



STUDENT LEARNING

GOAL 4: SUPPORT STUDENT WELL-BEING, PERSONAL DEVELOPMENT AND OUTSTANDING CAMPUS LIFE

Objective: Supportive, Inclusive and Healthy Environment

Purpose: Student health and wellbeing is foundational to a student’s academic and life success: it supports student capacity to learn and flourish as a student and as a member of society. Having an exceptional student experience requires addressing student mental, physical and community wellbeing through systemic and programmatic-/ individual-level interventions. A concern for diversity and inclusion is embedded in all of the work at UBC, as well as targeted initiatives such as peer programs, accommodations, public education, community-building and addressing systemic issues through policy and other interventions.

Definition: Five metrics have been calculated to examine our accomplishments towards this goal: *Sense of Satisfaction, Sense of Belonging, and three items from the National College Health Assessment (NCHA) survey: the percent of students self-reporting good, very good, or excellent health, the percent reporting confidence in being able to cope with the demands of their life, and the percent reporting having managed stress successfully over the past year (strongly agree or somewhat agree).* Metrics were calculated based on survey items from the undergraduate experience surveys for sense of satisfaction and belonging. Responses from the Undergraduate Experience Surveys were measured on a 6-point scale where “1” was considered a low value and “6” was considered high. The general health item on the NCHA is a 5-point scale ranging from “poor” to “excellent” while the final two items are on a 4-point scale from “disagree strongly to agree strongly.”

Overall Metrics:

Metric	Okanagan		Vancouver	
	2011/12	2012/13	2011/12	2012/13
Sense of Satisfaction	4.5 (0.90)	4.5 (0.83)	4.4 (.89)	4.3 (0.93)
Sense of Belonging	4.4 (1.04)	4.4 (1.04)	4.7 (1.10)	4.7 (1.09)

Metric	Okanagan		Vancouver	
	2008/09	2012/13	2008/09	2012/13
Percent of students reporting good, very good, or excellent health (NCHA)	91%	89%	89%	88%
Percent of students reporting confidence in being able to cope with the demands of their life (Strongly Agree or Somewhat Agree) (NCHA)	91%	90%	92%	90%
Percent of students reporting having managed stress successfully over the past year (Strongly Agree and Somewhat Agree) (NCHA)	78%	78%	80%	77%

Note: the standard deviation associated with the mean is included in parentheses.

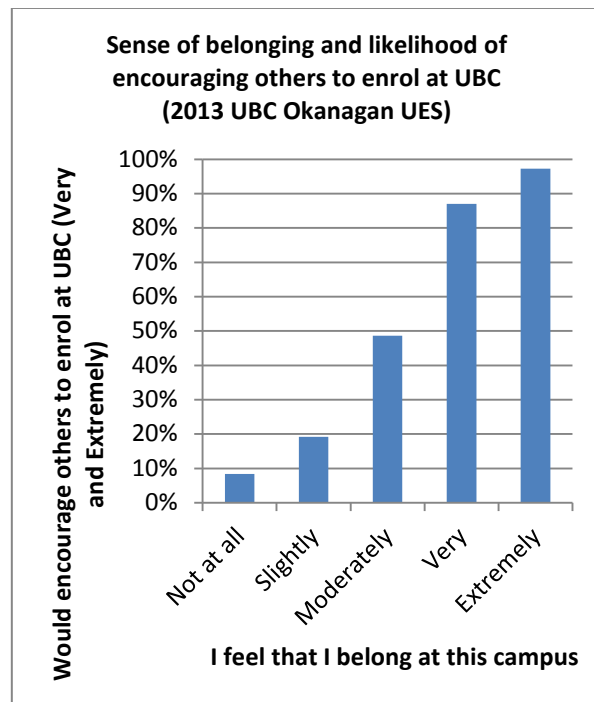
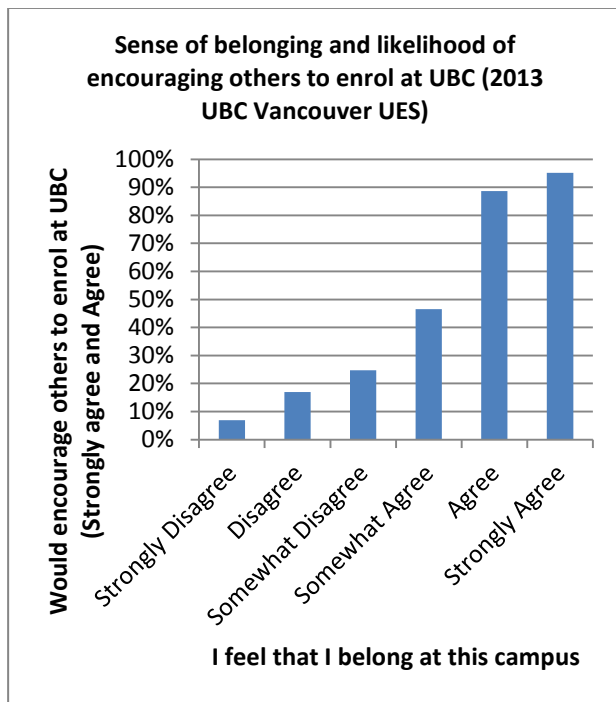
Explanation of Results and Next Steps:

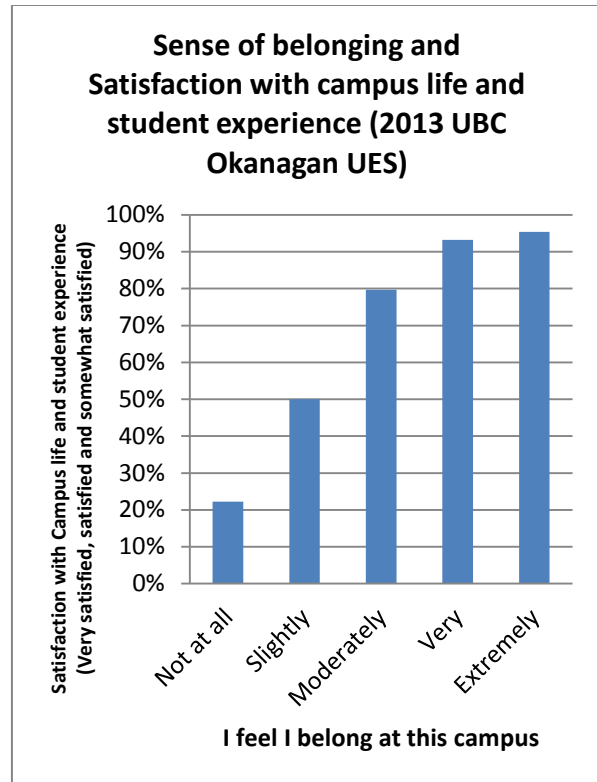
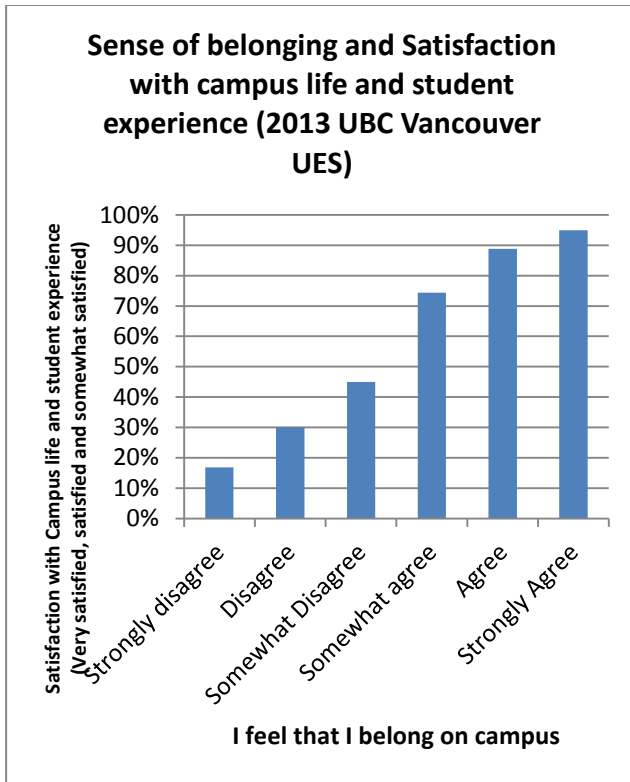
Sense of Belonging and Satisfaction: These metrics were calculated for the Vancouver and Okanagan campuses using survey data from the 2013 and 2012 Undergraduate Experience Surveys (UES). As shown below, sense of satisfaction was comprised of three survey items and Sense of Belonging the average of two. The Okanagan stayed constant at 4.5 for sense of satisfaction and 4.4 for sense of belonging, while the Vancouver campus saw a slight decline in sense of satisfaction from 4.4 to 4.3 and stayed constant in sense of belonging at 4.7.

