KPU PEER WELLNESS

ISSUE 5 | FALL 2023

WELCOME!

We are the KPU Peer Wellness Team! We are a group of KPU students who share similar experiences and sentiments about what it is like being a university student while dealing with life's responsibilities. Peer Wellness gives us the tools to understand what information is relevant for students and share the resources we know with you about KPU's health and wellness services. Our program operates under the Student Health Promotion department, and we also work closely with other departments in Student Affairs to deliver the support you need! You can access these opportunities by attending our social events, information booths, and even during our Instagram Live sessions!

What you are reading right now is our ***Fall 2023 Newsletter.*** Read through the pages to learn what we are up to this semester and review some relevant information and resources!

We also want to say a huge thank you to everyone who joined us at our events this past Summer! Seeing how we are making an impact, even in the simplest of ways, motivates us to keep that social connection growing on campus while advocating for a holistic sense of health and wellbeing. We have a lot in store for you this semester, most importantly our expansion to the **Richmond campus**! So, make sure you stay updated with our announcements and schedules through our Instagram account @KPUPeerWellness and our website at kpu.ca/peerwellness

Thank you for your continued support and lively participation! We hope you had a great summer and we're excited to see you all again this Fall!

\- Aubrey Clarito, Peer Wellness Leader

CONNECT WITH US!

