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Welcome to week to our special speaker series and we have Irene PSA and Nancy call hill with us, let them introduce themselves a little bit more in detail about their roles and share with us what they have decided to present today.

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So, if you need to, at this point, to chat and share anything in the chat with me I'll be monitoring that as well as I be Nancy and Irene, feel free to share your screen at any point, and we welcome everyone if you'd like to share in the chat, just to

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just to get everyone up and going and share a little bit about where you are just a quick Hello, it'll let Nancy and Irene and Abby and I have a sense we of course know where you are, but it'll give everyone a sense.

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So you can go ahead and begin doing that as well so there's that element of connection with other participants as well, thanks Joe and I will introduce myself and then turn it over to Nancy for introductions before we get started so I'm I really I say

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I'm the manager of wellness services at Student Health and Wellness on the Thunder Bay Campus, and I'm really excited to be here. This is my favorite part of my job is doing these talks and kind of sharing health and wellness information.

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So our presentation is pretty interactive.

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So we will be doing some activities sharing some information, and also giving you some resources to take away with you and kind of explore, because there are lots and lots of services available at Lake head University.

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So, that's me, and I will turn it over to Nancy for an introduction and then we can start our presentation.

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Good morning everyone.

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Like I read I'm really excited to be here today to.

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I'm the manager. I'm Nancy Hill I'm the manager of Student Accessibility Services at Lakewood University Center Bay Campus and really campus. And so I'm looking forward to sharing some information with all of you about the supports and services that are

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available to students who require them. And yeah, so I'm, I'm, I've got a presentation I'll share with you what, and they'll let Irene start and I'm looking forward to being with you today.

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And just to let people know I get frazzled with all the technology so please let me know Jill or Abby if you see a question or something like that interrupt me because I I can't keep track of all that stuff, and definitely if people have questions throughout,

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feel free to ask throughout and we'll also have time at the end if to kind of discussion and so wonderful. Thank you, Irene we'll keep an eye on the chat and lots of folks have been sharing about all the different places they're from.

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So we've got a great participation this morning.

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Wonderful.

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Okay, so first of all, welcome to late and I hope that you guys are looking forward to September and it's so nice to see people kind of engaging before last September start date.

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So welcome to late head, and I hope you're learning all about everything that's available here at Lake had for you.

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So, what I wanted to talk a bit about today is the idea of resilience, which I think is a really nice way of framing wellness and thinking about wellness.

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So I think historically sometimes people would try to figure out how to solve problems by studying the problems, so they would think, Okay, what they would start studying people who are really stressed or people who are very depressed or people who are

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very anxious and trying to figure out, well how can we fix this issue.

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And in the 70s positive psychology came along and said well why don't we study people who actually are doing well, who manage stress well, whose mood is fairly good who don't experience extreme levels of anxiety that kind of thing, and figure out what

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it is that can be helpful for these things, and so they kind of came up with this concept of resilience, which is the idea that people who tend to report a high level of life satisfaction who are able to manage stress, who, again will have mood fluctuations

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anxiety fluctuations but tend to feel like they have managed those things tend to kind of do certain habits, so they tend to live a lifestyle which is in line so there are things like mindfulness connection gratitude growth mindset self care wellness

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purpose. These are all things that when we practice them on a regular basis can help us build resilience.

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It just means that when we're faced with challenges or difficulties we feel more confident in approaching them, we feel like we can manage them.

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So, again, that idea of mental toughness, the process of adapting in the face of adversity. Again, it doesn't mean we're not going to feel stress, but we may be able to bounce back more quickly, when we do feel stressed Oh.

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My favorite thing about resilience and the concept of resilience is that it is not something that you either have or you don't. And something that you can develop right so it's a skill it's like a muscle.

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The more we practice it the more intentional we are, the more we build that skill up.

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So today what I wanted to do is kind of go through some different topics, under the, the idea of resilience, and actually do some different activities, so that you can kind of have a flavor of what are some things that might be helpful to you as you start

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your first year at Lake head and then move through your degree.

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So the first one I want to kind of talk about which is mindfulness, people may have heard this term before it's becoming quite trendy and more popular in the last few years, and mindfulness means paying attention in a very particular way.

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And that is on purpose in the present moment and non judgmental Lee, and really interesting story about mindfulness, Jon Kabat Zinn is a physician who was working with very hard to treat her patients back in the 1970s again, Bob, and these were patients

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who are not responding to any kind of treatment, they weren't really responding to medication they weren't responding to the end of a lifestyle changes the doctors will recommend enough time.

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They weren't getting better and Jon Kabat Zinn was very much into Buddhism and Eastern philosophy and meditation and all these things. And so he thought, well, I wonder what would happen if I start treat these patients with mindfulness.

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And so he developed this program called Mindfulness Based Stress Reduction.

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And what he found was that it actually worked. So these heart patients who had been pretty unresponsive to all treatments began to get better.

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And so his treatment protocol is fairly intensive so it you know it was a six week program of meditation and yoga and all kinds of lifestyle changes. And anyone who knows me knows I tend to be a fairly impatient person, so if someone tells me that I need

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to meditate for an hour a day. I am not even gonna bother trying. And, but the nice thing about mindfulness is that it's not all or nothing. We can practice mindfulness in a really small, simple ways, and it can have an impact.

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So today I wanted to share with you my favorite mindfulness practice, which is the three minute breathing space. And what I love about this is that it is literally a three minute exercise.

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And we can do it anywhere. We don't need any equipment, we don't need any special setting, and we can practice this mini meditation, and the more we practice it the more effective it can become.

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So I'd like to actually walk you through the three minute breathing space, so you can experience what it's like. Okay.

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So we're going to start adopting a direct dignified posture.

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If possible feet flat on the ground.

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And if you feel comfortable. Close your eyes. And if that's not comfortable you can just focus them softly toward a spot on the floor, or somewhere in front of you.

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And I'm going to take a minute to guide you through each of the three following steps.

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Step one is becoming aware.

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Here, bring your awareness to your inner experience, ask yourself, what is my experience right now.

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What thoughts are going through my mind

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as best you can acknowledge thoughts as mental events.

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Perhaps putting them into words.

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Ask yourself what feelings are here,

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turn toward any sense of emotional discomfort or unpleasant feelings, acknowledging their presence.

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Ask yourself what body sensations are here right now.

