

KPU PEER WELLNESS

ISSUE 7 | SUMMER 2024

WELCOME!

If you haven't heard of us before, we are *the KPU Peer Wellness Team*— a group of students, who like you, share similar experiences being a post-secondary student on top of juggling other responsibilities in life. We dedicate our time to encourage social connections through our events and to spread the word on health & wellness resources that are relevant for KPU students. Our program operates under the Student Health Promotion department, and works closely with other departments in Student Affairs.

This is our Summer 2024 newsletter! We write a new edition every semester to share KPU services, resources, and interesting health and wellness topics that can benefit you in the long run. We hope you read through this copy, so you can learn more about our highlighted KPU services and health topics that can pique your interest. You will also see some throwback pictures from the fun events we hosted last semester! Looking forward to what's in store this summer!

Follow us on our Instagram account [@KPUPeerWellness](https://www.instagram.com/KPUPeerWellness) for real-time and up-to-date information about our events and announcements, or visit our website at kpu.ca/peerwellness. If you have questions about health and well-being on campus or about general KPU resources/services, you can send us a message either in Instagram or our website. Thank you for your support and we look forward to seeing you in our future events!

- Aubrey Clarito, Peer Wellness Leader



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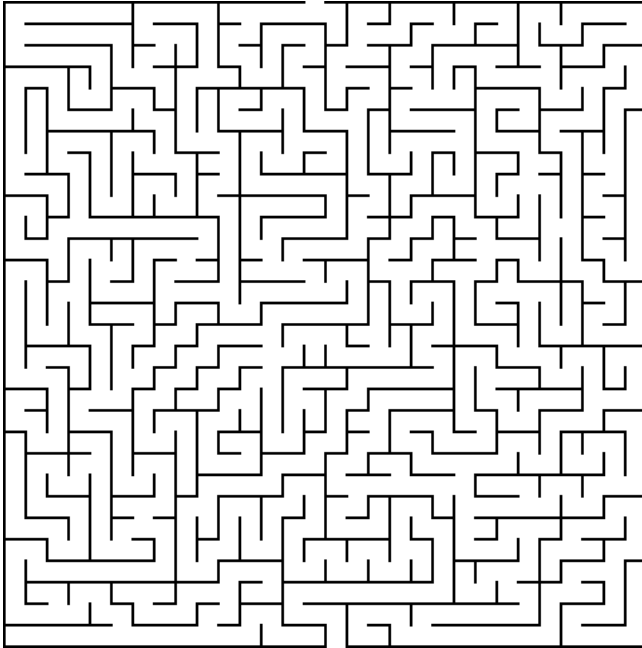


CONNECT WITH US!

KPU SERVICES MAZE

Draw a line through the maze to find specific KPU services available to you as a student. Good luck!

START

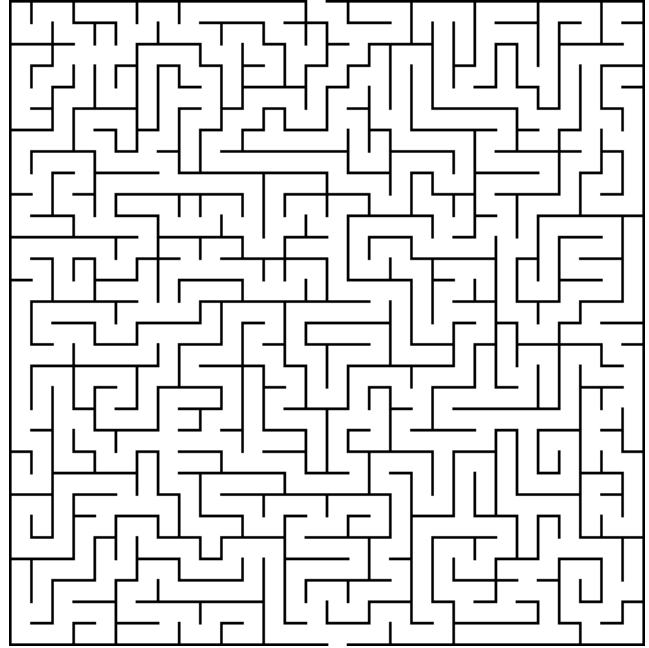


The Learning Centres



Supports students in their academic learning, study skills, learning strategies, and course tutoring

