

# Introduction to Student Health and Wellness

## Transcript

19:02:00 Things will be asking you to do in the chat as well. But first I'm going to share screen and show you what else we're going to be talking about this evening.

19:02:10 And, as always takes a moment to get things going.

19:02:16 And I'll close this.

19:02:19 So, we're going to get everybody to introduce themselves and check just very quickly us if we're going to do something fairly simple and short and just ask people to pop into chat where you're from.

19:02:32 We're going to do a land acknowledgement something that's very important that we always do here at the University of Victoria, and we're going to be talking about the eighth dimension of wellness but really we're going to be focusing on the physical the

19:02:45 emotional and the spiritual both how you be well and stay well at you Vic and what resources there are to support that for you. We have a pole. I'm going to talk about the five ways to well being and some really practical things that you can do to help

19:02:59 yourself be well and stay well, and then we're going to have some time for questions. So that is what we're going to be doing this evening. So I'm going to stop share and just invite people to pop into the chat, where you're from or where you are right

19:03:14 now, or do a little wave and say hi, get people to.

19:03:21 All right, all over.

19:03:27 Really all over this is awesome. Yeah. Yeah.

19:03:37 Very cool. And as people continue to pop all of that in there, as we go along.

19:03:45 Yeah, it's just very exciting to see what a wonderful. Yeah, from close in here in Victoria, to all over BC, all across Canada, and many many different places around the world so I know that both Evan and I have been, you know, chatting about how excited

19:04:01 we are and how much we're looking forward to being able to welcome people back to campus. And as part of that welcome, I want to start with our land acknowledgement and just acknowledge that.

19:04:15 I both acknowledge and respect of the traditional territory of look Klíngon peoples on whose Land of the Sky mounts on Jesus.

19:04:26 And we're saying it's nations, the University sets, and it's also where I live, work, and play.

19:04:33 And it's also important for me.

19:04:37 Anytime I do a land acknowledgement to make it a little personal and talk about how important it is for me to really be aware of the fact that I am both that I'm a guest on this land, and certainly it is a beautiful, beautiful part of the world that we

19:04:55 are privileged to be able to be on and that there is a lot of work that we are doing and have done, and will continue to do around, working with our first nations house, people, as well as with our elders and with our campus cousins and learning from

19:05:14 them about how to continue to both respect and be on the land together. So that's what I would like to say about that. And thank you everyone for continuing to put in the chat, where you're from.

19:05:27 And I will go back to share screen. Back to our presentation

19:05:37 and move it along to you.

19:05:45 Awesome. But this will quickly go through I won't take too long here but I just wanted to quickly go through what the eight dimensions of wellness actually are obviously we'll be talking a lot about the physical, emotional and spiritual.

19:05:59 But those aren't the only dimensions of wellness and it's important to acknowledge the others and understand what they actually are. So, what you Vic recognizes as the eight dimensions of wellness our academic and intellectual occupational, financial,

19:06:15 environmental, social, and then obviously physical, emotional and spiritual.

19:06:20 Now these dimensions of wellness are all very much intertwined.

19:06:23 And it's important to recognize that we really, we really strive to have have balance amongst these eight dimensions as well. It's not just okay I'm physically well so I should be overall well you really want to have a nice balance between all eight dimensions,

19:06:40 ideally, obviously it's not always realistic, but we will be hopefully providing you some resources to actually get you there and make sure that we can continue to grow as people and make sure that we're happy and well while we're waiting University.

19:06:55 Donald pass it back to you here.

19:06:59 Oh you know it stays with me actually.

19:07:03 And if I click on this and there you go. Awesome.

19:07:07 So, being from you the bikes, and as the representative here today from them. This is actually our building. So this is called cars. We are the Center for athletics recreation and special abilities.

19:07:20 I'd love to welcome you all to this building at some point in the near future once you're all here on campus.

19:07:24 But this is kind of what our building looks like from the outside, and it's a gorgeous building it was built in 2015 we opened it, it was a \$77 million project for the university and it is the biggest rec facility on campus.

19:07:40 Awesome. we can jump to the next slide there.

19:07:44 Thanks very much, Don. So what I wanted to cover today was just a little bit of background about who we are, where we are. What facilities we have to offer, and then some of the student opportunities for physical Recreation and Wellness obviously being

19:07:58 the biggest rec facility on campus we have a ton of different offerings and a ton of different ways to get involved, but I'll start a little bit about who we are.

19:08:06 So again car says the Center for Health Care Center for athletics recreation and special abilities.

19:08:12 We also have those two labs in our facility and then also can assist.

19:08:17 So, Vice athletics and recreation, where we are very fun. I'm sure that you will all get to see it on your campus tours once you get to campus, but we are located just outside of Ring Road.

19:08:30 So for those of you who know campus ring road is the one way road that goes all the way around campus, it's very easy to get across very easy to find your way around.

19:08:39 Thankfully, you'll never be walking more than like five minutes to get to a class which is just so ideal. It's not a 20 minute walk across campus or anything.

19:08:47 But we, if you're coming to up Mackenzie which is the main road leading towards campus. We are just off to the right you'll, it's pretty hard to mess I'm not gonna lie.

19:08:55 We're a massive wardens building as you saw on that last slide.

19:08:59 And we are right behind the bookstore and also the bus loop.

19:09:03 So talking a little bit about our facilities and what we have to offer. So again cars is a brand new building. It was built in 2015. It replaced our long standing rec facility in Stuart which actually still stands and we still have offerings over there,

19:09:16 such as sand volleyball courts we have an ice rink in there we have tennis courts, and then we also had a massive gym there as well, which is no longer functioning.

