



OFFICE OF THE PRESIDENT

The University of Guelph has a reputation in the province for its commitment to the whole student, and its focus on a supportive and welcoming work and learning environment. Our commitment to the Okanagan Charter is a natural fit for us. Over the next few years we commit to enhancing our campus through using a wellness lens while making decisions. Specifically, we will direct particular attention to the following areas:

Support the inclusion of well-being into our strategic planning process

Our recently approved strategic framework speaks to the development of the whole student, and the importance of building inclusive and supportive communities. It is a cornerstone upon which we have built our reputation. This framework will underpin all of our future planning

<http://strategicrenewal.uoguelph.ca/read-u-gs-new-strategic-framework/>

Promote well-being in priority areas

The University is adopting a healthy campus approach with the expectation that all units will engage in promoting well-being. Most recently, we adopted the wellness@work initiative, promoting wellness in the workplace.

<https://www.uoguelph.ca/wellnessatwork/>. This program complements the wellness initiative undertaken by Student Affairs for students.

<https://www.uoguelph.ca/mentalwellbeing/front-page>

Working under the healthy campus lens, numerous activities are being planned, guided by advisory committees, recent town halls, a soon to be released campus climate survey, and the results of the National College Health Assessment Survey.

Some units have specific mandates and work collaboratively to support the physical, mental and spiritual health of our members. All have goals each year to promote and enrich wellbeing on campus:

- a. Housing Services
- b. Athletics
- c. Student Wellness Services
- d. Multifaith Services
- e. Occupational Health Services

Invest resources and funding into well-being initiatives

Resources are continually being invested to support faculty, staff and student wellbeing. Recent investments include:

- Staff: Numerous staff are being hired including a wellness advisor for faculty and staff; an addictions counsellor for students; fitness and recreation staff to support the expanded athletics facility; and counselling personnel for students (both professionals and peers).
- Infrastructure: A new facility is being built that will connect health, counselling and athletics; new student space is being introduced across campus; and the outdoor campus is being beautified with additions such as gardens, benches.
- Programming: A focus this year will be on building resilience in students. This includes developing and assessing a new curriculum in residence, piloting a happiness and gratitude application in residence, and the development of a credit course on health and wellness.

Assessment and Reporting

The University engages in the National College Health Assessment survey, will be undertaking a wellness survey of its faculty and staff, and a sexual violence climate survey for students. A mental wellness strategy document will be prepared and released in the fall with annual progress reports. Results are public.

Engage in dialogue

The University has a number of standing committees with mandates in the area of wellbeing. These include the Student Wellness Committee, the Sexual Violence Prevention Committee, the Alcohol and Drug Committee, the Employee Wellness Committee. In addition the University uses townhalls and focus groups to enrich its learning. Findings are shared through numerous presentations at conferences.