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Perhaps quickly scan your body to pick up any sensations of tightness, or bracing.

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Step two is gathering here redirect your attention to focus on the physical sensations of the breath, breathing itself,

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moving closer the sense of the breath and the abdomen.

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Feeling the sensations of the abdominal wall, expanding as the breath comes in and falling back as the breath goes out.

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Follow your breath all the way in, and all the way out.

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Using the breathing to anchor yourself in the present.

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If your mind wanders at any time, which you probably will.

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Just notice this, and then gently bring your attention back to the breath.

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Step three is expanding.

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Here, expand the field of your awareness around your breathing, so that it includes a sense of your body as a whole.

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Your posture and facial expression.

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If you become aware of any sensations of discomfort tension or resistance.

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Take your awareness there by breathing into them on the in breath

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and breathe out from those sensations, soft mean an opening on the out breath.

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And as best you can bring this expanded awareness to the next moments of your day.

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And whenever you're ready.

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You can open your eyes, bringing this exercise to a close.

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And he thoughts Thumbs up, thumbs down undecided.

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Great.

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So definitely, this can be a really good way of grounding ourselves, if we're feeling overwhelmed stressed upset.

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And it's great to us in those moments, but it can also be a really good preventative strategy, so kind of committing to doing it on a regular basis. So rather than waiting until you're super stressed out and at the end of your rope.

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Put some time in each day, and maybe it's not mindfulness necessarily but something where you're using, where you're grounding yourself right and really taking stock of how am I feeling.

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What's going on, and that kind of thing.

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So, that is the end of our first exercise.

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And now I wanted to talk a little bit about the mental health continuum, and I'm not sure if people are aware of this continuum.

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I really like again this way of thinking about mental health, I think historically, there used to be this idea that people were either mentally well, or mentally ill and that was it.

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And once you were one side or the other, that was it.

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But I think this is a much more realistic way of conceptualizing mental health, which is the idea that we all have mental health, and we all move it up and down a spectrum of mental health depending on what's going on in our lives transitions that are

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happening.

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All of those kinds of things. So, if we start over, cut it in that green section. This is someone who is mentally healthy, normal functioning. Again, it doesn't mean that they're not going to have a day where they might feel sad or feel angry or feel

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frustrated, but it means that they're kind of normal fluctuations in mood and functioning.

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More performing pretty well. we're taking care of ourselves we have good social support.

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We're kind of our best, right.

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Now, when we think about reacting which is that yellow column.

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I think it's really important to recognize that everyone is going to find themselves reacting at some point in their lives.

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Over the last year and a half, as I've done these presentations, I've kind of thrown out there you know we're probably reacting right now, because we're living through a pandemic, and all kinds of things are changing and there's all kinds of news.

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You know, every morning when we wake up. And so really normal that we would find ourselves reacting to that stress.

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So when we're reacting basically we're noticing some changes. So maybe we're feeling a bit more nervous or sad, more often. And maybe we're having trouble concentrating are focusing difficulty sleeping.

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Difficulty really relaxing worrying a lot.

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Maybe we kind of feel like oh I just can't handle another kind of zoom meeting or I don't want to talk on the phone or I don't want to engage.

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So again, recognizing the are normal reactions to change and to stress. And basically, this is our body and minds way of saying, hey, something's going on, you need to pay attention to me, you need to do something about this.

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Right. And so, I always encourage people you know if you find yourself reacting.

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Pay attention to that, you know, think about what is it my body's telling me, maybe it's telling me I need more rest, maybe it's telling me I need to reach out to that friend who always makes me laugh or, you know, I need to spend some time, hiking, or

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playing guitar or you know those things that bring me joy.

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So really thinking about what is my body telling me, and how can I address this. So typically when we're reacting either the stress will kind of go away, and we get back to normal functioning, or we find ways of managing with that level of stress.

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So maybe you know because I am stressed and this isn't going to change necessarily something like the pandemic.

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I need to think about different ways of connecting with people. I need to think about how my hobbies might be a bit different now because I can't do the in person stuff, right,

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is stress goes on for a very long period of time, or at a higher level of intensity, then we can manage, we move into that orange level right so this is now our function is actually getting impaired, right so we're having a lot of trouble functioning.

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And we're significantly kind of not sleeping well not eating well we're maybe was drawing, like it's not just that we don't feel like it we're actually like kind of hiding from the things we used to like, this is a situation where maybe we want to actually

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reach out and talk to someone, right like talk to a counselor talk to Dr.

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Let our friends or family or support network know, you know, I'm not doing okay. And typically, our usual coping strategies aren't working. They're not effective and so we need to think of okay well what do I need to do differently.

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And then on the far end you have kind of that.

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Ill column which is the red and this is someone now who maybe has developed an anxiety disorder or is diagnosed with a major depressive disorder.

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So, you know, this is someone who really does need to seek help. Again, whether or a doctor or a counselor.

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You know this is someone who needs some more help, in order to get back to themselves.

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I think the real important thing to recognize is that we can move up and down this continuum. right. It doesn't have to be stepwise.

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We can jump so for example someone can be you know very healthy, normal functioning and some traumatic event happens and you know they skip over that reacting and then go straight to the other levels right so really thinking about, you know, how do we

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take care of ourselves when we find ourselves in these different levels of stress.

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So again, this is kind of the context when we think about wellness.

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As we go through the rest of the presentation.

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Okay, so one of the most important things that I'm always talking to people about is that idea of self care and taking care of ourselves.

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And so, kind of just to start it off and people want to share either verbally or they want to write something in the chat. When you are feeling stressed.

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What are some things that help you. How do you cope with stress or how do you manage like a tough day or tough news. What are some things people do.

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Okay, we got music, yoga and jogging going for a walk.

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Hug biking.

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Excellent.

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Baking.

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Fantastic.

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Nice to see people know right off the top of their heads. These are the things that helped me. And, and such a variety.

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Wonderful.

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Thank you for sharing and definitely feel free to keep sharing, sometimes people start to, you know, say hey that's a good idea. Maybe you know, borrow from each other's coping strategies.

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And so if we think about self care, I think some of the things to really highlight that are super important. First of all is not under estimating the importance of taking care of ourselves physically right so how do we nourish your body.

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Eating, sleeping exercise.