19:09:28 But that is where currency comes in. So Carissa, it is a massive facility it's two floors, it covers over 190,000 square feet.

19:09:39 In Force base alone, which is the equivalent of I believe three football fields. So if any of you familiar with the NFL we have three football fields worth of indoor space in our facility.

19:09:48 So what we have I won't take too long because there's a lot of amenities that we have within Carissa, but I'll just cover a few of the big ones. So our performance gym, which is where our varsity basketball teams play.

19:09:59 It is a basketball specific gym and it fits 2100 people. We do have a lot of game nights coming up here soon with varsity seasons coming back, and they're going to be fun we do a ton of Giveaways we do a ton of encore games where we bring students out

19:10:21 We also have a two floor fitness and weight center. So for those of you who are gym goers and want to get back into lifting weights. I know it's been it's been a long year and a half without gyms in some parts of the world I know I hadn't been in the

19:10:34 gym in like six months when they were all closed. But we do have a to Florida gym center, and it is awesome. So on the bottom we have a lot of free weights Olympic rocks for squats for deadlifts whatever you want to do down there and then we have a ton

19:10:48 of options upstairs as well, including some smaller free weights, but a lot of machines, a lot of cardio equipment, we have for fitness classes. So we have a dance studio.

19:11:00 A trs studio yoga, and then we also have a free space that we use for spin as well. So we have a ton of space upstairs, as well as five squash court so if there's any squash lovers out there I'm one of them, I got into it when I came to you, Vic.

19:11:14 We have five squash boards, we have a stretching zone.

19:11:17 And then what I find really cool about our facility is that we have this massive upstairs space and we call it the field house. So the field house is comprised of three different courts so we have a hardwood court, that's usually meant for basketball

19:11:33 badminton, we have used it for some volleyball as well.

19:11:36 And then we have this really cool sport floor, that also has 100 meter track so our track team uses for some training, but you're also welcome to go in there if you want to do some sprints if you want to just hang out up there.

19:11:48 It's perfect. We have badminton ping pong basketball, volleyball, we have a ball hockey arena set up up there most days. So there's a ton of options for recreation up there as well.

19:11:59 If we also go downstairs into our facility we have a sports injury clinic. And so what we have there is actually a bookable clinic for students so if you're ever getting hurt.

19:12:11 No matter how big how small, you're always welcome to stop by our clinic, you just have to book it online and I'll pop those links in after I go there I'm there probably about every day I'm not gonna lie to you.

19:12:22 I somehow always, always get hurt, but they they've saved me on a number of occasions, so our sports therapy clinic is an amazing place to be. I just noticed a quick question in the chat there about rentals of equipment.

19:12:37 Yes We absolutely do rent, equipment, all you have to do is bring your one card with you.

19:12:42 And we'll rent equipment to you on the spot we have basketball, soccer roles.

19:12:46 And I will go over how much it costs, later on, it is free rent equipment to students.

19:12:52 If you want to read badminton. We have the net setup for you already. So everything's good to go there but we will provide all that stuff for you will put the part over into the McKinnon which is our old rec facility.

19:13:07 So what we have over there and it's still functioning we have classrooms over there we have eight labs so if there's anyone here in kinesiology or recreation health education, you're going to be doing a lot of classes in there, that's where the majority

19:13:18 of my degree took place, and it's awesome. It's kind of like our old school facility, we have two hardwood court gyms in there so I've personally played a ton of basketball on there.

19:13:29 And then we also have a fitness and weight center and then we also have a pool. So there is pool options as well if you're a big swimmer, or if you're getting into swimming we have pool sessions for beginners we have lessons that you can take, but I'll

19:13:43 get all that stuff bit later as well.

19:13:45 If you're somebody who likes to recreate outside we also have a ton of fields. We have eight fields total on campus, which is pretty awesome.

19:13:53 We have three turf fields that are commonly used for an inch murals and our sport clubs. So those are field to a to b and then also feel three and they're also free to drop into.

19:14:03 We do have a field hockey specific field, we do have programming options so if anybody's a field hockey player, we do have a field hockey varsity team as well.

19:14:11 And then we also have Centennial Stadium, so Centennial stadium is our soccer specific stadium.

19:14:17 And I'm hoping that I'll see you all there on September 10, because that's when we're running Thunder fast it's our annual like welcome back event, and it culminates in a soccer game at night both the men's and women's varsity soccer teams will be plan.

19:14:29 I will be playing so I really expect to see all of you guys.

19:14:34 I got I got to promote it a little bit done.

19:14:36 Yes.

19:14:39 Awesome. So I'll get a little bit into the student opportunities, and there there's a ton of areas that you can get involved in and I know what a lot of what I said is, it's that formal recreation the way everybody kind of stereotypical recreation lift

19:14:55 weights, go to the track do running.

19:14:58 We're about to have it rock and I love that even.

19:15:02 We're going to be friends I just know that for sure.

19:15:04 Um, but yeah so a lot of what I've said is a lot about the fitness and weights that are in pumping weights and not all recreations like that not everybody records in the way that I recreate we're all different we all have individual needs and.

19:15:17 And what we want to do is different.

19:15:19 So there's a lot of different opportunities some of the ones that I've highlighted that are a bit more informal, we have a ton of martial arts courses and and groups that you can take part of.

19:15:29 We also have tons of different dance classes, if you're in a group fitness. I think we have about 16 different options for group fitness. I've personally tried them.

19:15:38 And I was, I was done I couldn't move for like two days after but it was awesome. I took the ballet Barre class, which I didn't actually realize was going to be that hard, but it was ridiculous.