PEER WELLNESS WORDSEARCH

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

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B  S  C  S  X  S  M  S  I  R  E  E  T  N  U  L  O  V  I  C
N  C  O  X  U  W  L  A  R  Y  P  G  Y  Y  P  B  T  L  M  O
O  O  N  E  R  D  D  F  V  O  J  J  H  R  O  H  A  I  E  M
R  N  F  C  L  X  S  E  H  H  G  K  E  U  T  U  N  R  G  M
G  N  I  N  F  N  G  T  K  U  L  V  N  O  T  D  A  S  Q  U
A  E  D  A  L  B  Q  Y  N  I  E  D  S  I  F  C  L  E  S  N
N  C  E  L  E  M  X  T  B  N  A  S  R  U  F  A  C  L  C  I
I  T  N  A  G  S  C  R  T  R  E  I  L  L  O  N  J  Y  O  C
Z  I  C  B  C  E  A  I  I  N  P  N  E  G  E  L  T  T  U  A
E  O  E  N  L  R  O  E  T  S  E  S  M  I  B  V  S  X  N  T
D  N  M  F  Y  N  S  I  A  S  S  N  L  C  Y  D  U  T  S  E
X  V  E  N  T  Y  F  B  S  Z  N  I  U  A  Z  D  F  J  E  W
G  R  T  Z  G  K  E  L  Y  T  S  E  F  I  L  I  K  J  L  E
K  M  H  O  B  B  I  E  S  E  A  C  U  L  T  U  R  E  L  V
S  S  E  R  T  S  E  D  R  T  V  L  N  J  C  S  Z  K  I  E
B  Z  R  T  L  P  A  T  I  E  N  C  E  O  X  P  P  O  N  N
G  M  A  P  E  E  L  S  N  N  W  R  T  B  T  E  Z  F  G  T
B  S  P  C  V  D  L  Y  V  O  Y  L  A  E  H  T  K  B  G  S
T  R  Y  B  S  W  S  T  I  B  A  H  S  D  N  E  I  R  F  O
T  E  I  I  V  M  E  K  E  P  O  C  K  S  T  R  O  P  S  M
```

Word Bank

1. lifestyle	2. fitness	3. cope	4. sleep
5. resilience	6. study	7. destress	8. prevention
9. heal	10. job	11. hope	12. sports
13. balance	14. safety	15. volunteerism	16. culture
17. goals	18. selfcare	19. mindfulness	20. habits
21. connection	22. reflect	23. friends	24. events
25. boundaries	26. library	27. organized	28. patience
29. communicate	30. hobbies	31. therapy	32. confidence
33. spiritual	34. counselling		

THRIVE MONTH 2023

*Every year in October, KPU celebrates **THRIVE MONTH!***

*A full month of events, workshops, and activities that focus on supporting **positive health and wellbeing** for students, staff and faculty!*

As we get closer to October, the **THRIVE MONTH** website will be updated with a **FULL EVENT SCHEDULE!**

Browse through the different sessions and select the ones you are interested in! Step out of your comfort zone and attend something you may not have before!

Don't forget to stop by KPU on Halloween for our Annual Costume Contest (see our pic above from last year!)

Scan the QR code to check out the Thrive Month website →

Article written by Peer Wellness Volunteers *Partap and Catherine*

Are you looking for a book? Maybe a course textbook? Perhaps you're looking to check-out a laptop, or book a study room? If so, the library has you covered! Keep reading to learn more about the library's services and to discover what more you can find! Remember, access to the KPU Library and its services are included in your student fees each semester - so try to maximize what is available to you!

The KPU Library is a **hub for resources** including research articles, journals, books, and even course reserves available for all students to use. The KPU Library has different locations on **four out of the five campuses**:

- KPU Surrey – Arbutus Building;
- KPU Richmond – First Floor Room 1200;
- KPU Langley – West Building Room 1100;
- KPU Tech - Main Building Room 1310;

You can access services and support as a student by heading over to the website:
https://www.kpu.ca/library

Struggling to find resources for your assignments or in need of equipment for your courses?

The library can help students get their hands on great educational material, which may or may not be readily available. Students who cannot afford to buy new books or have difficulty acquiring materials can *sometimes* get access to course material simply by borrowing books from a library. For instance, if an accounting student needs a copy of the CPA Handbook, it can be found using the **KPU Library Summon Search**. This can help us to save money and get important information for free. The library also lends students and employees equipment, such as laptops, tablets, and chargers to support learning and activities at KPU!

Remember, you can also find books for your personal interest at the library. Something worth noting is that KPU offers many options for e-books. Full texts are often available online, for easy access!

- Visit kpu.ca/library/services/loans-students to borrow items
- Visit libguides.kpu.ca/AV to book equipment whenever you need it
- If you would like to search for specific items, visit kpu.ca/library

Do you need help with research and/or citations?