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These are all really important things I think sometimes as students start school, they get really really focused on their studies. And when things get stressful so midterm time final time final assignment time.

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Sometimes the tendency is to work harder. Okay, I don't have time to eat because I don't have time to cook. I better stay up later so I can study. I'm going to not bother going to my yoga class today because I don't have time.

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than looking at those things as taking time away from studies, really reframing that as investing in being a successful student, right, If you're up at midnight cramming for an exam.

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I'm 99% guarantee you that going to sleep and waking up after a good sleep is going to help you be more successful than stay not for another three hours and being sleep deprived when you go into your exam.

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Right. So really thinking about making those self care things, a priority for yourself, right, and setting your routine, again, I think that can be more difficult nowadays.

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When we're living, working studying all in one place from our computer. And so how do you kind of have some things set up so that you have a routine you know how do you kind of differentiate between work time and home time and school fine.

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You know lots of people that I've talked to over the past year will have their like school desk. And then once the school day is over, that goes away.

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So I know for me, I'm fortunate I have an office in my house at 430 I close that door I don't go back in until the morning right so that's the way I kind of say okay I'm going home from work.

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And so those can be really important things to do.

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Connecting again make sure you're staying connected with people you know people who are supportive who, you know, you talk to the you have fun with, you know, and also thinking about how will I make those connections as I start University, right, a big

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piece of starting University is getting to know your classmates your colleagues, and how do you start to form those relationships.

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Unplug, again, I think even more important over the past year we spent so much time on our devices.

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How do we make some time to be away from technology. Right.

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Be kind to yourself, again, I think a lot of times our tendency is to beat ourselves up when we're feeling badly and then we start to feel badly about feeling badly.

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And so really thinking about you know how, how would you treat a friend who is feeling the way you're feeling. What would you say to them, how would you treat them.

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Probably, we would be way nicer to our friends that we sometimes are to ourselves. Right.

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And then also recognizing, you know that sometimes we do need some extra help. And so, knowing how to reach out for support. And that might be support through families through friends to school teachers, professors doctors.

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You know, there's lots and lots of support available. And so really knowing you know what's out there and how you can access it. And so with that, I'd like to kind of pass it over to not sure why it's not working.

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Whoops, to Nancy.

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So, Nancy is one of the supports there are many many supports that like help to help you both personally and academically. And so I thought we would hear from Nancy a little bit about Student Accessibility Services, how they can help, how you can help

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them sometimes.

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So I will stop sharing my screen and pass it over to Matt.

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Thanks, everyone. Thanks, thanks.

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I'm just gonna share my screen.

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There we go. Thanks, thanks so much I mean for that intro and, like I mentioned earlier, I'm so happy to be here today with all of you to share some information about Student Accessibility Services or as we, a lot of people call it SAS for short at Lakewood

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University and we want to share I want to share, you know what our office does how students can register with our office, and what's required to register.

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And I'd also like to share it a little bit of information about academic accommodations and some responsibilities of students who are registered with our office.

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So firstly, as I mentioned, we do have an office in Thunder Bay and really yeah and I just wanted to share a little bit about our FCS team.

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Our team is small but mighty and I really, you will, if you know if you do reach out to us, you'll have a chance to meet some amazing people.

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As we mentioned I'm Nancy KL I'm the manager Student Accessibility Services and I work directly with students, assisting with referrals for assessments and for bursaries applications.

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And we also have Sarah Mandich she's our admin assistant that would be, that'd be the first person you would your first point of contact if you do reach out to us by phone or by email, she directs all students to advisors and makes appointments for students.

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And in Thunder Bay we have three accessibility advisors who meet and work directly with students to set up academic accommodations, Patricia Johnson, Leslie Kingsmill and Megan Varadero.

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And like I mentioned they work directly with students to determine academic accommodations.

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We also have Rochelle Poquette and she's a learning strategies assistive technologist. We're really fortunate to have somebody on our staff who is really knowledgeable about assistive technology and learning strategies and so she works with students,

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to determine appropriate types of assistive technology or learning strategies that will support their individual learning styles, their strengths and also their functional limitations.

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And lastly we have intended on the center Bay Campus we have David shelling who works directly with students and faculty and arranging a test accommodation so accommodated type test test.

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So he is integral integral to our office in that way.

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And in a real Yeah, we have a small office, two individuals work in a real Yeah, Danielle point is, or an accessibility and academic skills advisor. She works directly with students in you know arranging academic accommodations referrals for assessments

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and bursary applications.

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We also have Alicia Johnston she's an accessibility advisor and a real Yeah, and once again she works with students to set up academic accommodations.

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We are mighty hand and very excited to work along with students and faculty.

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So let's get started. So, Student Accessibility Services are sex, what do we do at Student Accessibility Services, we set up accommodations for students who have disabilities and under medical conditions.

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This includes you know to get to this to, to determine academic accommodations, we review documentation to determine functional limitations that you may be experiencing.

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We make referrals for our assessments. We also do assistive technology training sessions and learning strategy sessions, academic accommodations are meant to eliminate barriers and level the playing field for students with disabilities or medical conditions.

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So we can ensure full participation and one very important thing I want to share and I'll real reinforces that throughout my presentation is that all of the services the Student Accessibility Services are confidential individualized and provided in a

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respectful manner.

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Now, I just wanted to mention if anybody has any questions during the presentation, feel free to, you know, put them in the chat Jill.

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I'm happy to answer questions at any time.

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So you may be wondering, what type of disabilities or medical conditions we provide support for disabilities can be disabilities and medical conditions can be temporary or permanent or episodic and fluctuating.

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And there are a number of different types of disabilities or medical conditions, specifically with disabilities, you know, they may include but that's not limited to disabilities like ADHD or learning disabilities, mental health disabilities mobility

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disabilities or sensory disabilities.

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There can be medical conditions.

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This is just a short list, not limited to, diabetes, or Crohn's disease, arthritis, broken bones, it can be temporary types of dis of of injuries concussion, hypertension, chronic pain and migraines.

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So if you're a student with a disability or medical condition.

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Know How do you register for students for services with our office.

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It's important to note that to register with Student Accessibility Services, a student must, must self identify their needs to SS.

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This means that all that the student must make the first contact with our office, it can be accomplished by contacting SMS to make an appointment with an advisor.

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And as I mentioned before all contact with sex is confidential and your private disability, or medical related information is not shared on any university transcripts or records.