There is a strong link between a sense of belonging and satisfaction with campus life and student experience, as well as between sense of belonging and likelihood to encourage others to enrol at UBC.

As can be seen on the charts below, students who have a strong sense of belonging on campus (Strongly Agree) are much more likely to be satisfied with campus life and the student experience than those who do not feel a sense of belonging (Disagree and Strongly Disagree). At the extremes, 95% of those who strongly feel they belong on campus are satisfied with campus life and the student experience, compared to only 17% of those who strongly disagreed.

The same general pattern holds when looking at belonging and recommending UBC: the stronger the sense of belonging a student feels, the more likely they are to encourage others to enrol UBC. 95% of those who strongly agree that they feel a sense of belonging on campus say that they would encourage others to enrol at UBC (strongly agree or agree), compared to only 7% of those who strongly disagreed that they felt a sense of belonging at UBC.

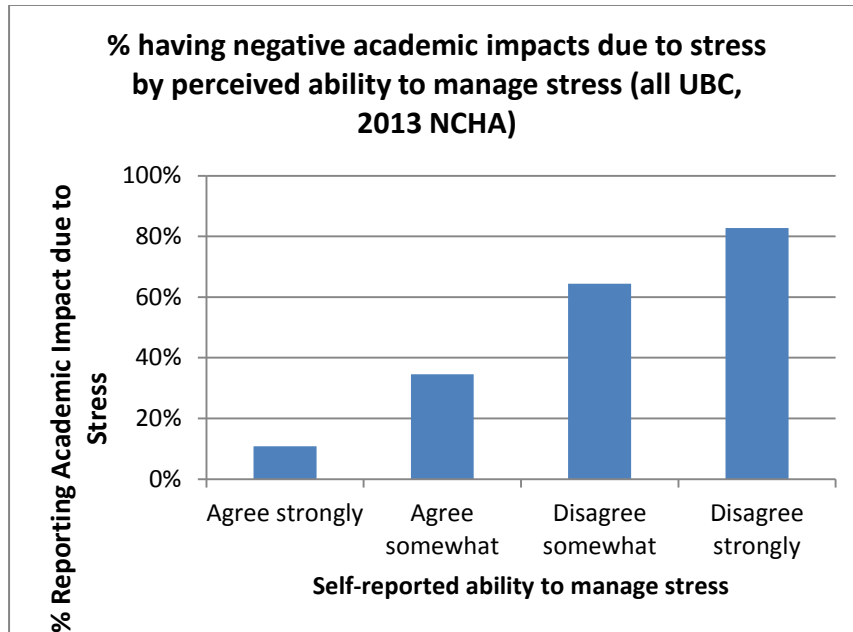




Next Steps: UBC currently supports campus life, student experience and the development of a sense of belonging. UBC currently has two strategic initiatives to build on these activities. The first is a working group focused on animating the campus. The second is the development of a student experience framework, which will help inform decisionmaking and initiatives to continue to improve the student experience.