START

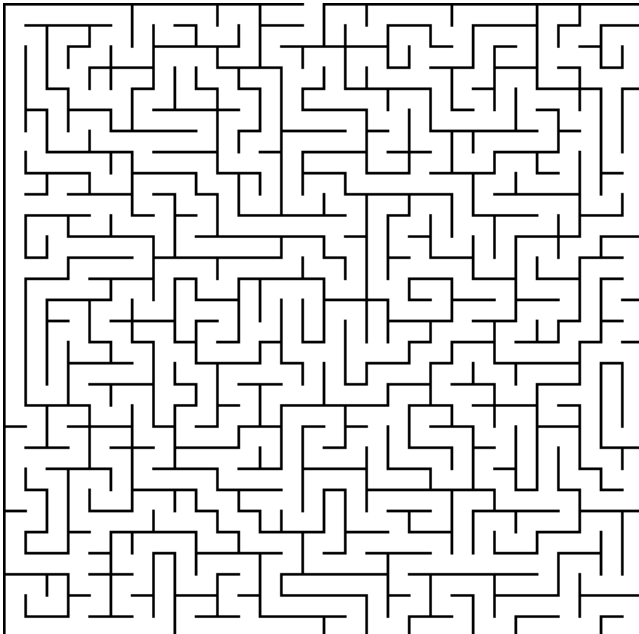


Career Development Centre



Helps students and alumni for all career needs and inquiries

START

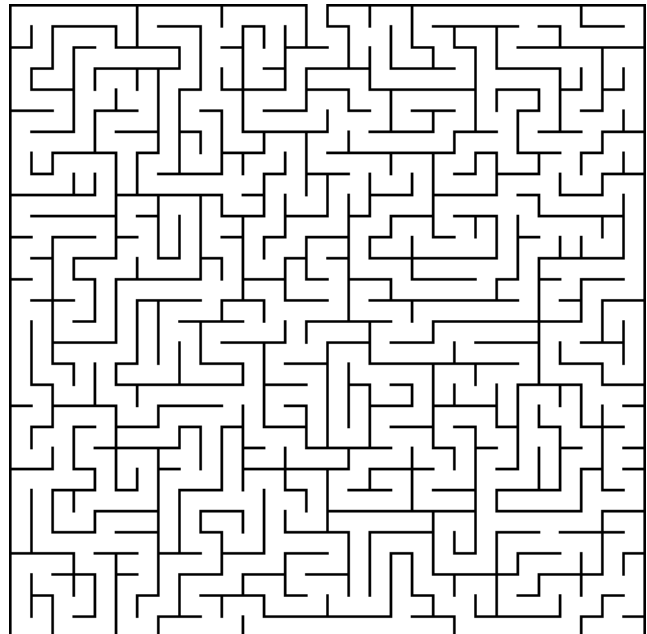


KPU Library



Provides a wide array of books and educational materials and equipment to help you in your studies

START



Counselling Services



Provides confidential personal counselling services to current KPU students

See the answers by visiting our website: kpu.ca/peerwellness

There are many KPU services and resources for you! Start exploring by searching them at kpu.ca. You can also read our past newsletters to see our highlighted resources!

RESOURCE HIGHLIGHT – *Academic Advising*

Article written by Peer Wellness Volunteer *Partap*

Not sure which courses you need next year? Want guidance on career planning? Looking for graduation requirements or resource referrals? Academic Advising has you covered!

What is Academic Advising?

Academic advisors play a vital role in helping shape your **educational journey** to be the best it can be, assisting you as you **progress towards graduation**. Meeting with an academic advisor is an incredibly valuable use of your time; **You'll benefit from the guidance and advice of an expert** whether you are in your first semester or final year. If you're in poor academic standing, advisors will work with you, point you to the right resources, and find a solution.

What does Academic Advising Offer?