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It's not shared with anybody. Unless you've given us permission.

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Access academic accommodations, there are documentation requirements. It's important to know that academic accommodations are based on up to date medical documentation.

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And this can this can look very different.

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It's documentation that's coming from a health care professional, and it can include types of psycho educational reports or assessments neurological reports, a new maybe coming from high school and you may have an IEP, that you had in place, we look at

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at that, or even I PRC minutes, meeting meeting minutes, and can help us determine some academic accommodation.

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Student Accessibility Services also has a medical documentation form that we encourage students to have filled up from their health family health care provider.

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And this can really help us set up academic accommodations, and sometimes students aren't sure what kind of documentation they need, and I want you to know like we're happy to help determine what kind of documentation you need, and, and, and sometimes

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we can even assist in getting that documentation for you.

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So always remember please reach out, please ask for help if you're not sure about the documentation that's required.

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Because oftentimes, some students will have, we might come to to university with outdated documentation, they may have had an assessment earlier in their in in their, their educational career and it might be out of date.

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And so we just want you to know that if you're in the process of being reassessed for a learning disability or ADHD or you are currently having your being assessed for a medical condition or to a disability.

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We work with students to set up. Temporary accommodations for, for, for them to start off so don't worry. And we can also help refer you for an assessment, if your assessment is outdated.

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And what we would do is set up some temporary types of accommodations until that assessment was done.

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So, as I mentioned before, if you don't have any documentation and you're unsure of how to get it. We're happy to help you guide guide you to the right place.

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So I'd like to share some information about how academic accommodations are are what academic accommodations are.

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And as I mentioned earlier, academic accommodations help eliminate eliminate barriers and level the playing field for students with disabilities or medical conditions.

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And it's important you know to know that the academic accommodations, allow for full participation for students with disabilities and medical conditions, while still maintaining ensuring that the academic integrity of the course of program is is as met.

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And I want to just share that academic accommodations in post secondary environment are really based on your, you know, medical documentation but specifically on functional limitations that you're experiencing.

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At the time, due to your disability or medical medically related condition.

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It's not necessarily based on a diagnosis, but it's based on functional limitations that you're experiencing.

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At that time.

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So, I'm, there's a number of different types of academic accommodations that students utilize every student, and is, you know, we determine accommodations based on the individual know to students have the same notice disabilities are the same.

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So your accommodations can look very different from one student to another, but some examples of accommodations could be something things like extended time for tests and exams.

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You may require alternate textbook format created for you. You may require assignment extensions, you may be using assistive technology, such as screen reading programs or our voice to text programs for your classes.

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You may have academic accommodation of disability related breaks, you know when you're doing writing tests or exams or in classes, another combination that it could you may require as a distraction reduced environment where you're, you're writing your

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test in an environment that is free of distractions.

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Another common accommodation is access to class notes and or access to audio recording of your lectures, access to zoom recordings of your lectures is is is one as well.

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And another lesson Lisa's they there could be tolerance of spelling and grammar errors for your work that could be an accommodation.

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The one thing we want to I want to mention is that all of these any type of academic accommodation is based on your functional limitations, that's identified in your documentation, and it can look very different from one, one individual to the next.

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So, we always encourage students to reach out and talk to us if they're experiencing a functional limitation. And there's a barrier in their education.

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We may be able to look at some type of accommodation that can support them.

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So if. Once you you know if you do register or meet with an accessibility advisor and SAS, and we've you know set up some types of accommodations for you.

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We create a confidential accommodation form, and I wanted to share this with you because you know oftentimes students say you know how to my professors find out how I've accommodations.

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And this happens with sex, sex, will you know create this confidential accommodation form for you. And it is distributed to all of your professors on by us, so you don't have to do that.

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And the accommodation form lists accommodations that you that you are eligible for. But it doesn't list your disability, or any disability related functional limitations, that is all confidential and private, and we literally, we, we really only include

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approved academic accommodations on an accommodation form. The accommodation form will also includes a confidentiality is statement right at the top of the, of the form, so the confidentiality statement outlines the university's commitment to ensuring

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that students with disabilities or medical conditions are accommodated and the legal requirements that guide the university.

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It also shares that you've given as a Student Accessibility Services permission to distribute the form.

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And it reiterate the importance of privacy confidentiality and dignity is a, you know, for the student. So the professor would receive that it also includes your, your professors names in the courses that you're in.

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And your name and student number and approved accommodation approved accommodations for in class court you're in class portions of your classes and then for tests and exams.

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So the confidential combination form is created, with your permission, it's sent to your professors, so they are aware of your academic accommodations.

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Like I mentioned, there's no mention of your disability related condition on the form.

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Just the approved me an academic accommodations.

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So while you set up academic when you set up a academic accommodations with Student Accessibility Services, it's important to know that there are some student responsibilities that that you have to be aware of and participate in.

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As I mentioned earlier, all contact with Student Accessibility Services must be initiated by you, your students, adults.

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The, the, you are responsible for contacting us is to initiate that contact, and you have to take an active role in the accommodation process because that's how it works that collaboration between you and Student Accessibility Services advisor is in so

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important.

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You know there's certain requirements, each year once students are registered with us, you know, you know, a yearly intakes that you have to arrange meet with your advisor to take care of communicating with your advisors about issues you're having maybe

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x other barriers you're facing to your education, requesting extensions for assignments.

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You have acquire accommodation for tests or exams.

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It's important to keep in contact within your accessibility advisor and SS, and also reviewing all your emails that you know you're getting from Student Accessibility Services to ensure that there isn't something that important has come by.

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And so, in addition to to Student Accessibility Services, providing services for academic accommodations. We also have some supports in our supports in our office that some of our that are learning strategies provides to students.

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So, our learning strategist, this.

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I wanted to share the employee or the learning strategies and how they can support students who are registered with her office.

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So learning strategist can help with time management skills know taking Skills Test your exam taking strategies and study skills and textbook reading skills even most important thing is that the learning strategies are determined by the individuals, learning

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style, your strengths, and the impacts that your of your functional limitations so that learning strategies is working with students who have different disabilities or medical conditions and determining learning styles that can really be can really reduce

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those barriers that you face.

