

These sustainability facts are included in the New Student Invocation presentation.

- No new purchases were made to provide Student Orientation branded giveaways at this year's Invocation ceremony.
- Live captioning is provided for your Invocation Ceremony to provide an equitable experience to individuals of all abilities.
- At UFV, students can receive free peer tutoring from the Academic Success Center so they can engage with course material through a variety of learning strategies
- UFV has water bottle filling stations all over campus so you can refill your reusable water bottle with clean, filtered water without having to generate waste!
- UFV students get free access to counselling services so you can take care of your mental health while you balance your academic workload
- UFV has specific parking stalls for EV's, carpooling, motorcycles, and bike lockers so you can make low emissions decisions about how you commute to campus
- The UFV-SUS Food bank provides support - including food hampers and low-cost recipe suggestions for any students experiencing food insecurity
- 321 solar panels on the library, and a solar wall on the Athletics and Recreation building help with temp regulation and reducing energy use.
- UFV students can work out their brains and bodies with campus rec facilities and classes, and free access to FraserValley municipal recreation centres with your u-pass!
- Join one of 39 different student clubs or associations on campus to get involved and give back to your community
- See if you can spot UFV's newest landscaping additions: an Indigenous native plant garden and a pollinator garden

Student Orientation - Smart Start

All new students to UFV are offered the Smart Start online Student Orientation course for free. Below are screen shots of some of the content that supports different SDGs

Remember to check the status of your transit option ahead of time! EXIT COURSE

M1 GET READY FOR CLASSES
33% COMPLETE

- Your learning journey
- Learning at UFV
- UFV campuses
- Student ID
- Course expectations
- Ready for classes checklist

SUS Campus Connector
The SUS Campus Connector supports increased accessibility to classes, events, and opportunities between UFV's Chilliwack and Abbotsford campuses. CAMPUS CONNECTOR

BCTransit
Bus services within Abbotsford, Chilliwack, and Mission (included in your SUS U-pass). BCTRANSIT

Translink
Bus services between Abbotsford and Langley/Metro Vancouver (not included in your SUS U-pass). TRANSLINK

Wellness wheel origins

The complexity and importance of personal wellness has been recognized by many North American First Nations cultures, who will often depict holistic wellness as four parts of a circle that can be balanced amongst the Emotional, Mental, Spiritual, and Physical parts of a person.

This concept of holistic wellness has been adopted into many cultures in the form of a "wellness wheel". The Student Orientation team is grateful to share this knowledge rooted in many Indigenous ways of knowing.

Learn more about First Nations perspectives on health and wellness at [First Nations Health Authority](#).

FIRST NATIONS HEA...

Self-care

Self-care is any activity that we do on purpose to improve or maintain balance in our wellness so that we can continue to work towards our personal goals. These actions and habits set us up to have the capacity and drive to achieve what's important to us. Some people practice self-care to find balance, ease feelings of stress and anxiety, focus on other areas of wellness, increase drive and motivation to achieve personal goals, or improve physical health and immunity.

Self-care and goal setting

EXIT COURSE

The practice of self-care and goal setting is personalized to you and your experiences. Sometimes we may think our goals have to mimic or reflect the goals of others – however, when you write your goals and reevaluate them, try to create the goals that feel most authentic and manageable to you.

Follow along with the slides below to explore an example on setting your goals.

Creating your plan

This goal setting outline is a helpful tool to get you started on thinking about the steps you can take to balance your wellness, while achieving your goals with a focus on self-care.

START >



1

Set your goal

What is one goal you have for your upcoming semester at UFV (either inside or outside of your study) ?

Consider what dimension(s) of wellness this goal falls under.

I want a higher grade on my next Philosophy assignment to support my emotional wellness, because I am worried I might not pass.

2

Stepping stones

Think about what realistic steps you can take to work towards achieving your goal. Write down one thing you need to achieve to get to that goal.

I often feel confused by the course material. I need to attend more of my professor's office hours, so I can ask questions and clarify my understanding.

3

Actionable steps

Think about an action you can realistically take that will help you achieve the stepping stone you have identified.

I am always up late trying to relax because I am stressed about my class. Then I miss my professor's morning office hours because I've overslept. If I try to go to bed early, I can wake up on time to visit my professor's office hours. This might help lessen my stress about the class.

Self-care strategy

Think of a potential barrier you might experience in completing your action step. If it is difficult to achieve your action step, consider if another area of wellness needs to be addressed, to help you feel balanced.