Advisor Connect: Current students can make a 30-minute, one-on-one appointments with an advisor, at a date/time of their choice. Depending on their program and duration of studies, students will meet with a particular advisor. Degree Advising is segmented by department after 45+ credits completed:

- **Central/International Advising:** Arts, Business, Science, and Trades students who have completed under 60 credits
- **Upgrading Advising:** Students upgrading or in Pathways programs
- **Faculty of Health:** Faculty of Health Advising, regardless of progress
- **Wilson School of Design:** Wilson School of Design Advising, regardless of progress

Establish which advising team is best suited for you at kpu.ca/advising, and then log in to Advisor Connect to book your appointment: advisorconnect.kpu.ca. You can also track your graduation progress yourself: www.kpu.ca/map

As a newer student, what can advisors assist me with?

Course numbers/descriptions can't tell us everything we need to know during our academic journey. **It's useful for newer student to learn how to strategize for potential obstacles.** Academic advisors help in this area - for example, providing insight on courses which need extra study time. For diploma/bachelor's program, how should I plan my courses? Is it better to follow a particular order or can I just pick? **Ask questions!**

As a mature student, what can advisors assist me with?

Priorities and objectives shift as you progress through your educational career at KPU. Whether you're searching for work experience, seeking further education, or exploring post-graduation paths, Academic Advising can support your changing needs. For instance, the Melville School of Business Student Success Coaches can support students to graduate programs, volunteer, and explore work-experience opportunities.

RESOURCE HIGHLIGHT – *The Learning Centres*

Article written by Peer Wellness Volunteer *Japjot*

Adjustments to post-secondary learning can be difficult and overwhelming to navigate alone. Whether you need help with your specific courses or learning new ways to make studying more efficient, **KPU's Learning Centres** are ready to help!

What do the Learning Centres provide?

The Learning Centres support students for a range of academic skills and strategies, offering individual learning assistance & assessments, help with study skills/learning strategies, and one-to-one and small group tutoring. Learning Centres also provide workshops and print, electronic, and recorded resources.

- **Peer Tutors:** KPU students who can help you better understand course material, provide strategies for assignments and course material, and give helpful tips to exam preparation.
- **Learning Strategists:** KPU faculty who can provide specialized academic support based on your individual learning style/needs, give organization and time management tips for studying, and exam preparation.
- **Workshops:** Hosted by Learning Strategists to develop reading, writing, and other skills. Students can access *Available Anytime* Workshops and register for online workshops.
- **Special Programs:**
 - **KPU100- Introduction to KPU:** Online modules and synchronous sessions preparing students for university learning, focusing on goal setting, managing time, note-taking, memorization strategies, communication strategies, and study-life balance.
 - **KPU101- Thriving in Action:** Transforming students into effective university learners by improving wellbeing. Focused on creativity, resilience, and personal growth.

How do I reach out to the Learning Centres?

To book a Peer Tutor or Learning Strategist, register for workshops, or access resources visit:

<https://www.kpu.ca/learningcentres>

Surrey, Library A1650 Mon- Fri, 9AM-4:30PM tlcsurrey@kpu.ca 604-599-2437	Richmond, Library 1100 Mon- Fri, 8:30AM-4:30PM tlcrichmond@kpu.ca 604-599-3454	Civic Plaza, 610 Tues & Thurs, 9AM-5PM Etlccivic@kpu.ca Phone TBA
Langley, West Building 2070 Mon- Fri, 9AM-4:30PM tlclangley@kpu.ca 604-599-3444	Tech, Virtual Learning Centre Call/email for appointment tlccloverdale@kpu.ca 604-598-6062	

HEALTH & WELLNESS– *Being Healthy On The Go*

Article written by Peer Wellness Volunteers *Catherine and Arsh*

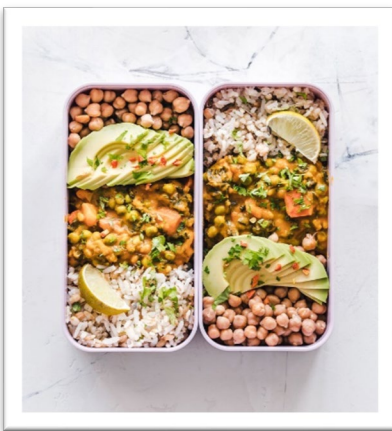
Summer is here! Amidst all the vacations, adventures, and trips, it's important to remember that we still need to take care of our physical health. Our bodies will need proper fuel to make the most out of this season—a nutritious diet is essential to maintain energy and recover for the next activity! Here's some tips to keep in mind throughout the summer months:

1. Pack Healthy Snacks

Always having a handful of healthy snacks ready with you can make it much easier to avoid buying fast food. Visit your local grocery store or farmers market and shop smart. Grab some granola bars, nuts, eggs, pre-cut veggies, fruits, hummus, and anything that has nutritional value. Public health organizations generally advise limiting snacks that offer little nutrition, especially those high in saturated fat, sugar, and sodium (Potter et. al, 2018). That being said, it is time to monitor your snacking habits and make sure you replace those cookies, pastries, and chips with healthier options like fruit, nuts, and low-fat yogurt.