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We also have this supportive and assistive technology, a technologist and they and that person does assistive technology training, and that could mean looking at alternative format of textbook requests so having your textbooks converted into PDFs, to

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be able to be read by screen reading programs, you may be looking through for assistive device devices that might be able to support your disability or medical condition.

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There's assistive software exploration, like I mentioned, speech to text, text voice, and there's so many educational apps that are so amazing that you can add to your you know your toolkit and and and utilize them throughout your career.

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And so our assistive technologist works with students, and any support that they recommend are determined by your individual learning style, your strengths and impacts of your functional limitations.

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Sometimes students who are registered with Student Accessibility Services, there are a lot of costs and that they incur for assistive technology and different devices.

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And I just wanted to share on this slide about the bursary that students with disabilities or medical conditions may be eligible for and it's called the bursary for students with disabilities, the BSWD.

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And this is a grant, that's available to students with disabilities to help cover the expense of disability related equipment, or services like refer assessments and that sort of thing.

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It is tied to Oh SAP, but I always encourage students if they are, you know, coming from high school, or from another institution to make sure they reach out if they are you know student with a disability or medical condition because this bursary may

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be, you may be eligible for it and it can be really helpful to help pay for assistive devices or software programs.

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And once again, like, a lot of those that all of that equipment and services, funded to a bursary like this has to be recommended by your functional limitations that you that are identified in your documentation.

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So I just wanted to share, you know, as I'm coming towards the end, I want to share some tips for success with you. And we always have you know encourage our students to be aware of their strengths and weaknesses, you know, be aware of your strengths

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if you're an auditory learner, be aware of that and utilize those strengths and and and look for different types of tools that you can use to enhance those those strengths, always think about your, your time management and planning skills.

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There's a lot of applications available that are wonderful, to support you in that and you know oftentimes our, my, my learning strategies works with students to, you know, look at how time management and planning can really be helpful for them in their

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career.

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Get involved in university activities, we always encourage students to get involved as much as possible if you can, that social aspect of it is so beneficial.

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And as I mentioned before, you know, always asking for help if you need it you know in you know your professors are there, you're in the faculty chair, it reach out if you need to, and also utilize the university supports and services that are available,

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there's so many like it.

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You're so fortunate to have those services available to the student health and wellness. Student Accessibility Services student success, students into send students central The list goes on.

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And so I want you to know if you have any questions, I would encourage you to make an appointment for an initial consultation.

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You know, you may be unsure if you have a disability or medical condition but you may have some questions, so please reach out for initial initial constant consultation and during that initial consultation will review documentation if you have it will

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try to find out you know how we can help you get your documentation if you need it.

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We could talk about accommodations, and supports that may be required.

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And, you know, there's options to access some academic and top technology needs as well. And we can answer any questions that you have. Oftentimes students come for this initial consultation, and then they come back for another one to formalize academic

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accommodations.

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And if you, you know, so if you want to set up that initial consultation I want to share our the contact information. And right now we are meeting virtually with students, either by phone or by zoom, but to reach out to our office it's best to reach out

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us by phone you can call in and Thunder Bay, the SS office the camp, they are where we have our phone that main phone number and you talk to Sarah. It's 807-343-8047, or you can email Sarah at SAS at Lake edu.ca.

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And in really the Student Accessibility Services campus. We have our, there's a main phone as well and you can talk to Danielle.

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At 705-330-4010 extension 2103, or the email is ORACCESS. at Lake edu.ca. All of this is in my presentation.

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I'm these links, the presentation that will upload to your D 12 site have all of these links and all of the information in my slides available and accessible for for everybody to to access.

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And I see there's some questions so I'm just going to take a look and take a look at the questions if I can right now, I'm just gonna see if I do that

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Jill Do you see how I guess I'll summarize for you. One of the first questions was just about the accessibility of textbooks and Madeline's asking about the alternate text book format.

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Looks like she's asking about the process of how to go about doing that, do you purchase a PDF Do you need.

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Do you need a particular system to be able to do that. That's the first one that we can kind of yeah yeah so so depending on, so sometimes students. You know, when they if they require an alternate format of a textbook, um, there is a process that we

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our students follow they purchase a textbook and then they contact it Student Accessibility Services and we're able to contact publishers to get an electronic version of the textbook, to be, if you know for copyright law we, the students have to purchase

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a copy of the textbook. And then we convert it.

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There are a lot of different types of screen reading programs that can read if if you've got a if you have an option to get electronic text.

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There are different screen reading options that that free ones that sometimes students can download and utilize that for their textbooks. But if a student has a question about alternate format on there.

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That may be something they require I would encourage them to to contact ss, and we're happy to discuss that with them. We typically we we contact a publisher, and it can take, you know, a few weeks for us to get a title in an alternate format sometimes

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we have to scan books for students which we do. And we also have a repository of the, the Ontario universities have a repository of all textbooks for students who have disabilities or medical conditions that we have access to as well so we have quite

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a few resources available to us.

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Thank you, and Madeline another question she has is, it looks like maybe she's already applied for the BSWD, and on our own.

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And, is that okay she that she wasn't sure that she should do that through sa so any advice you have around that, you can just, you know, send me an email.

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Madeline will then happy to meet with you to discuss that bursary for students with disabilities, a the applications are.

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They come from the students do fill out portion of it but Student Accessibility Services has to fill out a portion of that as well. And I'm happy to happy to help you with that my email, I can put it in the chat or but you can email us as and more than

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we can set up a time to meet to discuss that I'm happy to help you with that for sure, wonderful couple more questions. I'm Brianna saying, what have you started experiencing difficulties during the semester.

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You said that it was important to contact most folks early on but is it still okay. Oh, yes, good question. Good question. Like I mentioned earlier, we support students with permanent or temporary disability so that could mean, you know, during your semester

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you could be out, you know, walking or, you know, and fall and break your wrist or you know Break a leg and you need academic accommodations, we, we set up accommodations for students when they need them.

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So if it's something comes up during the year. That is not a problem we encourage students to to follow there is no deadline. We don't have a deadline that we put in place for students to access academic accommodations.

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Sometimes students and disability or medical condition does not, they don't may not have, you know, have something until closer to could be in October, November, any time of year so please reach out remember that that we are there is no deadline to accessing

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supports. I think that's more with your registered with Student Accessibility Services once you're registered then we do have some deadlines. But, but there are no other deadlines and pressure, thanks for that great question.