19:15:49 It was so much fun, great environment it takes place in cars and our dance studio and it's just, it's a time and a half great music great people everywhere our instructors are all licensed and certified.

19:16:01 And it is it is just the best.

19:16:04 I can't speak highly enough about it.

19:16:06 If you're looking to get more involved in some sports leagues. We also have 13 different intramural leagues, they run six days a week, the only day we don't have this Friday.

19:16:16 I've personally played in a few of them, I used to run into murals and it's a great program. So what we have there is kind of your stereotypical sports we have soccer, basketball, flag football we have ice hockey ball hockey dodgeball if you want to get

19:16:29 into dodgeball it's a ton of fun and doubles aren't hard, which is also a bonus.

19:16:35 We also have personal training options so if you're new to working out, we have personal trainers on hand, you can book sessions with them individually.

19:16:43 We also have nutritionists, that are always available to help you there as well. And then we also have different classes so let's say you want to get more into Olympic lifting or you're just brand new to the gym, our strength trainers are all trained

19:16:55 and certified and available to help you. So let's say you need somebody just to show you how to use a machine we always have people on hand to help out there.

19:17:04 And then we also have clubs, so our clubs are all student ran, which is awesome. It's very much like a collective.

19:17:13 I have a lot of friends who've taken garden clubs and they've made some like lifelong connections there so it's a great opportunity to get with people who share similar ideas of fun and, and how they want to recreate, we have 33 different club options,

19:17:27 which is pretty awesome. They're all sports and rec related. Some of them just to name a few. Because I won't bore you with all 33.

19:17:34 But we have archery we have a dance team we have an outdoors club, we have Ultimate Frisbee volleyball, like the list goes on and on down to competitive curling teams.

19:17:44 So it really depends on what you want to do, and how you want to recreate, but we have so many options to help with that process. And obviously, any way that we can get you involved we absolutely well, and I look forward to having you all here one day

19:17:59 soon. I know it's coming up real quick here, we will be selling memberships, very soon as well for the coming semester. So if you're looking to get back into the gym, you can actually check out everything online in advance.

19:18:12 What I'll do is I'll post all the links to the club's I'll post all the links to our membership desk as well so you can take a look at what's what's involving.

19:18:21 One thing now that I'm looking back that I forgot to mention was that we also have a two story climbing wall.

19:18:27 It is the biggest climbing wall of the university in Western Canada. We also have a one story boulder in law so there's tons of options there. I personally am one of the words climbers ever, but it is a great workout.

19:18:39 It's a great way to meet people and have fun as well. And we do sell memberships for that and you can also just drop in as well.

19:18:47 What I'll do is I'll post all of those links in the chat so everybody can take a look I'm sorry if I missed questions I can see a couple of flow in and now but I promise we can get to those at the end of the seminar as well.

19:18:59 That covers everything from my end so Don I'll pass it back to you here.

19:19:02 Okay.

19:19:04 And you'll take note of the questions that are in there.

19:19:07 Absolutely. Well,

19:19:11 I'm gonna stop share and then reshare and say thanks Evan and thanks for mentioning to there's some great outdoor opportunities absolutely like mystic fall is a wonderful place to take a walk, even just going around the ring road can be a great study

19:19:28 break, that's for sure. It takes about 15 minutes ish to walk all the way around the ring road.

19:19:35 That sounds about right. Yeah.

19:19:37 And so, shifting just a bit. I'm going to be talking about the related facilities we're right across the street from a Red Cross Mackenzie from Karissa, and the student wellness center so I'm going to talk first, you know just following on the physical

19:19:53 kind of theme about health

19:20:01 and fully.

19:20:04 There we go.

19:20:06 So, health, we have a health clinic on campus, and we have doctors we have nurses we have other specialists that are there. And if you do not have primary health care.

19:20:19 In, while you're registered at you Vic in your first somewhere else we can be your primary point of healthcare again similar to what Evan was saying, even about the sports injury clinic, it can be anywhere from like scrapes bumps bruises on up to more

19:20:31 complex issues. We offer both same day so you can call it like if you were to call in you could either potentially get an appointment that day, or you could book ahead for an appointment to speak to somebody there.

19:20:45 Now there's a number of different ways in which our, you know, our system works. And so we have a front desk team that when you walk into our student Wellness Center you'll be greeted by our student welcome team who will help you figure out like do you

19:20:58 need to talk to a nurse or a doctor or to one of the other specialists that might be working with us in the clinic so they will our front desk team, otherwise known as the student welcome team will be able to help you figure out what you need and where

19:21:11 they're not just to provide care but also to promote health and well being. So, I want to talk just very quickly. For those of you who might be interested in one side or the other.

19:21:22 We are going to be looking for volunteers for a program we call fit Connect, where we pair volunteers who are interested in doing exercise with somebody who may be diagnosed with mild to moderate anxiety or depression, to do exercise together because

19:21:38 we know it's effective.

19:21:40 it's effective. So that's one program one volunteer opportunity that we have. We also are looking for volunteers to work with the university, and do a harm reduction center around substance use, so if you're interested in volunteering, you could be in

19:21:54 touch with either Evan or myself afterwards because we're going to be working on that program, both of those programs together over this coming year. So it's just to let you know that it's not just about treating people but it's also we're involved in

19:22:06 preventive care. And we have some amazing doctors and nurses and some of our other specialists, they're just phenomenal people to work with.

19:22:14 This is what it looks like when you walk in now. So, we moved during the pandemic. We moved to this new locations we've been there for a year now. And so, it's bright.

