



student resource handbook:

by fran grad students, for fran grad
students

2021-2022 edition



BUT FIRST... GRADES COFFEE TACOS

MENTAL WELLNESS



We're here to support you now and always - whether we're on campus or off.

To contact a resource using their extension, first dial **519-824-4120** and then enter the 5 digit extension number.

EMERGENCY & 24 HOUR RESOURCES

On Campus

Campus Police, Fire and Ambulance	Emergency Ext. 2000
	Non-emergency Ext. 52245

Student Housing Services	
Lennox Addington Residence	Ext. 58122
East Residence	Ext. 58124

In Guelph

Sexual Assault Domestic Violence	519-837-6440 Ext. 2728
Care and Treatment Centre	24 hour – Ext. 2210
Here 24/7	1-844-437-3247

All Students

Good2Talk (Ontario residents)	1-866-925-5454
Crisis Text Line	Text UofG to 686868

RESOURCES

Student Wellness

wellness.uoguelph.ca

Counselling Services	Ext. 53244
Health Clinic Services	Ext. 52131
Wellness Education & Promotion Centre	wellness@uoguelph.ca
Accessibility Services	Ext. 56208
Student Support Network (peer to peer support)	ssn@uoguelph.ca
wellness.uoguelph.ca/ssn for hours of operation	
Sexual Violence Support and Education Coordinator	svinfo@uoguelph.ca
Health & Performance Centre	Ext. 53039
Stress Management and High Performance Clinic, Kathy Sommers	www.selfregulationskills.ca

Non-Academic Advisors

Indigenous, International and Cultural Diversity Advisors	student@uoguelph.ca
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Revised July 2020

resources

TO ADD TO THIS LIST, PLEASE CONTACT YOUR
FRAN PROGRAM REPS

who are your program reps?

- Maggie Addison, Sr PhD Rep, FRHD – maddis01@uoguelph.ca
 - Kim Barton, Sr MSc Rep, FRHD – barton@uoguelph.ca
 - Sabrina Douglas, Sr PhD Rep, AHN - sdougl02@uoguelph.ca
 - Meredith Bessey, Jr PhD Rep, AHN - besseym@uoguelph.ca
 - Sylvia Sun, Sr MSc Rep, AHN - ysun15@uoguelph.ca
- Bianca Ugoccioni, Sr MSc Rep, CFT - buguccio@uoguelph.ca

graduate student supports

Each other!

- Check in with people in your program and/or your student representatives
 - MS Teams – FRAN Grad Students groups, program-specific groups
[FRAN Teams](#)
 - Program/cohort virtual meet-ups - Winter 2021:
 - Grad Chats: every other Thursday (after research seminar), 1:00-2:00 p.m.; Open/facilitated discussions (Teams)
 - Grad Socials: Every other Wednesday, 7:30 p.m. (Teams or TBD)

FRAN Graduate Resources – Forms, Handbooks, Processes etc --
<https://family.uoguelph.ca/graduate-resources>

Issues and concerns?

- Your advisor, committee, or other trusted faculty members
- Graduate Coordinator: Scott Maitland (and/or Shauna Porter)
- FRAN Chair: Tricia van Rhijn



Physician
Services



Dietician
Services



Immunization &
Flu Clinics



Medical Notes



Nursing
Services



Self-Care
Resources



After Hours



Other Services



U of G Campus
COVID-19
Assessment &
Testing Clinic

student health services

- Location: Powell Building, 1st floor
- Contact: 519-824-4120 ext. 52131

student wellness supports

U of G's Student Wellness:

Access to physicians, nurses, counsellors, accessibility service advisors, sexual violence support staff, dietitians and more. In-person doctor appointments and same-day visits are available if needed. Visit wellness.uoguelph.ca or call 519-824-4120, Ext. 52131, to book an appointment.

Online, by phone or in-person

Wellness Navigator assistance to help determine next steps, and the best supports to meet your needs. Visit wellness.uoguelph.ca or call 519-824-4120, Ext. 52131.

Online or by phone

Physio, chiro, massage therapies and more from the [Health and Performance Centre](#).