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Great question. And before we get to Adams question, Madeline just had a follow up. Since she is going to be in a really should she speak to Danielle or Can she got Danielle, Danielle, Danielle works with all the students for bursaries in a really good

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question. Yeah. Okay, so I probably following up with Danielle for those specific questions Madeline is a good idea, and I'm glad that you're attending so you can hear all of this and get plugged in, and then Adams question is in the chat as well.

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And he's saying how come I'm not entitled to the full amount of my entrance because I'm only able to take three courses do the fact I require double the time.

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So a full course load would require roughly 80 hours a week, so I could not do it so I'm imagining that you probably know how to interpret this question and then Adam has his hand up as well if there's anything else you want to add Adam.

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It's, um,

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I have to, I would have to discuss that with, with Adam individually but I I know exactly what you're what you're talking about, Adam, students with disabilities or medical conditions can be considered.

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Even though they may have a part time course though they are still considered, they can be still considered a full time student in the eyes of in the eyes of all SAP and to ensure equity in that way.

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And so I think this is something we can chat about more Adam. If you would like to individually i would i would i would feel like we can maybe come to a resolution about that.

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So, for sure.

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Adam Do you want to add anything else there is your hands still up in your, your videos on do.

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She.

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So, I would like to set up a private meeting with you, that sounded great to him. So we just use your email that's on the.

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Yeah, yeah and actually I'll put it in the chat as my private email is manager dash essay so I'll put it right in the chat right now.

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For you, and that's my private email and I'm happy to, to meet as soon as possible for sure.

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Thank you, wonderful up I just put it in, in the chat right now just make sure it's. So, this is Nancy sphere question, Adam and you are here so you can connect with an individual appointment with Nancy it sounds like there's some options to get those

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pieces resolved.

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And I think that that's one of the points that I really heard you saying Nancy is that we're and this is part of accessibility and for all of us who are working to ensure that our classes are accessible for all even if you don't have accommodations that

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we're acknowledging that each learner is individual, and that we want to make our classes accessible for all of you and then that becomes a piece for you to advocate for yourself whether you have accommodations or not.

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So I think that it's it's wonderful to be able to meet individually with accessibility but you can also ask Abby and I questions about elements as well.

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Jennifer has a question about applying for a bursary for a mature student but cannot seem to find any links to start the application today's the last day and I'm not sure if it's a bursary through si es Jennifer, or if it's just a general bursary

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The mature student grocery would be wouldn't be to SS but, um, yeah.

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I can take a look for the bursary, we, you know the best department to talk to you about bursaries is students central students central will be who we refer students to students central for any questions about bursaries

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scholarships, other than the bursary for students with disabilities, that's the one bursary our office. Our office deals with all grab that link for Jennifer, I know Nancy, you are in presentation mode and Irene I think we're going to be popping back

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to you so I'll get that in for you, Jennifer as well.

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Any questions I missed. I was just going to jump in and see what Nancy said that students Central's fantastic so yeah they are, they are.

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Any other questions for me I'm happy to help. And as I, you know, I put my email in the chat know if you want to chat privately, you know, feel free to reach out to me.

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Anytime you know if you've got questions.

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You know I'm happy to chat with you and and see what we can do. So always know the support so there, you know, and I encourage you to reach out.

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Wonderful, thank you so much Nancy you've given us lots of information for those that are already connected in with SS those that may be making a pie with you.

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Great questions.

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questions. Yeah, absolutely, and even you know I'm glad that folks are asking questions that are even beyond that because that's what this course is about is getting that support as you make your transition to Lu.

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Are we going to shift back to this point. Okay. I'll put the green continue to her amazing presentation, and once again thanks so much for, for having me today.

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I was really happy that I could attend with you, so I'm.

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Thanks again.

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We're delighted to have you.

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Thanks. Thanks.

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Nancy and I think as you can see, you know, we heard in this presentation about Student Accessibility Services, which is one of the supports that is available at Lake head.

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There are so many right and I know that this seminar course is kind of having guest speakers talking about all the different things that are available.

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So just really encouraging you all to explore the websites explore the department's when you get here, because we really do have so many supports available to students.

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And so definitely if you feel like you need help if you're unsure if you need help with something. Get in touch because I'm sure there's some, some person, or some kind of resource that will be helpful.

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So, and then going back again that was part of that self care and taking care of ourselves so reaching out for support. And then also thinking about taking care of ourselves online.

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This is a slide I added in after the pandemic happened.

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So really recognizing that the more time we spend online there's, you know some things that come with that specifically.

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So just some things to be thinking about, you know, again, taking a sensory break so when we think about taking a break, kind of pre pandemic we would see breaks as something that you know we would get out and go for a walk or when we change, studying

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or that kind of thing. You know when we're thinking about all the time we're spending sitting at a desk and intently focused on these tasks, making sure that you take some time for yourself so I like the 20 2020 rule.

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So for every 20 minutes that you're spending focused on a very specific task, focus on something different so something 20 feet away or something you know in a different room or, you know something that's kind of in the background noise wise and focus

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on that for 20 seconds. Right, so it's just a way of kind of giving our brains and our bodies, a little bit of a break.

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And it can have us getting back to our task in a more refreshed way.

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I'm taking stretch breaks, again, we spend a lot of time sitting focused on one thing. So how do we kind of move a little bit whether that's moving mentally, and just thinking about something differently, or whether we're moving physically or, you know,

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just moving our bodies moving our minds.

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Smart tech, I am not a techie person but I have discovered all kinds of really interesting apps, since the pandemic happened. And so really thinking about you know like it make tech work for you, you know if there's something that you're having a struggle

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with or having an issue with you know like Nancy was saying there's tons of study apps. There's exercise apps, there's habit app, there's all kinds of apps.

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So really looking at you know how can technology help me.

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Um, and then some just like head specific stuff I'd encourage you to check out our well you podcast. This is a podcast that has been developed by students or students.

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You can get it on all the usual iTunes Spotify I'm not very good at this stuff but it's in those places. And we have episodes on virtual burnout, we have episodes on being new to Thunder Bay on managing school stress, all kinds of stuff.

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So again, that's something that you can maybe check out.

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And also be aware of quality control. Right.

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A lot of times we can kind of get sucked into the social media. This, I think, and so when we're spending a lot of time online really thinking about you know is what I'm consuming online, helping me feel good, or is it dragging me down, and then kind

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of making some decisions about what we're doing online. And so really thinking about, you know, looking for quality online content. So it is lifting you up rather than dragging you down.