Sometimes it's hard to change my sleep schedule because of my job. If I come home later and have to stay up late, instead I can email my professor my questions and ask if I can schedule a time to meet outside of their office hours.

1 2 3 4 ✓

Check in often

This plan may look simple, but self-care and goal setting are not always linear or easy. We encourage you to check in with yourself through out the semester and consider if your plan is still relevant to your situation, or working for you.

Ask yourself if you've already achieved your goal, how much you want this goal, if you have chosen achievable stepping stones, or if there are other ways to achieve your goal. It's okay if you need to reevaluate your goals and the steps you might take to achieve them.

START AGAIN



1 2 3 4 ✓

Indigenous Student Centre

The Indigenous Student Centre (ISC) provides students with easy-access resources and a friendly, home-away-from-home environment. The ISC works to provide cultural and academic support, to help bridge the gap between the University and Indigenous peoples, and to help facilitate the Indigenization, or the recognition and incorporation of Indigenous peoples' practices and ways of knowing, at UFV.

The ISC also has an [Indigenous peer mentorship program](#). If you self-identify as First Nations status and non-status, Métis or Inuit and are entering your first semester at UFV, you can apply for an Indigenous peer mentor!

INDIGENOUS STUDEN...

UFV International

We recognize that pursuing post-secondary education away from your home country is not easy. Whether you are a new student or a returning student, you may need support in adjusting to university life and life in Canada.

UFV International provides a variety of support services to help you be successful. Connect with an [International Student Success Coordinator](#) when you need guidance or support in navigating the resources and support available for you at UFV and in the Fraser Valley community.

UFV INTERNATIONAL

Academic support

Whether you are looking for help with your homework, or having trouble using your online tools, UFV has free academic support services to help! For a complete list of services and access information, visit [Student Services](#).



UFV students receive support from a peer tutor through the Academic Success Centre.

CENTRE FOR
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The [Centre for Accessibility Services](#) (CAS) provides information on accessibility to UFV students, staff, faculty, and the larger community. CAS focuses on the impact that disabilities have on educational experiences, and aims to celebrate the enrichment that people with disabilities bring to UFV. Visit the CAS website to register for support.

Health and wellness support



UFV counsellor, Najmi Alibhai, discusses student wellness at New Student Orientation in 2017.

Sometimes you may need some help in supporting your physical and emotional dimensions of wellness. UFV has a variety of services which are free, and available to all students! For a complete list of services and access information, visit the [Student Services](#) webpage.

**UFV
COUNSELLING**

**PEER
RESOURCE
AND
LEADERSHIP ...**

**CAMPUS
RECREATION**

**UFV STUDENT
UNION
SOCIETY**

Going to university can be a rewarding and challenging experience. [UFV's Counselling Services](#) offers individual appointments and events related to student wellness, career exploration, and study skill development. UFV Counsellors can assist you with exploring your career; studying smarter, not harder; and offer crisis support with personal issues. UFV counselling services are available in person, over the phone, or through a secure online platform.

Career and finance

EXIT COURSE

support

UFV has a number of resources to help you with your finances during your university career, as well as career services to assist you with gaining relevant career experience during your educational journey. For a complete list of services and access information, visit the [Student Services](#) webpage.



UFV staff at the Abbotsford campus.

CAREER SERVICES

FINANCIAL AID

UFV-SUS FOOD BANK

The [Centre for Experiential and Career Education](#) (CECE) can help with your co-operative education (co-op) opportunities, where you can combine your academic studies with relevant work experience. Access CareerLink to book a career coaching appointment and browse job postings. Check out the [UFV Career Mapping](#) tool to set your career goals and find out how your experiences or education can expand your career opportunities.

Community support

Beyond the support services that UFV has to offer, there are several other resources available near UFV campuses throughout the Fraser Valley. Please check these resources' websites to learn more about their response to COVID-19.

Empower Me

Empower Me by Student Care is a text or talk program that gives international access to 24/7/365 mental health and wellness support resources for all UFV students.

EMPOWER ME

Here2Talk

Here2Talk is a service offered through the BC government, connects all post-secondary students in BC with 24/7 mental health support, available online, via an app or over the phone.

HERE2TALK

UFV Crisis Counselling

If you are a student experiencing a personal crisis during our office hours, contact Student Services and let them know it's urgent. A UFV counsellor will help you.

CRISIS COUNSELLING

Fraser Health Crisis Line

If you are experiencing a personal crisis after 4:30 pm PT, contact the crisis line at 604-951-8855 or toll free 1-877-820-7444. This service is available 24 hours a day, every day.