In-person

Health and well-being events from the [Wellness Education and Promotion team](#).

Online

Peer-to-peer supportive listening and resources from the [Student Support Network](#).

Online

Visit wellness.uoguelph.ca for a full list of supports and services.

accessing mental health supports

Guide: [Guelph Mental Health Guide](#)

Counselling Services: Covered with tuition

- Monday-Friday; 8:15am - 4:15 p.m.; Call [519-824-4120](tel:519-824-4120) x 53244
- Individual and group therapy: Virtual
- Academic support
- Counselling resources

Student Health Benefit Plan covers 80% of the cost of treatment by a psychologist to a maximum of \$500 per year.

CUPE Benefits

- Unit 1: \$300 of mental health benefits (not covered 100%)
- Unit 2: \$1000/year (until fund is out), includes mental health at 100% coverage

Couple and Family Therapy Centre: Sliding scale

- Contact Client Services Coordinator, Julia Biamonte, at cftc@uoguelph.ca or by phone at 519-824-4120 ext. 56335.
- Virtual sessions
- *Privacy: Be aware of comfort and boundaries with seeking out CFT services; Wise to disclose department and program to find a good fit*

crisis supports

STUDENT RESOURCES

The following services are available to students with no user fees and provide virtual support options:

Student Wellness Services:

*All located in the J.T. Powell Building, on the first floor. 8:30am – 4:30pm (check online for individual services and hours)

Health Services – x52131

- Drop-In Clinic as well as booked appointments with doctors

Counselling Services – x53244

- Drop-in Counselling Mon to Fri 12:30pm-3:30pm - Fall/Winter 2:00 – 3:30 (Summer)

Wellness Education & Promotion Centre – x53327

- Email to discuss training options and to book a training mentalhealth.training@uoguelph.ca

Student Support Network

- Peer-to-peer support
Fall/Winter 2020-21 hours to be announced – check website.

Accessibility Services – x56208

- Students requiring academic accommodations because of a disability (temporary or permanent)

*Current information on Student Wellness Services' hours and locations: wellness.uoguelph.ca

OTHER RESOURCES

Mental Health Training
morefeetontheground.ca

Feeling Better Now
feelingbetternow.com/uoguelph

AVAILABLE AT ALL TIMES

Campus Community Police

Trent Building on Campus
x2000 or 519-840-5000; uoguelph.ca/police

Here 24/7 Crisis Line (Guelph or K-W)

1-844-437-3247 or

CMHA Crisis Line (Ontario) 1-833-456-4566

Text Crisis Line

Text UOFG to 686868

Good2Talk Crisis Line

1-866-925-5454

SEXUAL VIOLENCE RESOURCES

Sexual Violence Support Services on Campus (Non-Urgent)

x53020, Mon. to Fri.: 8:30am – 4:30pm
svinfo@uoguelph.ca

Women In Crisis - 1-800-265-7233

24-Hour Crisis Support for Sexual or Domestic Violence. All genders welcome.

Guelph General Hospital Care and Treatment Centre for Sexual and Domestic Violence

153 Delhi Street, 519-837-6440 x2728
or call x2210 After Hours

Sexual Violence Support & Information

wellness.uoguelph.ca/sexual-violence-support

STAFF RESOURCES

Employee & Family Assistance Program (EFAP)

The EFAP is available to eligible employees and their immediate family members in need of confidential, professional counselling for personal, family, relationship, and wellness issues.

Access at any time: 1-800-663-1142 or contact the Manager of Occupational Health and Wellness at x52133

cultural supports

Cultural Diversity Office:

Role: Support BIPOC students through "Advising and counselling through our Cultural Diversity Advisor; Semester and yearlong mentorship, engagement, and transition programs; Skill-building workshops and training; Community-building and social events"

<https://www.uoguelph.ca/studentexperience/cultural-diversity>

Indigenous Student Centre:

Role: "The ISC engages a community of people from a variety of First Nations, Métis and Inuit cultures, backgrounds and world views. We strive to foster a diverse and holistic community based on Indigenous kinship models. Being immersed in an inclusive community helps us to feel connected to each other and something bigger than ourselves."

