

WELCOME!

We are the KPU Peer Wellness Team! We want to start off by saying a huge thank you to all of you who have continuously supported us and engaged with us now that we are back on campus full-time! The social connection that we help provide to you, our fellow students, is what keeps us going. We are delighted to give you our Summer 2023 newsletter. Read through to see what we've been up to and information about health and wellness topics.

The Peer Wellness Team is a group of KPU students just like you who understand how stressful life can be; juggling many responsibilities while studying at university. That's why we work as best as we can to offer social events and provide information about KPU resources to support you, our fellow KPU students, to maximize your overall health and wellbeing.

We believe that every dimension of health and wellness – physical, social, mental, emotional, financial and spiritual – are all connected and equally important in one's life. Whether you need assistance to point you to the right KPU resource, or just want to have fun and de-stress, we are here! We operate under the Student Health Promotion department and work closely with other departments. Head over to our website, Instagram account, or email us if you need one-on-one support or want to keep up-to-date on our upcoming events.

We hope to see you at our events this semester and to hear from you on social media!

- Aubrey Clarito – Peer Wellness Leader

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CONNECT WITH US!



Peer Wellness Down Memory Lane.

Looking back on the memorable moments with the
Peer Wellness Team!



KPU PEER WELLNESS INFO BOOTH :)
PW Info Booth | 2023



Student Mental
Health Fair | 2023



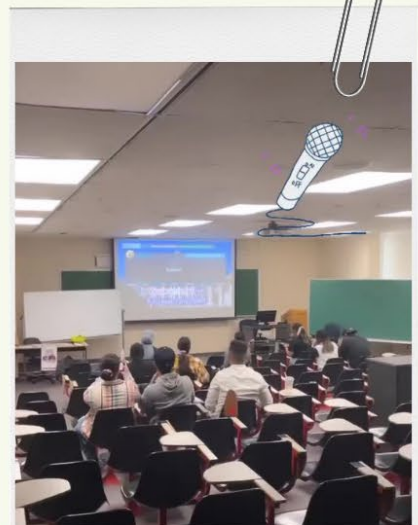
Orientation Week at
Surrey Campus | 2023



Minute to Win it Games | 2022



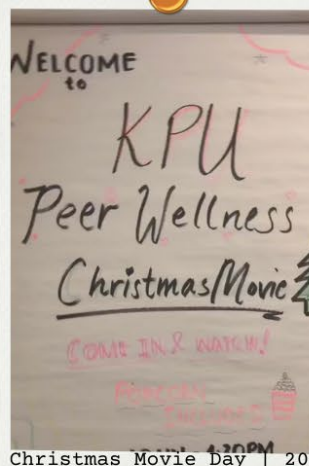
Orientation at Surrey
Campus | 2022



Karaoke Social Event | 2022



Summer Orientation | 2022



Christmas Movie Day | 2022

Here's to more chances to help
& connect with our fellow
students!



Kahoot! Trivia Online
Socials | 2022



Peer Wellness
Hangout | 2023



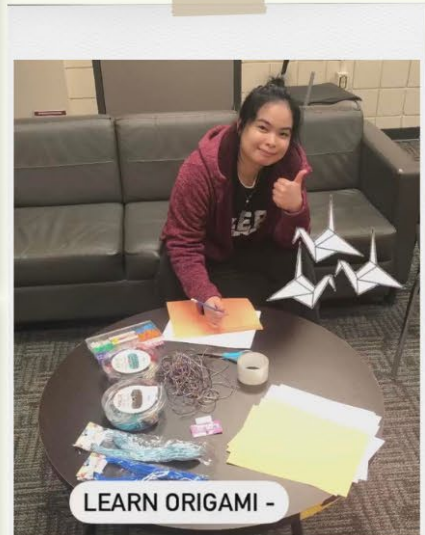
Games Day in Spruce Atrium | 2023



Student Mental
Health Fair | 2023



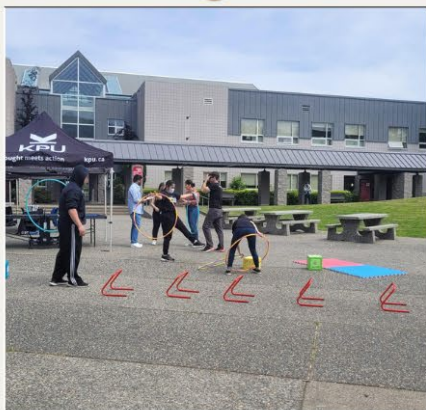
Stress Busters Arts and
Crafts | 2023



Stress Busters at KPU Peer
Resource Centre | 2023



United Nations SDG Info
Booth | 2023



National Health and Fitness
Day in Surrey Campus with
KPU Sport Rec | 2022



Halloween Costume Contest | 2022

Sexual Health and Wellness

RESOURCE HIGHLIGHT

In every issue of our newsletter, we will showcase various health and wellness resources that KPU students can access!