19:22:26 It's beautiful. It's big. So we're really looking forward to being able to have people come in and at the student wellness center so the building that is right across from casa, we have the health clinic.

19:22:39 And we also have counseling services that are available. So, you or somebody that you know, May at some point during your career here at you Vic want to talk to somebody who's objective who can be supportive and who can help you work through something.

19:22:53 And so we have counseling services available. You can do you can have individual appointments, but we also have various groups, and you might notice in the back to school programming that we are having a number of workshops around, you know, for those

19:23:09 who may be feeling a little anxious about coming back to campus, and I'm sure for many of us is probably a somewhat mixed, and that's okay. But this will be a great workshop a great opportunity to really learn like how to if I am feeling anxious about

19:23:22 it. How can I learn how to manage that better for myself but also and make the best of my experience.

19:23:29 So there's my little plug, Evan, and Jennifer what's what. Also is coming up. But during the year we have different either group sessions or other workshops, so we have stuck around career we have stuff about how do I learn to manage anxiety more.

19:23:44 How do I find supporting community. Maybe I need to deal with grief and loss, so it's just for any of you to know if not for you, you might know a friend, or another student who could use some of these supports and services that are available.

19:24:00 So it's important for you all to know that it's free. It's professional, it's confidential we don't tell anybody what you say to us and it's also inclusive.

19:24:11 In addition to the counseling that's available on campus, which is Monday to Friday 830 to 430 you Vic also has a program called support Connect, which is mental health support anytime, anywhere for you, Vic students and for their dependence as well.

19:24:29 So it's available 24 seven by phone or you can go online through this email through this web address and you can link through to them. You can call and ask for you can have in the moment immediate support, almost like a crisis line if that's how you want

19:24:46 to think of it, they can also call and say, I'd like to have counseling of I'd like to have sort of longer term counseling, and they would be able to set you up with that.

19:24:55 It's also available in multiple languages, and it doesn't matter where you are in the world. So if you're on campus. And it's after hours, then you can use this service.

19:25:08 And if you're not on campus and you're somewhere else in the world. Absolutely, it's available for you. And as I said also for any students dependence.

19:25:19 So besides counseling and health, we have a third part of our student wellness. So we, this is our multi faith Center, which is located around the ring road from us around the ring road from Karissa, and it's the Infinity garden so as you can see there

19:25:38 it's in an absolutely gorgeous location.

19:25:42 And we have all kinds of programming going on this year from multi faith. That's really great for you to know and for everybody to know, not the least of which of course is, we have Wednesdays are pet cafe days, which means yes we have pets.

19:25:58 That will be on campus.

19:26:02 So, multifaith is not just for people who may perhaps wish to talk about spiritual things but it's a place where you can drop in, you could chat, you could maybe rest between classes you could have a quiet meditative time in the meditation room that's

19:26:17 available every single day. They offer yoga, they offer five different types of meditation. They including laughter yoga, that's the one that I always really enjoy.

19:26:28 There's nature walks, there are for those who would like to have it ceremony in prayer there is some mass. There's prayer times and there's communion, but there's also lots of conversation.

19:26:39 And there's food. So some of the things that are going on this fall.

19:26:43 I'm just turning around to say once a month, they're going to be having a meditation club soup supper, where free dinners involved free is always nice.

19:26:53 If Campus Conversations again with a free dinner, an opportunity to come and talk about some of the really big and important issues or just even just to have a chat.

19:27:04 So there's a number of different things that you can be involved in that you can connect with at the multi-faith Center, and also to know that there is an opportunity for Catholic mass, there's Muslim prayer, as well as there's pilgrimage sessions that

19:27:20 are coming up, and definitely the meditation room is available Monday to Friday 830 to 330. If anybody wants to make use of that.

19:27:30 It's a great place to go, lots that's available there as well. And so when they talked about pet cafe which seems to be our most popular program, it actually is like we bring in therapy dogs.

19:27:41 We have an opportunity to have coffee, tea cookies and an opportunity to just be together. So it's a great place to find some connection, and community because really the aim of multi faith is.

19:27:54 It's a place to have community and compassion and friendship, in a supportive non judgmental environment.

19:27:59 So there's lots of information that's available about all the stuff that they will have available for you, so you can check it out, you'll find it always on the events calendars, as well as you'll see Digi cast your screens around campus that will tell

19:28:15 you what kinds of things are happening when, and I'm stuck on the pet cafe because I was just learning how to use a Digi caster today and first pet Cafe is happening, Wednesday September 22.

19:28:27 So we have a poll for you. So everyone's gonna I'm going to stop here. The question is what are you most looking forward to about being on campus this fall.

19:28:36 And so, Evans just popped into the chat there.

19:28:41 So if you go there to the mentee calm so for those of you who can, and you'll find the pole there

19:28:54 isn't on the 22nd, the pet cafe I believe starts at 245 till four.

19:29:11 So if you go to minty meter and tick poll were asked me have some thoughts about what.

19:29:16 So I'll go and look at

19:29:20 see live results coming in as people are what are people looking forward to

19:29:27 give it another oh look at that meeting new people.

19:29:31 Hurrah for that. No kidding.

19:29:33 Having an in class lecture, whoever thought that you would want to be get excited about that for sure.

19:29:39 I like that some people are looking forward to eating in the cafeteria.

19:29:43 Even you might need to sell Thunder fest more. I know seriously.

19:29:48 Well I think we should have put Pat cafe as an answer to be honest. Yep.

19:29:54 That was one of my favorite for your memories was going to pack cafe.

19:29:59 Was it the cookies or the pets. It was the pets, I got dogs at home Don I I'm missing a ton so it was nice to go and see other people's dogs. Yeah.