<https://www.uoguelph.ca/studentexperience/isc>

Office of Diversity and Human Rights:

Role: Foster an "inclusive community... human rights... accessibility... employment equity"

<https://www.uoguelph.ca/diversity-human-rights/>

TA supports

Best advice:

- It's NOT that you're a "bad" TA/grader... TAships and grading are challenging!
- Keep track of your hours, be in touch with the course instructor when nearing end of hours
- Also keep track of hours spent on TA-related activities when there are concerns

Supports:

- Workshops through OpenEd: Graduate Student Teaching Community - *TA Scrapes and Band-Aids*

Issues:

- Discuss with instructor, other TAs, program rep
- Contact Grad Coordinator: Scott Maitland (and/or Shauna Porter), Tricia van Rhijn may also be looped in
- Contact Union: CUPE 3913 - questions@cupe3913.on.ca / (519) 265-1994

Is the Student in Distress?

you noticed signs of distress?

Deterioration in attendance, quality of participation in school/activities or engagement
Changes in personal hygiene and appearance
Changes in behaviour or mood (increased anxiety, agitation, withdrawing)
Direct/indirect reference to suicide or self-harm
Talks a lot about their problems and feelings
Have others expressed significant concern about this student?

TELL SOMEONE

RESPONSE CAN WAIT 24 HOURS

- No risk of harm to self or others
- Distress is limited to one area of a student's life

Your Role:

- Inform student about available resources
- Express concern and provide personal support by listening carefully to the student
- Suggest that you reach out to support resources to help student

CONTACT:

Student Wellness Services Ext. 52131 to speak to the Student Wellness Navigator for inquiries & support with a student who may be struggling

NEED A RESPONSE TODAY

- Unclear if there is a risk of harm to self or others
- No Immediate Risk but Student is currently in distress and it may escalate

Your Role:

- Inform student about available resources
- Consult with Mental Health Care Coordinator, Counselling Services, or Campus Community Police to determine whether there is a risk of harm and next steps
- Consult with Here 24/7 after 4:30PM.

CONTACT:

- Student Wellness Services Ext. 52131 for the Mental Health Care Coordinator or Counselling Services
- Campus Community Police Ext. 2000 or 519-840-5000

After Hours:

- Here 24/7 1-844 - 437 - 3247
- Campus Community Police Ext. 2000 or 519-840-5000

IMMEDIATE RESPONSE REQUIRED

- Threat of violence or harm to self or others. Safety risk for student or for others.
- Direct or indirect reference to suicide
- Acute distress affecting student's ability to function

Your Role:

- Contact Campus Community Police
- Express your concern for the student
- Campus Community Police will assess the situation to ensure the safety of everyone involved and determine the best course of action

CONTACT:

Campus Community Police
Ext. 2000 or 519-840-5000

OR 9-1-1

resources for supporting undergrad students

TAs: Flag concerns to course instructor

Instructors: See attached resource, *Supporting Students in Distress*, which offers suggestions on how to engage students and take appropriate next steps

Further training in supporting students with mental health: <https://wellness.uoguelph.ca/mental-health-training-winter-2021> / <https://wellness.uoguelph.ca/mental-health-training>

Further training in responding to sexual violence: <https://wellness.uoguelph.ca/sexual-violence-support-centre/trainings>

student resources at the library

The Library is the main hub for academic supports on campus. The best way to find all of the content/support that we offer is through the main website: <https://www.lib.uoguelph.ca/>

Learning Services:

Learning services offers support to students and staff on time management, goal-setting, perfectionism and procrastination, presentations and oral communication, posters, reading and note-taking, studying and test-taking, and all thing learning related.

They offer one-to-one confidential appointments for students (1st year undergrad through to PhD and post-doc) and staff bookable here: <https://www.lib.uoguelph.ca/writing-studying/studying-resources-workshops>

On that webpage, students can also find helpful resources and workshops.

Writing Services:

Writing Services offers support to students in all aspects of their writing, from clarity and cohesion, to grammar and sentence structure. They do NOT edit papers, rather work with students on how to improve their own skills.