Sexual health is an important part of overall health and wellness. At KPU, we want to support our students navigating these topics and provide information so you can make healthy, informed decisions! To check out our full website and read all the information, visit www.kpu.ca/sexual-health



Sexual health is all about consent!

Consent is when a person gives permission for something to happen or makes an agreement to do something. You must get consent before and at each stage of a sexual interaction, when the activity changes, and even if you've had a sexual interaction before. More information about consent can be found on our website.

Don't forget about protection!

When you have a sexual interaction, you want to ensure you are engaging in safe practices! This includes:

- Protecting yourself from sexually transmitted infections.
- Knowing about contraception and using it correctly to help prevent pregnancy.

You may have a number of concerns or questions about your sexual health, and the best source of information will come from speaking with your health care provider.

KPU does not have an on-campus health clinic, so if you are looking to get tested for STIs or pregnancy, get birth control, or access any other type of in-person service, you'll need to visit a youth clinic or walk-in clinic in your area. Here are a few options:

- Health Link BC – Visit [online](#) or dial 8-1-1 to speak with a nurse or available service in your community.
- Get Checked Online – Get tested for STIs [online](#)
- Medi Map – Visit [online website](#) to find a walk-in clinic
- [Smart Sex Resource](#) – Sexual health information for everyone



THE ART OF JOB SEARCHING: STRATEGIES AND COPING MECHANISMS FOR AN EFFECTIVE JOB SEARCH

Article written by Peer Wellness Volunteers: Catherine Crisostomo & Partap Grewal

Job searching can be a difficult process for anyone at any stage of their lives. Many students experience anxiety, depression, stress, and demotivation because of uncertainties and concerns, wasted time and effort, fear of failure, and the competitive job market. However, it is important to effectively manage these emotions to avoid them from hindering the job search process. It is incredibly helpful to focus on managing job search-related anxiety, creating short-term goals, and taking advantage of the available school resources to achieve a successful job search.



Job search anxiety is defined as a state of uneasiness while seeking a new job (Bretous, 2022). It can lead to job search depression, which is the state of discouragement that usually affects our mental and emotional health (Bergen, 2022). Both are associated with various factors, such as fear of rejection during the application process, stress related to interviewing, and general uncertainties of the future (Bretous, 2022). It is important to recognize the feelings that accompany job search anxiety and depression, as this can negatively impact our well-being. Below is a list, indicating what you may be struggling with anxiety and depression:

- Difficulty concentrating, and getting out of bed
- High irritability
- Lack of enthusiasm for hobbies
- Feelings of hopelessness or worthlessness
- Untidy living or working space
- Procrastination
- Experiencing exhaustion or physical symptoms (e.g. headaches)
- Frequent editing of resume and cover letter

Here are some strategies to help you manage job-search-related stress, anxiety, and depression to improve your mental and emotional well-being:

1. **Take good care of your physical health:** Many people give up exercise when they start to feel stressed or overwhelmed. Exercise is an important part of mental health and well-being which can help reduce stress. Eating a healthy meal and having enough sleep are also vital to increase energy, improve your mood and enhance brain performance.
2. **Practice mindfulness:** Mindfulness meditations involve deep breathing exercises and relaxation techniques which can help reduce stress. Direct attention away from negative thinking, by being

present and engaged with your surroundings.

3. **Recognize your emotions:** The job search process can be constantly stressful over time. It is important to recognize when you're feeling burned out and take care of your emotional health. You want the ability to fully showcase your skills, and make a great first impression when you get the chance.
4. **Set SMART objectives to achieve career-related goals:** The job search process can be overwhelming, but breaking it into smaller steps can make it more manageable. A goal can be a broad statement that describes what you want to achieve, while an objective is the actionable step you will take, to progress toward your goal. (MN Department of Health, n. d.). A widely utilized tool to set objectives is the SMART acronym, which provides detailed objectives to advance you toward your goals.

