolded Training Program for Student Leaders	in progress
Spiritual well-being Programs and Resources	in progress
Onboard Wellness Education Coordinator	starting Nov 2020
Develop Wellness and Well-being Education Curriculum	starting Oct 2020

Student Experience Learning Goals



Adaptable Problem-solver

Students who are hopeful, self-confident, resourceful, and creative.



Community Builder

Students who are authentic, empathetic collaborative & self-aware.



Global Learner

Students who are equitable, globally aware and socially responsible.

Student Experience Learning Goals



Future-focused Planner

Students who are goal-oriented, motivated, organized and self-directed.



Critical Thinker

Students who are curious, engaged, and reflexive.



Innovative Leader

Students who exhibit integrity, judgement, and intercultural communication.

FUTURE VISION AND FUNDING NEEDS



- The programs and resources provided by Wellness and Well-being Education are funded in part through a fee collected through the Student Development Centre and in part through operational dollars, non-operational dollars and donations.
- As we continue to expand our educational initiatives to meet student diverse needs, stable funding to support our programming and operations is required.
- Stable investment in wellness and well-being education is essential to realize the vision of a thriving campus.

THANKS!

Any questions?