They offer one-to-one confidential appointments for students (1st year undergrad through to PhD and post-doc) and staff bookable here: <https://www.lib.uoguelph.ca/writing-studying/writing-resources-workshops>

On that webpage, students can also find helpful resources and workshops.

Note: Both Learning Services and Writing Services have 'Peer Helpers': Peer Helpers are undergrad students who are hired, trained, and supervised by staff. They also offer appointments to students (the same as staff do) but offer a much more related experience.

Thanks to Victoria Fritz, RSW, MSc, FRHD PhD Candidate, UoG Learning Specialist for putting together this summary!

student resources at the library (cont'd):

English as an Additional Language (EAL) Support:

The Library offers support to students who have English as an additional language through one-on-one confidential consultations as well as workshops and resources.

You can find more information about EAL supports for students (and book appointments) here: <https://www.lib.uoguelph.ca/writing-studying/english-language-support>

Research Support:

The Library has many wonderful Librarians and Library Associates who are able to support students in their research: from finding sources, figuring out what peer-reviewed means, searching databases, etc. They offer one-to-one confidential consultations for students and staff, bookable here: <https://www.lib.uoguelph.ca/writing-studying/research-assistance>

Data Support:

The Library has phenomenal staff to help support students, staff, and faculty with data and data analysis. They offer support in finding data, managing data, using different software for analysis, and data visualization. They offer workshops and one-to-one confidential consultations.

You can find more on support with data and some resources here: <https://www.lib.uoguelph.ca/working-data/data-analysis> (under the “working with data” tab on the home page of the Library).

student resources at the library (cont'd):

Library Guides:

Library Guides (or Lib Guides) are short how-to guides that provide information on a wide-variety of content and skills related to the academic journey. The guides are all created and maintained by staff members and Librarians. Lib Guides exist for all undergrad courses (and include things like which databases are most helpful and other tips for success). There are also topic guides on a huge variety of things, like citations and studying and copyright. LibGuides are searchable! They can all be found here: <https://guides.lib.uoguelph.ca/>

Digital Learning Commons:

The Digital Learning Commons is an online hub of resources for students. There is a huge variety of resources for students, on all types of content (and links to some of our other content like LibGuides). All of the content is free for students to access and to use. It is also searchable, so students can find what they are looking for. You can find the Digital Learning Commons here: <https://learningcommons.lib.uoguelph.ca/>

UoG grad student peer supports

Student Support Network: A campus drop-in and support line that provides confidential support, information, and referrals to students by trained volunteers.

- Location: Raithby House
- Contact: 519-824-4120 ext. 55002 or visit: <http://www.uoguelph.ca/counselling/student-support-network>

graduate student teaching community

"Our programming is designed for graduate students who are interested in teaching and learning and who are looking to further develop and improve their teaching practice. Through all of our graduate programming, there are many opportunities to learn new skills and techniques, gather and share knowledge, and network with like-minded individuals. This programming is lead by the Office of Teaching and Learning's Graduate Programming Team, which is made up of an Educational Developer, a Senior Graduate Educational Developer and three Graduate Educational Developers.

We offer a wide range of programming. Our two major programming efforts are the [University Teaching Foundations \(Foundations\)](#) program and our annual [Graduate Student University Teaching Day\(s\) \(GSUTD\)](#). Foundations is a free teaching development program for graduate students at the University of Guelph. The completion of the Foundations programs includes workshops, Scholarship of Teaching and Learning journal clubs, networking events, and reflective writing." <https://otl.uoguelph.ca/graduate-student-programming-overview>

writing supports

Dissertation Bootcamp – For Masters and PhD students: This intensive one-week (Monday to Friday, 8:45am-4:00pm) program is designed to help graduate students accomplish their thesis writing goals and accelerate their time to completion.

- DBC is offered once every semester and accommodates 16-24 students per program.
- This program accepts applications from graduate students who:
 - Have finished their coursework
 - Have had their Thesis Proposal accepted
 - Need focused time and space for writing

<https://www.lib.uoguelph.ca/workshops-events/dbc>