You can directly ask a librarian! KPU Librarians are available via email and in-person to support your research, receive help with citation writing, and get suggestions for resources. The library offers guides and workshops for effective research strategies to help with your course essays, reports, and presentations. Citation is also an important tool when writing a research paper to avoid plagiarism and a mandatory skill for many programs at KPU.

- Visit libguides.kpu.ca/research if you need help with research and citations
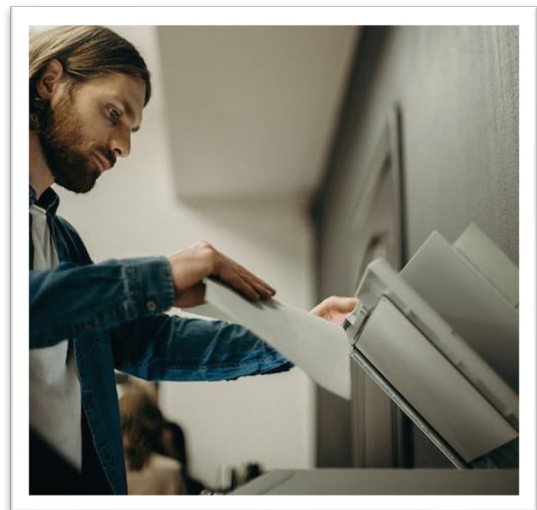- Visit: www.kpu.ca/library/services/askus to speak with a librarian

Looking to book an individual or group study session?

There are **study rooms** available for students to book in all four library locations. Students will need their student number and password to book a room for 2 hours per day. Students can access study rooms by visiting the **Library Service Desk** when you are on campus, or booking a study room online. There are study spaces, such as tables for individual and group study throughout the library, as well as open computer labs. Food and drinks are allowed in most study spaces as long as they are covered and do not bother others.

- Visit kpu.ca/library/study-rooms to book for group study rooms.

Want to print, scan, and photocopy documents?

Print, scan, and copy options are also available in the library. There is a **PaperCut Print Management System** that links your KPU account (card) to computers and printers on campus. Simply tap your student card or type your student number to the printers or photocopiers to print, scan, and copy your documents. There is also an option to use your own laptop or mobile device to print. Just connect to the KPUSecureStudent WiFi and log in to your KPU account at papercut.kpu.ca. Students can also use this site to load money onto their account.

- Visit libguides.kpu.ca/new/PrintScanCopy to learn more about the printing and copying costs and accessing your KPU account
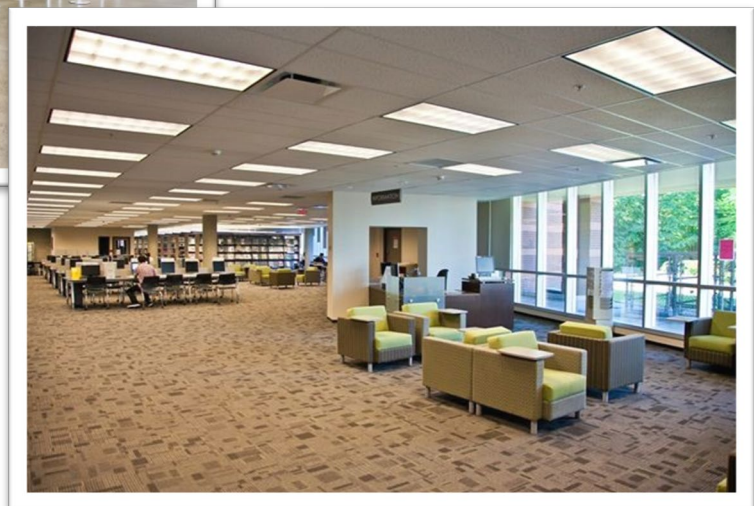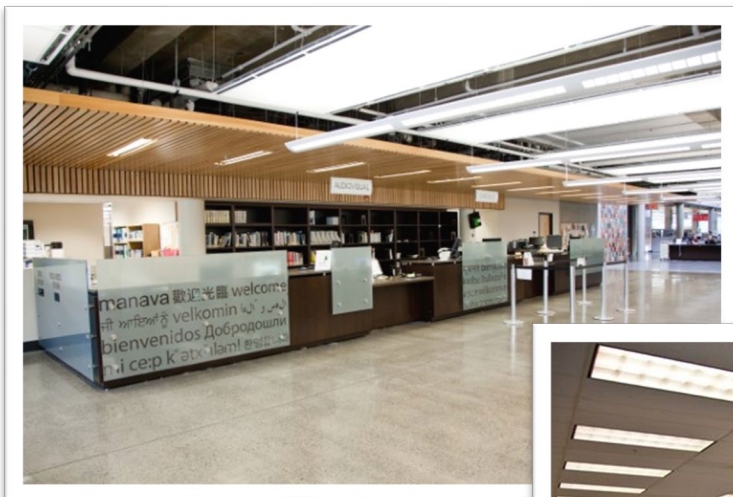
Need IT support or a computer for research purposes?

There are three wireless network services on all KPU campuses: *KPUSecureStudent* for current students, *KPUSecureEmployee* for current employees, and *KPUGuest* for guests and visitors. Log in by your student number and password if you're a student. There is also KwantlenWeb, which is an alternative wireless network service in case the three secure networks are not available. If you have any other questions, visit the *IT Service Desk*, which can be found on the first floor of the Arbutus building in Surrey.

There are also computers available for student use located in the Libraries so students can access the KPU library webpage, the online library catalogue, and the internet.

- Visit: kpu.ca/library/services/computers for more information about wireless networks and computer services.

Did you know the KPU Library has a Wellness Collection?
Visit https://libguides.kpu.ca/wellness or visit the Surrey, Langley or Richmond campus Libraries to view the collection of materials meant to promote health and wellness to the KPU community!

To learn more about the KPU Library, visit www.kpu.ca/library or stop by the Library on your campus and chat with one of your KPU Librarians!

PEER WELLNESS EVENTS

FALL 2023

September

- ➤ Wednesday September 6 – First Year Festival Games Day – Richmond 12-2PM
- ➤ Thursday September 7 – First Year Festival Games Day – Surrey 12-2PM
- ➤ Tuesday September 12 – Info Booth in Surrey – 11AM-1PM
- ➤ Friday September 15 – Instagram Live – 1-1:30PM
- ➤ Thursday September 21 – Social Event in Surrey – 12-1:30PM
- ➤ Thursday September 28 – Info Booth in Richmond – 12-2PM
- ➤ Friday September 29 – Instagram Live – 1-1:30PM

October

- ➤ Thursday October 12 – Info Booth in Richmond – 12-2PM
- ➤ Friday October 13 – Instagram Live – 1-1:30PM
- ➤ Thursday October 19 – Social Event in Richmond – 12-1:30PM
- ➤ Tuesday October 24 – Info Booth in Surrey – 11AM-1PM
- ➤ Friday October 27 – Instagram Live – 1-1:30PM
- ➤ Tuesday October 31 – Halloween Event in Surrey – TBD

November

- ➤ Friday November 10 – Instagram Live – 1-1:30PM
- ➤ Tuesday November 14 – Info Booth in Surrey – 11AM1-PM
- ➤ Thursday November 16 – Social Event in Surrey – 12-1:30PM
- ➤ Thursday November 23 – Info Booth in Richmond – 12-2PM
- ➤ Friday November 24 – Instagram Live – 1-1:30PM

December

- ➤ Thursday December 7 – Final Social Event of 2023 in Surrey – 12-1:30PM