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And if all else fails, just breathe.

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So we're going to come to another activity.

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And, you know, sometimes I think it can sound a bit flaky, but you know when we get anxious and we get stressed, our bodies go into panic mode. So our brains are basically sending a flood of chemicals to our whole body, saying, this is an emergency, you

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need to, you know, fight or flight fight or flight. Right. And until we can kind of convince our bodies that we are not in a life and death situation.

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It's really difficult to think straight. Problem solved to be rational, right. So, when we're feeling stressed, one of the quickest ways that we can get our bodies to realize that we are safe, is to slow your breathing down.

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If we can slow are breathing down, that will start to slow down all the other stress responses.

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So square breathing is a really effective way that we can practice slowing our breathing down, so I'd like to start practice it now together.

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So again, similar to the mindfulness exercise if we can sit kind of upgrade the flat on the ground. And then I'm going to walk you through basically we're going to breathe in a count of four paws accounted for.

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Breathe out a counter for AWS account or and continue on. So we're going to go through two cycles of a square breathing.

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So we're going to start by breathing in 234 paws 234. Exhale 234 paws, two, three, or.

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Inhale, two, three, or pause, two, three, or. Exhale, two, three, or pause 234 and inhale, and you can continue that cycle, until you find you, you probably wouldn't always if you were feeling very panicky if you started to breathe.

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This way your heart would start to slow down your muscles might start to relax, and you'll, your body will start getting into that more relaxed state, which then less our brains kick back in.

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Now we can problem solve, again, we can think rationally again.

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In forcing very challenging, you can bump it down to a two or three is for seemed really easy, you can bump it up to a five or six.

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So again, this is something that you can absolutely use in the moment when you're feeling panicked or overwhelmed, but it can also be a really useful strategy to just use in a preventative way, you know, so I often encourage people pick something you

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do often.

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So whether it's changing class or looking at the time or taking a sip of water. And every time you do that thing.

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Do a cycle of square breathing, and just kind of tune in to how your body is feeling.

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Another really good thing about this, if you're having trouble falling asleep. This is a great way of again inducing that relaxation response and helping you fall asleep.

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So, signed other time you could try it.

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I mean I know earlier when you're doing the other mindfulness activity one of the comments in the chat was, how are these mindfulness activities, actually preventative so maybe speaking to a little bit about that, about what happens if we do them on a

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regular basis.

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So, the there is quite a bit of research around mindfulness that's been coming out more and more over the last few years but basically what the research shows is that when we practice mindfulness, it actually helps us be more aware of how we're feeling

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on a regular basis. So, if we start practicing mindfulness, we're going to start noticing how we're feeling more often and more quickly. So for example, if we're practicing mindfulness, then we might get to a point where, rather than.

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Have you ever had that experience where you you know things are going, things are going and all of a sudden you like, I don't know, draw the pen on the floor and you'll lose it it's like, I can't take this anymore.

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and it seems like this really huge reaction to kind of small thing.

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Kansas are your, your stress was probably building up right and that pen dropping was the last straw.

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When we're practicing mindfulness.

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We're more aware of how we're feeling on a consistent basis, so we might start to notice we're stressed, way before, but freak out about the pen, which means that we can address that stress and kind of alleviate it before it gets to that totally overwhelmed

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point. Right.

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And then another piece of really interesting research, they've actually done studies where they will hook people up to the brain scan of equipment, and people who meditate on a regular basis and these studies were done specifically with people who are

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meditating like 30 minutes a day for a chunk of time, but they actually found that the gray matter of that person's brain gets bigger and more active and the amygdala which is that fight or flight response part of the brain is smaller.

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So they actually can kind of shift what our brains like you know how our brains are built, if we're practicing mindfulness so I think that particular study was 30 minutes of meditation and some change was seen after six weeks.

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So, and then there's some studies that show, you know, even 10 minutes of meditation a day can have benefits. So there are benefits to kind of the regular practice of it, wonderful things for flushing that out.

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I hope that answered your question earlier.

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Okay.

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I'm just looking at the time and so I'm thinking maybe I'll leave the connection exercise for Abby and Jill to do in a class if it fits in.

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This was one where I would usually do a breakout room and have people kind of connect with each other but I haven't even talked about the services that are available as soon as a wallet so I want to get to that if that's okay with people.

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Okay.

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Sounds good.

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Okay.

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And so student health and wellness, just to let people know, we are covered through the through tuition and through O'Hare or provincial or international health plans.

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So, what we on the Thunder Bay Campus. We do offer medical appointments counseling appointments and lots of health promotion and activities like Nancy my slides, all have the links embedded so if you're more if you're interested in more information about

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any of these topics, please click the link.

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But just to let you know on fundraising campus. We are located in the primary residence building, and we are a medical counseling clinic, so we have doctors counselors and health promoter to work here on the campus, they also do have some partnerships

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with medical care and counseling care as well so that's available on both campuses.

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Some things to really draw your attention to check out our events calendar we always have lots of stuff going on. If anyone happens to already be in Thunder Bay.

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We are so happy to announce that we're starting our free yoga next week. So, Tuesday and Thursday nights from six to seven or seven to eight, check the events calendar.

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We're going to be outside doing yoga twice a week for the rest of all, lots of information on staying healthy, we've looked at kind of the top health topics for post secondary students and put together, tons of resources information and lakes, if you're

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interested in that.

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And also looking at our stuck model of care for counseling So recognizing that, you know, people might want to meet with a counselor, and we can certainly do that.

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Some people might not want to do that, they might want to do some kind of research on their own, they might want to do peer support they might, you know, they might have different needs and so really recognizing that what we try to provide is options,

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so lots and lots of different options for where a person is, is at and what they're looking for.

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And then talk campus. This is an app that we recently, kind of, included. This is a global peer support network so you can download the app and you gain access to it with your Lake head, email address, and then you will be on that platform with university

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students from all over the world. And this is really nice because it is available to students, no matter where they're living.

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It's available in all kinds of different languages, and you're connecting with peers globally, so definitely check it out I've heard good reviews on it so far from students who have used it.

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Again, if you are moving to Thunder Bay and earlier, we do have a physical center so Student Health and Wellness on the Thunder Bay Campus, and the Wellness Center on the campus so we are physically, a place.