2. Stay Hydrated

Carrying a reusable water bottle is always handy to ensure you are well-hydrated during the peak summer heat. We become more dehydrated, and the hot weather makes us lose water constantly through our skin, urine, waste, and sweat (Nebraska Medicine, n. d.). To stay healthy, swap high sugar drinks for sparkling or carbonated water. This not only cuts back on unnecessary added sugars, but also increases your water intake. Not a fan of plain water? You can also try water infused with fruits or veggies for a more refreshing and flavourful drink. This way, the natural flavours and nutrients from the fruits/vegetables are infused in the water!



3. Plan your Meals

Preparing meals ahead of time ensures there are healthy options that are easily available, which can support healthier food choices. One method that can help you from resorting to fast food is meal prepping. Meal prepping is cooking and portioning food ingredients ahead of time, making healthy eating easier during busy days (Cleveland Clinic, 2024). Meal prepping also provides some health benefits. It helps save time, allowing you to have more time to focus on other tasks. It also helps save money, which ensures you are only buying the food you need, helping your wallet and prevents food waste. Starting it simple goes a long way to reduce the stress of not knowing what to eat (Cleveland Clinic, 2024).

4. Limit Sugary Drinks

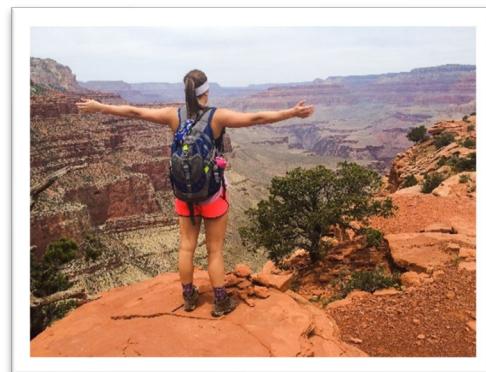
The sun is out! Nothing beats an ice-cold summer time drink, but remember that many specialty summer drinks like milkshakes and sports drink are high in sugar and added calories. Sugary drinks are those beverages with added sugar or sweeteners (high fructose, corn syrup), such as soda, pop, cola, tonic, fruit punch, lemonade, sweetened powdered drinks, as well as sports and energy drinks (Nutrition Source, 2023). There are a variety of healthier beverages available instead, with water being the best option. Others include coconut water, herbal teas, homemade lemonade, kombucha, homemade smoothies, and watermelon juice.

5. Practice Mindful Eating

Summer is also the time for social gatherings and events. It is easy to get distracted while eating and we are in a situation to choose and overindulge on food that are less nutritious. Remember to think about you habits at social gatherings. As much as possible, stick to healthy foods you would normally choose, such as whole grain foods, fruits and vegetables, and choosing water as your drink of choice. By taking one small step at a time, you can enjoy eating at social gatherings and events and still be successful at reducing calories, fat, salt, and sugar in your diet (Canada's Food Guide, 2021).

6. Stay Active

Diet should not be the only focus! Now that it's summer, there are numerous options to get our bodies moving—walking, running, hiking, mountain biking, water rafting, and yoga. If it is too hot or humid outside, change up your activity - take morning or evening walks, go for a bike ride, go swimming, and maybe do some gardening. Try to do at least 2½ hours of moderate to vigorous activity every week (Canadian Society for Exercise Physiology, 2011). Let us turn regular physical activity into a habit and maintain this lifestyle throughout the year.



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- *Disclosure: MP and UL are employed by Nestec Ltd.hhjyhyjyhyjyhyjyhyj

MENTAL HEALTH FAIR & NUTRITION MONTH