FRASER HEALTH CRI...

Campus security is here to help

Whether you need to access the UFV's Lost and Found, need an escort through the Safewalk program, building access, or more, [UFV's Risk and Safety](#) security team is here for you. They make sure UFV's campuses feel safe and secure for everyone, 24 hours per day.

Visit UFV's security offices at Abbotsford (B120) and Chilliwack (A1115 and TTC1108). You can also phone UFV security at 1-855-239-7654 (local 7654).

Build your network

Develop your personal, professional, or academic network at UFV. If you want to make friends, build connections for a future job, or connect with faculty, here's how you can get started.



Global Engagement Volunteers at the Summer 2018 International Orientation.

CLUBS AND ASSOCIATIONS

FRIENDS WITHOUT BORDERS

GLOBAL LOUNGE

THE CASCADES

Clubs and associations (C/As) are groups formed and managed by students with common causes or interests. A club is a student group with mainly non-academic interests, while an association is a student group with mainly academic interests. C/As are free to join at any time, and how much you participate is totally up to you!

Find more student-led organizations or create your own by logging into [myCampusLife](#), UFV's student engagement hub!



Betty Peters, ISC Director, and Eddie Gardner, Elder in Residence, in discussion on Métis Awareness Day in 2019.

Boost your wellness

Support your health, wellness, and creativity, in whatever way you define it. Here are some ways to get started.

ISC PEER MENTORS

CAMPUS RECREATION

THE CASCADE

STUDENT LIFE

The [Indigenous Student Centre \(ISC\) peer mentorship](#) program exists to help Indigenous students make a successful transition to university life. Indigenous peer mentors provide one-on-one support to first-year self-identified Indigenous students. At these meetings, mentors share their experiences and encourage their mentees to find and utilize applicable campus resources. Mentorship from an Indigenous perspective will focus on self-awareness, leadership, self-care, personal values, and empowerment.

Become a mentee to benefit from the Mentorship program with improved grades and motivation to complete a program of study.

Grow your professional skills

Boost your confidence, explore your passion, and grow your skills with opportunities at UFV. Here are some ways to get started.



UFV students at the UFV Career Centre Career Fair in 2019.

PEER RESOURCE AND LEADERSHIP ...

UFV LEAD

CIVIL RADIO

CAREER CENTRE

The **Peer Resource and Leadership Centre (PRLC)** is committed to providing one-on-one peer support sessions and wellness programming so students can access the information and resources they need in a safe, welcoming, and inclusive space.

Apply to join a team of volunteer peer leaders who bring diverse life experiences to their role, along with empathy, compassion, flexibility, and the ability to remain calm in emergencies.



Tripat Sandhu, former SUS President and Student Senator.

Advocate for change

Known as IYAQAWTXW – House of Transformation, UFV believes in being a place of change for students, faculty, and staff. If you want to use your passion to advocate for what you believe in, and build a legacy to create an equitable, inclusive, and safe community, here are some options to get started.

THE RACE AND ANTIRACISM NETWORK...

SEXUALIZED VIOLENCE PREVENTION

UFV SENATE

STUDENT UNION SOCIETY

The **Race and Antiracism Network (RAN)** exists to raise awareness about racism and race-related issues at UFV, the Fraser Valley, and society at large, develop strategies and tools of anti-racism, provide a space for Indigenous, Black, and people of colour (IBPOC), and more.

RAN's goal is to become your voice as they enact meaningful change towards anti-racism at UFV and in the community. Students, faculty, and staff are welcome to attend monthly RAN meetings.

Commitment to equity, diversity, and inclusion

In 2019, President Joanne MacLean formed a [President's Task Force on Equity, Diversity, and Inclusion \(EDI\)](#) committed to making UFV a more safe, equal, and inclusive place for all its members. This task force includes students, faculty, and staff from a variety of backgrounds and identities that represent UFV.

"Anti-Black racism, Anti-Indigenous racism, Anti-Asian racism, transphobia, homophobia, and xenophobia (all of these are compounded for individuals with intersecting identities), aren't events or moments that happen once or twice, or happen somewhere else. These are symptoms of longstanding and deep-rooted systemic inequities and discrimination that exist here as well as across the world, and all of this require a serious, collective, and continuous commitment to action in order to be reconciled... What I have learned so far about UFV in particular, and the Fraser Valley in general is that it is home to a diverse and dynamic community of people. There is a shared commitment towards equity, anti-oppression, and reconciliation and a real desire to know better so we can do better."