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And we also have a very big virtual presence presence especially over the past year and a half. So, currently, our appointments are all happening by phone, but unless there is a need for an in person doctor's appointment then that will be scheduled.

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So, definitely.

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I think what we've learned is that there's lots of really positive things about virtual appointment so I don't think we're going to be getting rid of them completely.

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I see it kind of be more of a hybrid of you know people either. You know, meeting with us in person, via zoom by a phone.

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I'm excited to see how the year will unfold in September.

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And then again for Canvas specific information, please check out our website link had you.ca. ca shw.

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And there's tons and tons of information really encourage you to explore it.

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other campus resources I won't go into a huge amount of detail because I know that everyone on here is going to be presenting at some point, but they're all linked.

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So, again, so many resources available.

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If you're having a struggle, let someone know get connected and again like Nancy had said, you know, the sooner you are able to reach out you know as soon as you realize like, I'm not sure about this, reach out and get that support because there is lots

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available.

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Off campus resources, and I just want to put a plug in for a couple of resources that I think can be really helpful especially as you start preparing for coming to school in September and starting your full course load and all of that.

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Talk campus. Again, I encourage you to download it and check it out because it's something that you can then have on your phone, and if you ever need it, you have access to it, and wellness together Canada is really neat program that is through the government,

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wellness together Canada is a really neat program that is through the government, it's free to anyone in Canada, and you can go and it's a website, and basically you create a profile.

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And then it will give you three very brief assessments that look at mood functioning and stress levels, and depending on how you score, it will recommend different things, so it might recommend oh here's this app that could really help with your difficulty

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sleeping, all the way to. It sounds like you really need to talk to someone call this number and you can be connected with a counselor. Right.

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The part, I really like about it is that then every two weeks, it'll send you an email with a new link to do some assessments. And so you actually can have this dashboard where you see, you know, what your progress has been right so what I've heard from

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students who have used it is they really liked it because one. It kind of reminds them to check in with themselves about how they're doing every two weeks.

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And, you know, sometimes they're able to catch all I've been really stressed and they didn't realize that until they did that kind of assessment, and then they're able to actually again that prevention piece right they catch it really early on.

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So I encourage people to check that one out.

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And then the final one is Crisis Response services, I have the Thunder Bay one listed there, but most communities do have a crisis response number. I always encourage people find out what that number is in your community.

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And then if you ever needed friend ever needs it family ever needs it. You have it there.

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So those would be the top ones, but lots and lots of resources there for you to explore on your own.

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Okay, so those are all the resources available on any questions or comments or.

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There is one question. I'm just going back to the yoga program that you talked about being in person, which is quite exciting. Are there, yoga, programs either that one that they can join online, or other ones that are being offered.

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So currently we have the link the yoga sessions are just the ones in person in August.

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But we are.

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I know that our yoga instructor had done like a workshop series, and we're looking to do some of those in the fall so definitely keep your eye on the events calendar.

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Because there should be some coming up.

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And it may be yoga. We also have some mindfulness programming, things like that, it's quite a few of those will probably continue to be virtual as well.

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We've done so many things, virtually that we're actually very excited to be in person but I imagine like Irene saying that will definitely continue to offer those online.

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Other questions that that have come up through all this information that you've gotten today from Irene and Nancy, while we have them with us, feel free to ask in the chat or open up your microphone, raise your hand.

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Often, taking all this information in, it's a lot and so you might think of a question later you can always reach out to Iran or Nancy later and of course to be in our, and myself and our classes.

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And then we have these wonderful slides of all of the links in our Lu resources on our D 12 pages I know that I just sent that off to be so you can put it on, on their site.

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And so then I guess my final kind of finishing point would be, you know, think about something that you can commit to doing for yourself today. It doesn't have to be huge thing, but just one thing that you think you know this would put a little pep in

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in my step made me feel good, what's one thing you can do today. Make a note of that. And then do that before you go to sleep.

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That's what I'll leave you with.

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Wonderful. Thank you, Irene giving us some experiences as well. We really appreciate that because as you said yes we have been online and we know that for a lot of folks, they're just getting used to being online a lot of us have been online a lot this

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year, but we need to make sure that we practice some of these breathing techniques and so the relaxation. Mindfulness techniques to share with us. But I hope that you find that one thing to do, whether it's the beginning of your day.

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But I hope that you find that one thing to do, whether it's the beginning of your day. If you're in North America or the end of your day if you're somewhere else on the planet right now that you do one thing that is kind for yourself.

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This has been a wonderful session, it brings us back as Abby was saying you know to offer this holistic approach. As we look at our academics and our wellness and continue to work through all of that and pay attention and to intend to you may have some

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courses that do represent some of these elements but it will ultimately be up to you to care for yourself and then to reach out to other folks who can help you to do that on your on your journey here at like head.

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I'll be Nancy Irene anything you want to say in closing today.

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I just want to thank I read and Nancy for coming today and sharing this wonderful inflammation and I can see nods among the students.

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So that's definitely a lot of gratitude coming from all of us today for you taking the time sharing these amazing resources we have at least head.

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Even as an instructor, even being part of the staff at Lake and there's so much new information I always get every time I listen to your presentation.

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our students. And so a lot of gratitude. Thank you. Thanks so much for having us.

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Always love to meet the students and definitely you know feel free is a ton of information you're probably like this is just the one day but you guys are doing like every day.

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So, yeah, definitely, you know, if you forget something or something like that, feel free to reach out, check out the resources.

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But I think you'll find a link head most times, if you ask someone if they don't, if they are sure they'll find out who can help you. Right, so don't be afraid to reach out to anyone.

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Right. That's so that's so true. You said it's. That's what it's about, you know, students reach out and they may reach out to student health and wellness and ask a question and they will refer them somewhere else and similar thing happens in SS and we

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can we were happy to do that. I wanted to thank, Jill and Abby for facilitating this session for us today and, you know, inviting us to be here with you all and, and I really appreciate it.

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You know all of the questions, and that the students that you're provided and keep on asking those questions like having said, and don't hesitate to reach out.

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We're happy to support you.

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Thanks so much, lots of gratitude in the chat for your presentation today folks we are right about at 1130 1129 amazing what timing, have a wonderful rest of your day, evening afternoon.