

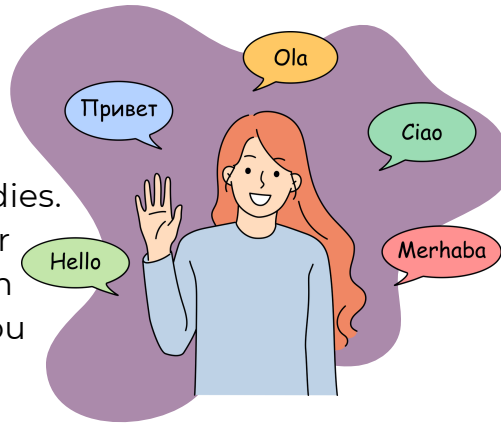
KPU Peer Wellness Newsletter

ISSUE #10

Summer 2025

Greetings KPU students!

Welcome to the Summer 2025 semester! We hope you have had a chance to relax, recharge, and enjoy the semester break before diving back into your studies. Whether you are taking a lighter course load or pushing full steam ahead, we are here to support you every step of the way.



Who are we? If you haven't heard, we are the **Peer Wellness Team**, made up of a bunch of students just like you! Our mission is to support our fellow KPU students by sharing relevant **health and wellness resources**, helping you navigate **KPU services**, and fostering **social connections** so that you can engage with the various KPU resources to their fullest.

The newsletter you're reading right now is our Summer 2025 edition, where you'll find helpful information about **KPU resources, well-being tips, and exciting events** we have planned for the semester. Make sure to check out past editions on our website for even more valuable content!

Stay connected with us through our Instagram, **@KPUPeerWellness** or our website **kpu.ca/peerwellness** for more fun activities, events and updates! Scan the QR code to check out our Instagram

- The KPU Peer Wellness Team

Aubrey, Bhavni, Catherine, Emily, Himanshu, Japjot, Rahul

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Come Volunteer With Us!



Student Enrolment Services











Author: Japjot 🍌

Struggling to register for classes? Unsure how to access your KPU student records? Student Enrolment Services (SES) at KPU can guide you in the right direction!

What Does the SES Do?

SES provides expert advice on how to **navigate student enrolment at KPU**. The team can provide support with registering for classes, confirming enrolment, updating personal info, transferring credits, and they also provide graduation & convocation information. They understand that KPU's policies and services can seem overwhelming, so they are available to support students.

Don't want to visit in-person? You can visit the **SES Forms webpage** at kpu.ca/ses/forms to find a variety of admission, registration, records and graduation related forms. The SES website is also a great tool and can be found at kpu.ca/ses. It is home to short videos that show you how to:

 Check Your Registration Date and Time	 Waitlisting	 Browse for Classes	 Linked Classes	 How to Pay
 Add Classes, Drop or Withdraw From Classes	 Reserves and Restrictions	 Updating Personal Information	 Cross Listed Courses	 Confirmation of Enrolment

How Do I Contact Student Enrolment Services?

SES can be contacted in-person at 3 of KPU's campuses, as well as by phone, email, or virtually. Their hours are: **Mondays to Thursdays from 9:00am – 4:00pm; Fridays from 10:00am – 4:00pm**

1. In-person (remember to enter your name on the screen near the waiting area to check into the queue!)

- **KPU Surrey Campus.** Maple Building Atrium (Room 1900)
- **KPU Richmond Campus.** Main Building, Room 1505
- **KPU Langley Campus.** West Building, Room 1060

2. **Phone:** 604-599-2000

3. **Email:** studentinfo@kpu.ca

4. **Virtual Meeting:** Book a Zoom meeting via the SES webpage to talk to a Student Enrolment Services Officer by scanning this QR code or visiting kpu.ca/ses



Health and Wellness Crossword

Compiled by: Himanshu 🍓

Across

4. The dimension that includes monetary stability and security
6. This dimension involves finding purpose and meaning in life
7. The dimension that relates to job satisfaction and work-life balance
8. This refers to physical activity and exercise
12. The practice of self-reflection and understanding one's beliefs
14. The practice of being aware and present in the moment
16. Practice for relaxation and managing stress
17. The dimension that involves maintaining a healthy body
18. Engaging in community and volunteer work

Down

1. The dimension that focuses on building an optimistic approach to life
2. The ability to connect with others and build relationships
3. This dimension focuses on relationships and social networks
5. A healthy diet is a key component in this wellness dimension
9. A word that describes a person displaying intelligence and creativity
10. Refers to setting and achieving personal goals
11. This refers to a place or people of that promotes a sense of belongingness
13. Engaging in activities that stimulate the mind
15. The ability to adapt to change and cope with challenges



Scan for answers!

Student Rights and Responsibilities Office

Author: Catherine 

Have you heard about KPU's Student Rights and Responsibilities Office (SRRO)? It's an essential resource dedicated to supporting a **respectful, safe, and inclusive** campus for everyone. Whether you're navigating a tough situation or just curious about your rights and responsibilities as a student, the SRRO is here to help.

Real Situations, Real Help

Scenario 1: *You're being disrespected in a group project.* The SRRO helps you resolve conflicts and handle tough situations respectfully and professionally

Scenario 2: *You feel your assignment wasn't graded fairly.* The SRRO can have a discussion with you about your rights and responsibilities as a student

What does the SRRO Do?