Health and Wellbeing: The health metrics are taken from the National College Health Assessment, which was conducted in the spring of 2013 and 2009 (2009 was the next most recent administration of the survey before 2013). They show that the vast majority of UBC students on both campuses self-report as being in positive health and being able to successfully manage stress and self-report confidence in their ability to cope with demands on their life.

The mental health and well-being of students is a key support for their academic success and involvement on campus. Students who report being able to cope with the demands of their life, and report having been able to manage stress successfully are much less likely to report negative academic impacts from mental health issues (i.e., anxiety, depression, and stress).



At UBC Vancouver, some key initiatives in support of student wellbeing from 2013/14 were:

- **Wellness Coaching Program** New program developed and implemented with TLEF funding to provided individualized peer coaching support for students to help them strengthen self-management skills
- **Increased Mental Health Assessment Capacity:** Developed and implemented a Doctoral Assessment Practicum in collaboration with the Dept. of Educational and Counselling Psychology and Special Education. This program fills a gap in available assessment services for students and provides needed placements for specialized clinical supervision and training in assessment for UBC Counselling Psychology students.
- **Early Alert Program:** To support early identification of students with concerns and connection to resources.
 - Rollout completed (1400 faculty, staff and TA's received training, representing 31% of total in scope (4700; 75% of those trained state they intend to use EA)
 - Sustainability plan implemented which includes on-boarding new faculty and staff:
 - Key Metric: 2374 student concerns submitted to date; 93% of students who were reached out to responded.

Over the past year, the counselling services at UBC Vancouver have shown significant growth in the number of appointments and students served. Some key statistics include:

Counselling Services Statistics				
	2013-14	2012-13	2011-12	2010-11
Students seen individually	2862	2777	2539	2402
Students seen in groups	327	257	232	159
Counseling appointments	9093	8270	7131	6942

Next Steps: UBC is developing a Wellbeing strategy to address the wellbeing of our students, staff and faculty. The strategy will include a UBC framework, with local strategic plans for each campus.

Following the implementation of the new triage system in Counselling Services and broader systems to support student wellbeing across campus and within different communities of engagement, and in line with the proposed enrollment plan, a review of the current level of FTE is required to ensure the space and financial resources required to support students.

In addition to these pieces, the following are key initiatives planned for 2014/15 at UBC Vancouver:

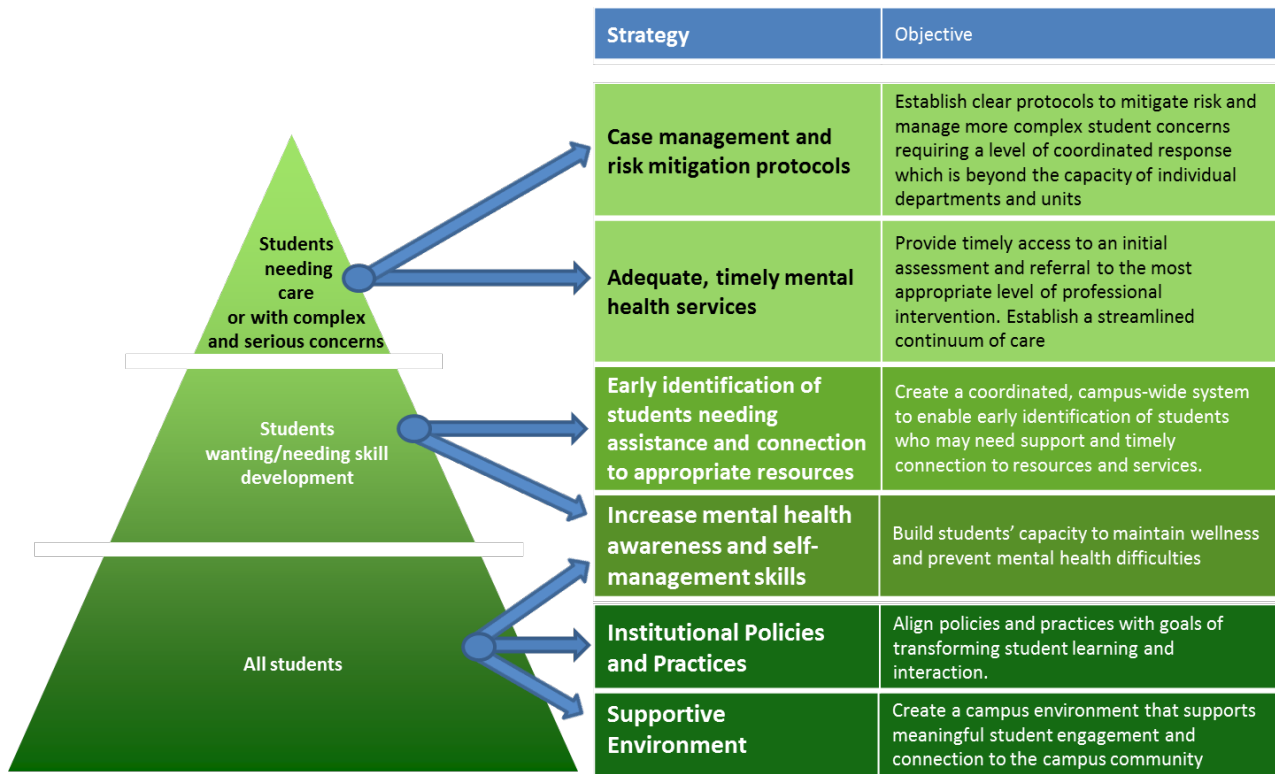
Senate Ad Hoc committee on Student Mental Health and Wellbeing. Actively support the activities of this committee to:

- Examine impact of the current academic environment on student mental health, wellbeing, and learning
- Develop a framework for incorporating considerations of student wellbeing into academic decision making
- Provide recommendations to changes in Senate policies to better support students in fulfilling their full academic and personal potential where appropriate

Wellbeing Liaison: Recruit and train Faculty/Departmental staff to serve as Wellbeing Liaison to support and sustain adoption and utilization of programs and services to support student wellbeing.

Strengthen Services and Programming to Address Sexual Assault: Sexual Assault Counsellor hired to:

- Increase counselling services for students who have been sexually assaulted.
- Lead the development of a coordinated campus response to provide more streamlined, comprehensive support for students who have been sexually assaulted.
- Play a central role in the development of awareness and educational programming to impact campus climate and culture.

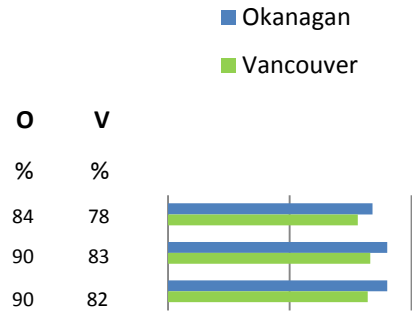


Summary of Survey Items to Create Metric Scales

Sense of Satisfaction

(Percentage of students who responded "Very satisfied", "Satisfied" or "Somewhat satisfied")

- Student life and campus experience
- Overall academic experience
- Overall level of service you received



Sense of Belonging

(Percentage of students who responded "Extremely" or "Very" or "Moderately" [Okanagan] or "Strongly Agree", "Agree" or "Somewhat agree" [Vancouver])

- I would encourage others to enroll at UBC
- I feel I belong at UBC.