19:30:14 Alright guys, we almost everybody had a chance to

19:30:21 get in there.

19:30:28 And the end The winner is

19:30:32 looking like we got meeting new people at 53 votes.

19:30:36 Yeah.

19:30:37 I'm not surprised.

19:30:40 seconds though in class lecture at 37, exploring Victoria 35, and living on my own at 27, some good options there.

19:30:52 Yeah.

19:30:54 People will start adding Fender fest now.

19:30:58 When is vendor fast, what your answer that well I pull my screen back up early September 10 from 12 o'clock to four o'clock, is the festival.

19:31:07 So what Thunder fest is and I can quickly go over this well Don gets your screen back up I won't take too much of the time here, but Thunder fest. This year is a big welcome back event for everyone on campus.

19:31:18 It is also paired with orientation this year so you're going to have a lot of orientation booths and basically what that means is, all the student services on campus will represent in there as well.

19:31:28 So you can see a ton of different things Don will be there. We've just confirmed that so very exciting.

19:31:35 You can absolutely bring kids. It is a totally welcoming environment for all. And we're going to have tons of games we have big inflatables that we're going to blow up and just all different sorts of activities happening, it's going to be an awesome time

19:31:49 time last year or two years ago, we had about 4000 people out. This year we're expecting more, and it should be an awesome time so it runs 12 to four it's right by the library and the quad.

19:32:00 And then we will try and get everybody over to the men's and women's games at night so the women kick off at five o'clock.

19:32:07 The men kick off at 715, and it's usually a pretty rockin atmosphere, it's going to be a ton of fun we have some great surprises plan for pre and post game, as well as at the halftime show.

19:32:21 Right.

19:32:30 And, just make sure that we've answered as many of the questions that you have as possible. So when we talk about the five ways to will be. These are evidence based very simple practices that we can put in place in our daily lives, that can make a difference

19:32:45 in terms of managing our mood can help us feel better, just in general, make us feel better.

19:32:52 So, the first one of course as you you know many of you said like what am I looking forward to is connection, connecting with people, meeting new people finding ways to be together.

19:33:04 And certainly we have the pandemic has done nothing else it's really emphasized for so many of us how important that connection is for us, whether it's with family, with friends or, you know, fellow students it's bitter instructors it's with our neighbors,

19:33:20 neighbors, any creative, I mean I'm sure many of you have been very very creative this year, about ways that you could build a sense of connection for yourself.

19:33:32 and I've heard from many students in the last 16 months or so, about a lot of very interesting and very creative ways and how how helpful it was defined connection.

19:33:40 Those things are really connection really matters and is foundational to our well being. Because we're social animals, so we really want to be around we want to spend time with people and we want to be connected to them in some way shape or form.

19:33:54 The keep learning well I think you're going to have that covered, because you know, the keep learning part is really you know who knew that school would help you be well and stay well but it is one of those things that the more that our minds are engaged

19:34:06 the more that we're learning new things that we're trying things out more that we're taking on new responsibilities. It is an important piece of helping us continue to be well and stay well and learn how to manage mood.

19:34:20 The be actor piece we've talked a bit about that. If you know none of these have to take a lot of time, necessarily, but going for a walk or run, or even simply stepping outside.

19:34:30 Is it something I can garden Can I play a game.

19:34:34 It's really important for you to know like research is showing us that, you know, in terms of time, like five minutes is all it takes, being outside in nature to significantly change our mood.

19:34:46 So that's I mean it's great news for us on a campus such as you Vic when even you know walking from class to class. I'm outside, I'm outdoors in nature, and we have such a beautiful campus and our grounds in landscape escapers really put a lot of effort

19:35:02 into making it a beautiful place to be. But just knowing that just being outdoors has that opportunity to lift your mood, even all in five minutes. Another thing is to really think about maybe being active is the standing up the stretching the making

19:35:17 sure that you know I'm not constantly hunched over my computer but I'm actually doing something simple like moving my body in some way shape or form. So it doesn't have to be complicated to do the giving one, I love this one because you know there's something

19:35:33 about, I can't both be anxious and also be kind and compassionate to somebody else's and you can't hold those two kinds of feelings. At the same time, so something about giving throwing kindness around like confetti taking notice of something that somebody

19:35:51 does expressing gratitude in general for what's going on in my life. Maybe volunteering my time and being of service to other people. It doesn't just have an impact on the people that perhaps I volunteer with it has an impact on me and my own well being.

19:36:07 The final one is taking notice, whether that's taking notice of, you know something simple that happened on my way to wherever I am.

19:36:16 I was sitting on the deck just before I came down to do this and noticing the hummingbirds sitting in the tree.

19:36:24 Just, you know, kind of sitting there very quietly and they're just so beautiful to look at. So sometimes it can be just taking a moment to be really present, and really just paying attention to what's happening.

19:36:36 So it could be something that's outside of me, it could be something that's going on inside of me, but taking notice, and taking those moments, all of those things over time.

19:36:46 They really do add up to being things that will help you to be well and stay well, you're probably going to hear these a whole lot more. But you can think about creative ways that you could bring them into your life, and I'm sure you all have things that

19:37:01 you already know, really do work for you.

19:37:06 And I would encourage you to think about wellness as being part of school.

19:37:11 So your wellness, doing things to take care of your well being, are things that are just as important as your academics. They're not an extra, but it's something that really, I would encourage you to think about how you can build that in how you can schedule

19:37:26 it in, even if it's small. Yes.

19:37:30 So I'm going to stop sharing now and say, let's go look at any of the questions do you want to start. Evan, on some of the questions from you, for you only have a list here of all the questions Ok, I can go through those really quick here.