Sundeep Hans (she/her/hers), Director of Equity, Diversity, and Inclusion on the [President's Blog](#).

WHAT DOES EDI MEAN?

WHY IS EDI IMPORTANT?

"Diversity is where everyone is invited to the party. Equity means that everyone gets to contribute to the playlist. And inclusion means that everyone has the opportunity to dance." – University of Michigan

Equity

Making sure that everyone has equal access to resources, opportunities, and benefits. For example, UFV is committed to making all experiences accessible to you, regardless of ability or access.

Diversity

Appreciating the many unique dimensions of human identity (race, gender, beliefs, ability, age, sexual identity, etc.). For example, UFV is committed to upholding your rights and addressing violations.

Inclusion

Respecting and appreciating all people as valuable members of our community. For example, UFV is committed to using the pronouns, or terms that identify your gender, which empower you.

Commitment to sustainability

The primary objective of the Office of Sustainability is to enable the long-term wellbeing of the university and its place within the communities it operates within. Providing value to and aligning with the university's values with those of current and prospective students, employees through sustainable development ensures that the Office is proactive and attuned to generational, sectoral, and societal best practice.

The creation of sustainability culture is foundational to the positive development of UFV that enables equity amongst learners and employees. This is done by encouraging conservation, innovation, and the efficient use of resources in facilities and operations, as well as promoting education and research, engagement and outreach as they relate to sustainability best practices.

"The Office of Sustainability is here to educate, initiate, and inspire. Our work is designed with the intent to make UFV more socially, culturally, economically, and environmentally sustainable with its practices, in accordance with the UN's 17 Sustainable Development Goals. We host exciting events and activities for students all year!"



JenniKer Marsal (she/her/hers), Sustainability coordinator.

Learn more about UFV's bin system

One of the ways the Office of Sustainability meets UFV's commitment to sustainability, is a four bin waste system to keep unnecessary items out of our landfill. There are bins for organics, recycling, refundable, and everything else.

Check out the pictures below to learn where your items go.



- | Organics | Mixed recycling | Refundable | Landfill |
|---|---|---|--|
| <ul style="list-style-type: none"> Compostable packaging (look for "COMPOSTABLE" imprinted on material, and/or "PLA") Food products (Fruit, Vegetables, Grains, Dairy, Meat, etc.) Tea Bags, Coffee grounds, wooden stir sticks Paper towel, napkins Food soiled paper/cardboard | <ul style="list-style-type: none"> Plastics #1, 2, 4, 5 Metals (tin, aluminum foil) Paper and cardboard Empty coffee/tea cups (Tim Horton's, Starbucks, McDonalds) Milk cartons and jugs | <ul style="list-style-type: none"> Plastics (pop, juice, water, etc.) Aluminium and metals (pop, juice, water, etc.) Glass (pop, non-alcoholic beverages, etc.) Cartons (juice only) Juice Boxes (juice, kool-aid, etc.) | <ul style="list-style-type: none"> Styrofoam Stretchy plastics Plastic utensils Food vending machine packaging |

Community expectations

UFV has several conduct policies to keep you and our UFV community safe from bullying, harassment, violence, and other behaviours that negatively affect your learning environments. As a UFV student, you are protected both on and off campus (online environments, social media, off-campus UFV events, personal communications, etc.).

Read below to find out what is expected of you and of UFV staff and faculty to respect your learning environment.

SAFE STUDENT COMMUNITY

BULLYING AND HARASSMENT

SEXUALIZED VIOLENCE PREVENTION

The [Safe Student Learning Community policy](#) (Policy 204) covers all acts and behaviours that disrupts your learning environment and either cause, or have the potential to cause, harm. As a UFV student, you are protected both on and off campus: this policy applies to online environments, UFV events off campus, social media, and interactions between students through personal communications.

Academic expectations

UFV's academic policies are built on a respect for knowledge, truth, scholarship, and honesty as each of us grow and gather knowledge for ourselves and our communities. All members of the UFV community – students, staff, and faculty – are expected to behave in ways that uphold and respect this academic integrity.

Read below to find out what is expected of you and of UFV staff and faculty to support your learning.

UPHOLDING ACADEMIC INTEGRITY

DISABILITY ACCOMMODATIONS

INSTRUCTIONAL EXPECTATIONS

The [Accommodation of Students with Disabilities](#) policy (Policy 93) applies to all students with disabilities enrolled at the university. As a UFV student with a disability (permanent or temporary), you have the right to full, fair, and equal access to all university services, programs, and facilities in order to succeed in your programs of study. We encourage you to access the [Centre for Accessibility Services](#), if you are in need of support.