- Know your **Rights** and **Responsibilities** as a Student
- **Understand Policies** – The SRRO is responsible for administering KPU's ST7 Student Conduct (Non-Academic) Policy and Procedures and KPU's SR14 Sexual Violence and Misconduct Policy and Procedures. The SRRO can also provide guidance on other KPU policies that may be relevant to your situation.
- **Resolve Conflicts** – Get guidance navigating conflict respectfully and fairly.
- **Promote Community Values** – Understand your role in building a respectful campus.
- **Student Conduct** – If a student violates ST7, KPU's Student Conduct (Non-Academic) Policy, the SRRO helps guide the response and offers support.
- **Promotes a Respectful Learning Environment (RLE)** – Supports students who are experiencing bullying, harassment, or discrimination.
- **Support Survivors of Sexualized Violence and Misconduct** – Per SR14, the SRRO provides support and resources if you or someone you know has been affected by sexualized violence or misconduct.
- **Behavior Intervention Team (BIT)** – Works to respond to concerning behaviors in a supportive, proactive way.

Let's Talk About It: Sexual Violence Awareness

KPU recently launched a series of videos focused on sexual violence—what it looks like, how to support someone, and what resources are available. These are real, **honest conversations** that every student can learn from. Whether it affects you personally or you just want to be informed, this is something we all should know about. You can check them out here: kpu.ca/sexual-misconduct

Myth vs. Fact

Myth: You only go to the SRRO if you're in trouble.

Fact: The SRRO supports all students—whether you're raising a concern, asking a question, or seeking guidance and resources.

Need to Reach Out to the SRRO?

If you're unsure who to talk to or need support, the SRRO is here to help.

Email: srr@kpu.ca or contact the SRRO at kpu.ca/student-rights-responsibilities/contact-us

Website: kpu.ca/student-rights-responsibilities

Stronger Together: How Relationships Boost Happiness and Success

🧑🏫 Authors: Rahul and Bhavni 🧑🏫

As Peer Wellness volunteers, we have experienced firsthand how building **meaningful connections** can profoundly shape **personal growth** and **career development**. Whether through peer mentorship, collaborating with various campus departments, or simply engaging in heartfelt conversations with fellow students, these bonds have been essential to our university journey.

Our experiences of being active within the KPU community have taught us how to **balance academic and personal life** effectively. Supporting students through the Peer Wellness program, on top of our studies, has made us more **disciplined, resilient, and compassionate**. We know that these achievements are not just a product of demanding work—they are also a testament to the mentors, friends, and support networks who have guided and encouraged us along the way. These strong **interpersonal relationships** have been at the heart of our **growth and success!**

Why Strong Relationships Matter

- **Personal Growth:** Being surrounded by a supportive social network pushes us to continuously improve, boosting our confidence, and inspiring us to set & achieve new goals.
- **Sense of Belonging:** Engaging in a community, whether through mentorship programs or student organizations, helps us feel connected and at home—even during challenging times.

Research Suggests

Individuals with strong social connections experience significant improvements in well-being, showing how nurturing these relationships can boost overall happiness and mental health (Holt-Lunstad, Smith, and Layton, 2010)

Involvement in peer support programs fosters a strong sense of belonging, which in turn leads to improved mental health and academic performance (Crisp et al., 2020)

- **Enhanced Motivation:** The encouragement we receive from others can motivate us to actively participate in university life and to embrace new challenges.
- **Improved Mental Health:** Positive social connections help us better manage stress and alleviate feelings of isolation—making the overall university experience more enjoyable (Crisp et al., 2020).

How to Build Meaningful Connections

If you are looking to start building these important relationships, here are some practical steps we did that may work for you:

- **Join Student Organizations:** Get involved in clubs or groups where you can meet like-minded individuals. This was one of our first steps when we felt the need for more connection.
- **Volunteer on Campus:** Participating in initiatives from different KPU departments and annual large events that need extra hands like KPU Career Day.
- **Attend Campus Events:** Whether it is a casual social gathering or a formal networking event, showing up and engaging with others is key.
- **Leverage Peer Support Programs:** Programs like Peer Wellness are designed to offer guidance and help build community, easing the transition into university life.
- **Be Open and Approachable:** Sometimes, a simple conversation or a small act of kindness can lead to lasting connections. Do not be afraid to take that first step.

Research suggests

Social support naturally boosts self-esteem and resilience while reducing stress and anxiety (Harvard Health Publishing, 2019)

Our journey at KPU has been enriched by **making connections** across multiple departments, broadening our **networks** and enhancing our **interpersonal skills**. We've been able to **exchange ideas and learn valuable lessons**, contributing to both academic success and personal fulfillment.

Our personal and academic growth stands as a testament to the power of strong, supportive, and **positive relationships**. By investing in these connections—whether through formal peer support programs or meaningful everyday friendships— we've not only enhanced our own **happiness and success**, but also contributed to a more vibrant and thriving **university campus community**. If you feel ready to put yourself out there, KPU has tons of opportunities for you to get involved!

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