19:37:50 So the first one was do you rent equipment, such as rockets basketballs etc yes we do so at car so we do, we do have rockets and all that equipment available we also have camping equipment available so if you're looking at doing overnight trucks anywhere.

19:38:05 We have options there as well. That's all run through and it's all incorporated with your student fees, some of them for camping equipment you will have to pay a bit more, but you can talk to our equipment ask about that stuff.

19:38:16 How much does it cost to use the facilities.

19:38:19 It depends on if you want to buy a membership, you're more than welcome to, there is a fee and your tuition that you pay it's called the recreation athletics be.

19:38:26 And it's, I believe in \$84 charge. And what that does is it gives you access to our facilities and it also gives you access to lower pricing for the additional memberships such as your fitness and weight center pass or if you wanted to go and use the

19:38:40 climbing wall. Those are where you'll pay a little bit extra, but you do have access to the facility and the squash courts and the pool, and the McKinnon gym with your student fees their intramural sports are played in casa, we have pretty much everything

19:38:56 based out of cars and Arielle Garfield's. Those will go live on August 16 so you can register and I will be popping those links and as well.

19:39:05 Depends on the sport program it says Do we have a coach for sport programs. If you're looking at joining a club.

19:39:12 Then, some of them do so softball for example they do have a softball coach. The same with triathlon I saw somebody post about that. I'm also an aspiring triathletes I will be involved with that club a little bit.

19:39:24 But there are coaches for some programs, others their volunteer coaches others it's completely student run.

19:39:30 Moving over to the gym.

19:39:32 It's right now it is on a booking system due to coven we're hoping that come September, will be able to eliminate that booking system but right now you do book ahead.

19:39:43 So let's say I wanted to work out tomorrow at 7am, I would go online, and I would book my time slot, it's super super easy all you do is you click the buttons and you're done you have a gym spa.

19:39:53 Do teams offer walk on tryouts it depends on the team. Most of them. The coaches are listed on our website@uvx.ca so you can go there and check it out, coming from the soccer team I our coach does offer walk on tryouts, a lot of the sports get started

19:40:09 in August. So we've always been going.

19:40:12 So you can definitely reach out to coaches of your teams that interest you.

19:40:17 But it depends on the season and when they run.

19:40:20 There are opportunities for people to be lifeguards if you're looking at some employment options if you head over to bikes wreck dossier you'll see under our employment page that we have a ton of different postings at all times.

19:40:30 We have referee spots we have league manager spots, we have lifeguards membership services staff facility tenants there's tons of different opportunities to get involved and get paid for doing it.

19:40:41 So you can apply online there. We do have rowing machines we actually have a rolling room as well so that's reserved mostly for our varsity teams, but we have I want to say, 10 herbs, upstairs so there are tons of rowing machines.

19:40:57 Just trying to contact with clubs I'll be popping that link in there you can email the club's directly they all have you that email addresses all the students have returning to the club soon, so you should be able to get in contact with them fairly shortly.

19:41:10 They are all students so they might not be the best at responding right away but hopefully they'll get back to you pretty soon here, dance classes I've also be posting that link as well, they just released our active living guy today.

19:41:24 So it's very exciting that basically includes all of our programming coming up for the semester here so you'll be able to see all of that under the actual dance section at the bottom.

19:41:34 We covered that for that one. Dependence can also use the facilities Yes, they would have to pay drop in rates as on a daily basis or you can also buy membership for them as well but unfortunately they're not allowed to accompany you accompany you.

19:41:49 they have to pay for their access.

19:41:53 And then yes, I covered that last one as well. I think there was some more of that popped up in the chat so I'll try to do my best, but I apologize if I miss a few year.

19:42:01 Emma lifeguard training courses yes we do offer some first aid courses, not so much as the lifeguard courses but there are facilities close by that run.

19:42:12 How long does sports run.

19:42:13 If you're speaking intramural wise we actually have intramural sports running from sep tember, all the way through December and then again will restart with our instrumentals and start again come January and run through April.

19:42:26 So a ton of options there, and then I'm getting a lot about the gym, hours right now our give our is our seven o'clock until eight o'clock at night.

19:42:36 But we will be opening that up again we had to reduce our hours because of covert and staffing issues. Just because there was nobody here, but usually what we have is 6am until 11pm.

19:42:48 Ideally, that's what we'll be going back to, but I can't make any promises just yet we have to wait and see what the situation with with covetous.

19:42:58 Yeah.

19:42:59 Yeah, and market you asked about what does you Vic health insurance and dental insurance cover. So, um, and whether or not our services that you Vic health are covered by that.

19:43:11 So you Vic health services are covered by bc medical. So, so the yubikey health insurance and you Vic dental insurance that comes through the University of Victoria Student Services is different.

19:43:25 And so that's an extended health care system, so you don't have to have you back health insurance from you Vic to use our health clinic.

19:43:33 As long as you either have guard me, which, if you're coming from over from not within Canada to cover the first three months before you get on bc medical but you can also if you need to find out more about that you can also talk to international student

19:43:48 services. But if you're here in BC it's bc medical covers it so it's an it's considered to be Island health. I hope that answers your question Margaret.

19:44:00 And I'm just going to scroll down and see

19:44:07 how do you meet and connect with new people outside of your class as a grad student there's very few people in your class. That's where I really do think you know Evan, you answered that well to certainly student clubs things that finding people with

19:44:19 various interests that are similar to you can be it that really can make a big difference in terms of wanting to be out and about and meeting new people because you're right, often grad students have like a small group of people that they get to know.