SMART objectives should be:

Specific - *What do you intend to impact? Who/What will be impacted?*

Measurable - *By how much, and what direction will the change occur?*

Achievable - *Will you be able to accomplish this objective?*

Relevant - *Will this objective contribute to achieving the goal?*

Time-bound - *Is the time frame realistic? Should it be shorter, or longer?*

An example of a SMART career objective can look like:

"By the end of this summer, I will expand my professional network. I will attend 5 different networking events in the marketing industry, hosted by alumni / professional organizations."

To do this, I will:

- Create a LinkedIn profile
- Research groups or organizations within the marketing industry
- Invite alumni or other professionals to connect

Planning proactive strategies, self-reflection, and goal-setting are good examples to manage a successful job search. Taking ownership in every stage of the process is a way to create a map and see a way through the future's uncertainty. However, it does not need to be done all on your own. **There are resources and people dedicated to facilitating your success at KPU.**

The Career Development Centre (CDC) will be the one-stop shop for all your employment needs. If you are actively seeking work opportunities, there are several options available to you.

www.kpu.ca/careercentre

Article Continued...

As a KPU student, you can apply for **co-operative education** or **paid internships** (Melville Business Strategy Internship Program [MBSI]). These options give you access to a professional network of employers who are eager to develop your program-specific talents. If you are still new to networking and developing professional experience, these options are invaluable:

- Apply for CO-OP: <https://www.kpu.ca/co-op>
- Apply to the MBSI: <https://www.kpu.ca/business/internships>

There are also **on-campus opportunities!** These can be unpaid volunteer positions, paid student assistant positions, or job placements within KPU. You may be able to work as a research assistant with one of your instructors, as a student ambassador, or as IT support for instance. Discover your possibilities on the KPU Career Development Services website.

- Find an opportunity: <https://www.kpu.ca/careers/find-job>

Furthermore, if you are looking for **skill development**, the CDC regularly hosts workshops and networking events. These are regularly promoted on their Instagram ([@kpucdc](https://www.instagram.com/kpucdc)). But, they also take a very individual, and hands-on approach in providing you with support. Practice with custom mock interviews, get feedback on your resume/cover letter, and learn how to market yourself as a great candidate for employers.

Lastly, **get connected with a career academic advisor** who will provide information on particular courses, program options, and obviously, help with career advisory. These meetings are booked depending on your year of study and faculty, either virtually, or in person. **You can also meet with someone from the CDC directly.** You can join them during their group drop-in sessions, or using the CDC virtual chat.



Learn more at: www.kpu.ca/careercentre

References

- Bergen, A. (2022). *Job Search Depression | How to Cope and Keep the Faith*. Idealist. <https://www.idealists.org/en/careers/job-search-depression-how-to-cope-and-keep-the-faith>
- Bretous, M. (2022). *6+ Tips for Reducing Job Search Anxiety*. HubSpot. <https://blog.hubspot.com/marketing/anxiety-about-job-search>
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- MN Department of Health (2023). *Objectives and goals: Writing meaningful goals and SMART objectives*. Center for Public Health Practice. <https://www.health.state.mn.us/communities/practice/resources/phqitoolbox/objectives.html#:~:text=A%20SMART%20objective%20is%20one,organization%20will%20achieve%20a%20goal>

APPLY TO BE A PEER WELLNESS VOLUNTEER!



Are you interested in promoting health and wellbeing on campus?

We are recruiting new volunteers to join our Peer Wellness Team!

Volunteers work as a team to improve social connection on campus and promote the importance of positive health and wellness. We volunteer between 3-5 hours per week and we host fun social events for students like board games, karaoke, outdoor events, crafts, and much more! We also host information booths on campus and participate in outreach opportunities to spread awareness about health and wellness and the services and resources you can access at KPU!

Volunteers also receive FREE training in topics such as: listening effectively, managing crisis, responding and referring, acting as an empowered bystander, presentation skills, and planning events.

Volunteers will gain knowledge about health and wellness issues impacting students, improve on skills such as communication and leadership, and connect with other like-minded students and help contribute to a healthy campus culture.

To view the full volunteer description and apply, visit KPU Career Connection and search for the Peer Wellness Volunteer application, or visit our website below:

<https://www.kpu.ca/peerwellness/apply>

Applications will open on Friday June 2nd and are due by **Friday July 7th, 2023 at 4PM PST.**