Campus Tours

All new students to UFV can sign up for a free campus tour. The following is taken from the tour script that includes sustainability-related content

- I'd like to begin by acknowledging that we are currently situated on the territories of the Stòlō First Nations. We are privileged to be able to laugh, learn, grow, and play on these lands.
- Student Services - your one stop shop for personal, professional, and academic support.
- Centre for Accessibility Services - provides accommodations and services for students with documented permanent or temporary disabilities while at UFV. This support can include additional time for exams, note taking assistance, applications for disability-related funding, and more. Even if for example, you break your arm mid-semester, CAS can help you succeed under any circumstance.
- If you are unsure if the CAS is right for you, Advisors are happy to meet with you to discuss further. You can learn more about registering for support on the [ufv.ca CAS](http://ufv.ca/CAS) webpage.
- Student Services - your one stop shop for personal, professional, and academic support.
- Counselling - as a student, you have access to free, one-hour appointments for personal, career, or study skills counselling. You can call our front desk to book an appointment between 9am – 4pm Monday through Friday.
- Financial Aid - receive assistance in applying for or cashing in scholarships, and applying for bursaries or student loans. Applications can also be done online. Make sure to check out the Financial aid website for updates on current and upcoming financial aid opportunities.
- Waste management system - these 4-bin waste disposal stations are in various locations on all of our UFV campuses. At UFV, we practice sustainable waste management by sorting out recyclable and compostable to reduce the amount of garbage that ends up in a landfill. If you're confused about what goes where, the pictures above the bin tell you how to use them. In 2019 alone, UFV diverted 65% of all UFV waste from being deposited in a landfill
- Water bottle fill stations- here is one of our many water bottle fill stations, where you can place a reusable water bottle over the sensor to fill up. Another areas where UFV meets it's promise of sustainability.
- Student Life department - find ways to get involved on campus, or enjoy the student lounge. Sometimes therapy dogs stop by!
- Peer Resource & Leadership Centre (PRLC) - They have specially trained student volunteers that are full of helpful information about almost everything on campus, and are also available for one-on-one peer support sessions if you just need someone to talk to. You can find them up on the 3rd floor in room S3127

- Food Bank- The UFV-SUS Food Bank offers food + toiletry hampers for students which can be picked up from any of UFV's campuses. Any UFV students who are struggling to afford basic groceries and toiletries can request a food hamper through the Food Bank's website.
- Indigenous Student Centre (ISC) - access support as Indigenous students, and learn more about UFV's commitment to Indigenization. This is a place of support for those self-identifying as Indigenous.
- Non-gendered washrooms - available on the 1st, 2nd and 3rd floors, including multi-stalled non-gendered washrooms on the second floor.
- Footwash station - available on the 3rd floor washroom
- Multi-faith prayer space - available on the 3rd floor for prayer or quiet reflection. There are three semi-private areas available from 7:00 a.m. - 11:00 p.m. any day that UFV is open.
- Academic Advising Centre - found on the 3rd floor of the SUB. One of the most important places to remember on campus. Here, you can speak with your academic advisor, who will give you advice on course planning, changing or completing programs, career planning, and more. You can book these appointments online or in person and the appointments are offered in person, virtually or by phone. It is recommended that you meet with an Academic Advisor at least once per year to make sure you are on track.
- Centre for Experiential and Career Education (CECE) – helps students with their future careers. Get assistance with writing and polishing resumes and cover letters, practice interview skills. Gain meaningful paid work experience on campus through the WorkStudy program. Test out a future career by enrolling in the Co-Operative Education program and earn both academic credit and a paycheque.
- SASI - Brings together South Asia scholars and students from diverse backgrounds and disciplines to create a nexus point for programs and activities that support their vision. The Institute fosters inter-disciplinary scholarly research, community and public engagement on issues related to South Asia and the Canadian South Asian Diaspora.
- Math and Stats Centre - get help independently or in small groups. MSC offers free tutoring for math and stats classes, and drop-in services. The schedule located on the door if you're interested in receiving help in-person or online! They also offer student employment opportunities
- Academic Success Centre (ASC) - Free student peer tutoring, resources, workshops and walk-in study space. This is a great place to go if you're looking for a quiet and supportive environment or have questions about academic integrity. They have workspaces on both CEP and AB campuses.