19:44:34 I certainly even know like within the grad student society, there's been a lot of activities that they've run as ways to connect grad students to grad students, because that's the is a valid point so how do I how do I get to meet people when I have a

19:44:49 small pool to draw from here so it's any ways that you can think of to expand that and finding out about those social events and certainly the grad student orientation piece will give you a whole lot more opportunity to, to be connecting with that and

19:45:01 finding social things.

19:45:03 I know last year for sure people were really saying like, really we all need to understand we're all in this boat together, you know, and we all want to meet people.

19:45:14 So, how do we at least be kind to each other and acknowledge each other's invitations and find ways to really let people know that we want to connect with them.

19:45:24 So hopefully that starts to answer.

19:45:32 Is there cost for counseling services. No, absolutely free. So as support connected 24 seven, and that is free, as well.

19:45:39 Did you have a, you had personal trainers are mass going to be mandatory everywhere. That's a great question Jackson, we don't know yet. Right now, in Evan What about in Carson,

19:45:59 As he's on mute.

19:46:01 It wasn't letting me unmute you there how's it going.

19:46:04 So right now in Carson mosques are recommended. We're following everything that the potential health officer outlines. So unfortunately, we go off whatever they tell us.

19:46:15 So, right now they are not mandatory. They are recommended. We strongly encourage that you wear them, especially when you're moving from machine to machine, but you don't actually have to be wearing them.

19:46:25 At, I believe is the same all over campus. We update with whatever the health restrictions are at the time.

19:46:31 So a while ago they were mandatory at all times, you had to be wearing them, even when you're performing your workout. But yeah, right now. They recommended, but not mandatory.

19:46:48 And sorry I'm just scrolling through.

19:47:00 There was another question now I can't see.

19:46:59 I don't have information about bus passes I did see that one. Can I use my parents dental insurance will let you back absolutely lots of students do use their parents benefits as they can use them up, you know, depending on your parents benefits it might

19:47:12 be better than what you get from you BSS so or from DSS so that if you have that it's, it's good to know what what's covered.

19:47:24 And there will be a list of available clubs on the university, from the student society, I would think.

19:47:34 Yeah, I'm just pulling those links right now. Okay. Yes.

19:47:38 Now as for that uh the question about the additional and using your parents benefits what I always do is I, I make sure that I opt into whatever you Vic offers.

19:47:49 And I also use my parents as well I was covered by it. It definitely is it, it was the right idea for me at the time just because sometimes one thing doesn't cover something but my parents plan might, so it's good to have both.

19:48:04 And then you don't actually have to go and use both. I've had acupuncture covered by the school, but it wasn't covered by my parents. So I recommend using both, it just gives you a bit more all around coverage, especially if you're like me and are always

19:48:17 getting hurt somehow So, um, and my Bob had a question about the insurance that your husband and you are coming together. So how should you pay for him.

19:48:28 I think that question would be best answered by the International Student Services people they would know that best in tremendous question is kind of related, not about insurance but related to the International, there is a group for international students

19:48:41 who can practice English or learn other languages that you Vic so there are many language learning clubs and conversation.

19:48:51 I was gonna say partners, but there's conversation cafes often in other languages but definitely for through our global community.

19:48:58 We have volunteers who offer to work with international students to practice, unlike English so it's conversation partners as well as for English language center on campus, they also have an opportunity for people to practice English as well.

19:49:14 So there's lots of options there and lots of ways to connect and anything that the global community offers is also open to all students, so it can give another opportunity to meet people to connect to you learn things to practice language skills etc so

19:49:29 there's lots that's there to.

19:49:33 Oh thanks Jennifer popping that in there too.

19:49:39 I'm just seeing your question now. The pool is not in casa. It's right across the street from Carissa, but you actually have access to it with your student fees that you pay your tuition.

19:49:47 So again you can just register online.

19:49:49 You'll see me in there, Tuesday mornings that's when I swim, by the way.

19:49:56 Good.

19:49:57 Good. Say hi Evan. Yeah.

19:50:02 You might need to get the lifeguards on duty because you might need to be pulling me out but talk about that later.

19:50:04 But yeah, you don't need to actually pay any extra for that. And then if you want to do classes or anything like that or if you want to get swim lessons, that's when you can register online

19:50:18 pool hours, the pool our is kind of changed with the semester. It depends because we have a lot of outside groups that book the facility but they typically run on the same hours as cars.

19:50:28 So again, that's 7am to 8pm.

19:50:35 Any other. I'm just going to pop the link here since I can copy that into our chat for the dental plan.

19:50:46 And I just sent it to Jenna not to everyone. Jenna Did you need to know that

19:50:54 I'm seeing one more question here. Come in. What's the typical time commitment per inch murals that depends on how many interviews you want to play.

19:51:02 Usually the games last about an hour, you're asked to show up 15 minutes beforehand. It is Monday through Sunday with the exception of Friday.

19:51:11 Not a big time commitment.

19:51:13 You can actually go in and and register for as many times as you want so you could play every single day of the week if you wanted to. We have people who do that so you wouldn't be alone.

19:51:23 And there's there's tons of options there, but again not a big time commitment as much or as little as you want it to be. You can sign up on active living dot.ca I'll pop that link in there right now.

19:51:38 Living God. You vic.ca. So this again this is our website that you can go.

19:51:47 Oh, me Sure I spelled that right, you can go and register as of August 16, you'll see all of our intramural options there.

19:51:52 There are tons of bike trails nearby and bike clubs, so if there's anybody here is out there, we do have a vice Rex travel club struggles and fitness up, I run it myself it's a ton of fun.

19:52:06 We do different challenges every week, we're giving away prizes it's free to enter. All you have to do is get out there and bite. There's chip trail around campus you can bike on.

19:52:16 There's a ton of local trails so if you're mountain biking. There is so many options out by Hartland, which is kind of close to the landfill around fetus there's great gravel trails.

19:52:29 And that is the bikes wreck cycling club.

19:52:34 And it is meant for everyone. There is a velodrome in Victoria, but it's not close to campus.

19:52:41 Yeah.

19:52:42 Evan one question came up Can you explain what an intramural is. Yes, absolutely.

19:52:49 So, intramural is our student run leagues, their sports leagues we have 13 different sports, all you do is you go in, you can sign up with a group of friends, or you can sign up as an individual.

19:53:02 If you don't actually know anybody, just yet, then what you can do is you can sign up as a free agent and our league managers will automatically put you onto a team.

19:53:10 It's super fun to like a great time you'll meet a ton of people who are interested in the same sports as you.

19:53:16 We've had a lot of people come through never knowing anybody that's been on their teams, and they come out with a ton of good friends, and who they play the rest of their university careers with we do have people that play in the same league for five

19:53:30 years and it's a ton of fun.

19:53:32 You can also get if you have friends so let's say you meet a ton of people in your eyes and first year, and you want to sign up a basketball team. We definitely recommend that it is a lot of fun going in.

19:53:43 We have different competition levels of leagues. So there are some that are a bit more competitive but those are outlined in the description so you'll see that when you register.

19:53:52 We have ones that are super super relaxed it's definitely more of a recreational settings you don't need to worry about any prior skill level there's no requirements necessary.

19:54:03 It is welcome to all, and any abilities, so it's more just a fun way to get involved in play sports with your friends.

19:54:11 Yes, we don't play any other teams from any other universities with our intramural, it's all students from music, and from the community. So there are, it's open everyone again so all students all community members you'll meet a lot of people playing,

19:54:25 you'll get to play against a ton of other students and community members but we don't actually have like a big competition for like UBC receive that controls or anything like that,

19:54:41 enter those extra fees. Yes, they are extra fees.

19:54:46 They are paid per semester so let's say if you want to play soccer It is usually about a \$20 fee.

19:54:52 But it guarantees you, I want to say 11 games total across the season. I'd also they're all refereed games. They're all supervised and, yeah, as that's the fee system there but, again, you'll see that on the Active Living guide.

19:55:08 Right.

19:55:09 And Gabrielle that's a great question, or engineering students going to have time for recreation.

19:55:14 I guess the short answer to that is, I know tons of engineering students who are involved in many different recreational activities from caving to, you know, some sports that they're involved in whether you know I'm thinking of the few students that I

19:55:30 know that have been involved in a number of them.

19:55:34 And, you know, if it's important to you, then I think there's ways that we absolutely can make it happen for ourselves and but you might need to be very careful about it and very intentional about what you do as well, but they do know engineering students

19:55:49 who've been involved in lots of different activities recreationally. So we'll hold that, yeah.

19:55:56 I like the people are saying, you know, anybody, anybody please I hope so hope that's true.

19:56:02 Yep. Gonna going to need an engineering support group. Absolutely.

19:56:08 And we're happy to help support it and if there's any nice students in the chat you can you know wave your hand or and to business students have wrecked time.

19:56:17 Yes, I will say, I also have seen business students find ways to make wreck time happened to.

19:56:27 Yeah. Always good to know.

19:56:30 Yeah, gee, instead of asking where people were from maybe we should have said, engineering students, I'm engineering I'm Kenny Stein business.

19:56:39 Oh yeah.

19:56:43 Well work. If there's any other questions.

19:56:50 Happy to let the introductions. Go on.

19:56:55 We had some promotional the Instagram accounts there. Yeah.

19:57:00 Do you need membership to join a game as a free agent.

19:57:04 No, so you don't actually even have to be a student.

19:57:07 So if you wanted to join as a free agent, all you have to do is create an account online but if you are a student you already have one made so you'll just log in with your net ID and password, super super easy.

19:57:19 And then you can just register there, I saw one about the university soccer team we have started our season already.

19:57:26 Our first game will be September 7 and we will see you all there.

19:57:31 If anybody wants to find out more about the volunteer opportunities there will be lots of ways in which will be promoting an advertising that but you can also i'm just going to put my you Vic email in the chat if you're interested you can just email me

19:57:45 directly and let me know and we can put you together on the of the list of potential volunteers

19:57:59 and ice hockey.

19:58:01 We have a, we do have an Ice Hockey Club.

19:58:04 They're very competitive as well.

19:58:06 We do have an Ice Hockey Night coming up where we usually get about 600 people out to the game and it's over the super complex, so that's always a fun option, but again you can reach out to their club page, the link is in there as well and it will be

19:58:20 circulated Dr.

19:58:26 Put my email in there as well so if you have any questions related to Vice athletics and recreation, feel free to shoot me an email.

19:58:34 That pretty much anytime I'm always on my computer my phone somehow so

19:58:43 what's the server link. I was very disappointed yes card.

19:58:47 Yeah. Got it.

19:58:49 Yeah, right.

19:58:50 There's a ton of discord servers for different faculties, right, looking at gaming we also have a vice eSports discord, definitely check that out.

19:59:01 ton of fun, we're running weekly tournaments, and with a ton of cool project.

19:59:08 Yeah. Please spend your spending your free time at Carson not a bad thing.

19:59:16 We'll have you anytime. Yeah.

19:59:19 So thanks so much for joining us.