

AUGUST 2021

# ENGWellness Graduate Newsletter



*Produced by: the Spring 2021 ENGWellness Ambassador*

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## Returning to Campus

As COVID restrictions continue to loosen in Ontario and in Canada, the thought of in-person activity resuming on campus is prevalent. This idea is exciting because of the new opportunities it provides, but it is also difficult. Adjusting to in-person learning comes with many challenges, and it's important to prepare for such a major change.



A return to campus presents a significant change in the way students live their lives. Many students have become accustomed to learning through online courses, isolated from their peers. While the return-to-campus process will be gradual, and many students will still be in online courses in the Fall term, it can be helpful to start thinking in advance about what a return to campus will look like. The sudden influx of social interaction spurred on by in-person learning can be difficult to handle, especially after such a long time with limited in-person connection.

An important part of making the adjustment is being aware of your feelings. It is likely that coming back to campus (or even coming to campus for the first time!) will cause a lot of emotions, both positive and negative. These sorts of emotions come with any major change in life, and part of adjusting is understanding them. Take time to consider how you're feeling and to take care of your emotions and your mental health. In last month's newsletter we discussed Self-Care as a useful tool for coping with isolation, and it can also be useful for coping with big changes in life. Take time to be aware of your thoughts and feelings, and to be mindful of your mental health. Big adjustments can be the source of a lot of stress, and dealing with that stress in a healthy way is important for adjusting well to being back on campus.

Another part of adjusting to being back to campus is preparation and time management. Schedules for on-campus learning are often a lot less flexible than for online school. This change can be stressful, but good time management skills can help to cope with that stress. Writing out schedules for attending classes, studying, taking breaks, and doing extra curriculars can help manage the difficulty of switching to an in-person schedule. For more information on time management, check out this [Mind Your Wellness session!](#) The session was specifically focused on midterm preparation, but has useful tips which can be helpful for coping with the changes in scheduling between online and in-person classes.

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# On-Campus COVID Information

## Testing Centre

The Health Services COVID-19 Testing Assessment Centre is open to University of Waterloo students, employees, postdocs and their family members who live in the same household. Testing is by appointment only. You can use [this form](#) to book an appointment.

## Rapid Antigen Screening

The COVID-19 Rapid Antigen screening site is open and screening eligible asymptomatic employees and students. An appointment is required to be booked in the system, however same-day walk-in appointments are available if space permits.

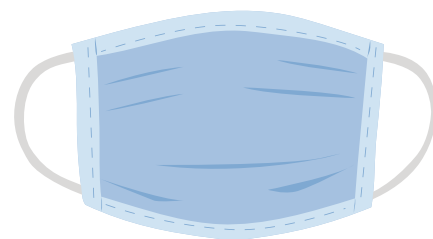
Rapid antigen screening helps identify asymptomatic individuals infected with COVID-19 that regular screening protocols such as symptom screening might otherwise miss and therefore helps break the chain of transmission by preventing these individuals from unknowingly spreading COVID-19.

Please note that this screening is for *asymptomatic* employees and students only. Students and employees experiencing symptoms of COVID-19 must contact the [Health Services COVID-19 Testing Assessment Centre](#).

## Vaccination Centre

A vaccine centre is now open at Health Services and available to all students, employees, and family members of students and employees!

Vaccination against COVID-19 is now required in order to live in Waterloo residences. Students should aim to be fully vaccinated with both doses before their move-in date, however the *minimum* requirement is that residents should receive their first dose of a [Health Canada approved vaccine](#) before they move in. These students must also receive a second dose of an approved vaccine as soon as possible within the recommended time period and provide proof that they have done so by November 1, 2021. Residents who can't get a vaccine due to medical reasons or other grounds protected under the Ontario Human Rights Code will be able to submit a request for accommodation.



# ECE Grad Cultural Sharing Social

Your ECE Grad Wellness Reps hosted a Cultural Sharing Social event on July 15th! We had many students come to share their cultures, tell stories, and get to know each other. It was a great event and we learned so much about each other's cultures! Jessica Rossi, Manager of Graduate Studies shared her Italian background, and ECE Grad students shared information and stories on India, Nepal, and Arabic Culture. We saw some incredible photos and videos! Thank you for sharing!



As part of the event, we compiled a list of recommendations for places to get food and things to do in and around Waterloo. Here are some of the places people recommended!

## Indian Grocery

- OM India
- ONKAR
- Hasty Market

## Kazakhstan, Russia, and other Eastern

### European Grocery

- Glogowski Euro Food

## Restaurants

- Shinwa
- Grand Mehfill
- Dakshin
- Grain of Salt (Cambridge)
- Royal Paan
- Ken Sushi
- Sweet Dreams
- Taco Farm
- Arabesque
- Northern Thai

## Things to Do / Places to Visit

- The Grand River Trails
- Trans Canada Trail
- Huron Nature Reserve
- Hydrocut Trails
- Stamm Woodlot
- Grand River Rocks
- St. Jacobs Farmer's Market
- UW Outers Club
- Waterloo Park
- Touring Uptown Waterloo

Stay tuned for more ECE Grad Wellness events in the future! We had a great time at our Cultural Sharing Social and we look forward to meeting again!

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# Returning to Campus won't be Returning to "Normal"

The following is a blog post from the [ENGWellness Blog](#). Check it out for more reflections like this one!

Returning to campus means a lot of different things. On the hopeful side, it signifies a dying down of the COVID-19 pandemic and its effects in Canada. It means possibilities for more social interactions, in-person classes, and in-person extracurriculars. There is much to be excited about. But there's much to be worried about too. Suddenly interacting with more people than we've seen in a very long time, adjusting back to in-person classes, lingering fear and concern about COVID, and more.

The potential for a return to campus is exciting. It's hopeful, and there are a lot of positive things to look forward to. But while we become excited, it's important to keep our expectations in check. This pandemic has been rough for everyone, and it's tempting to see a return to campus as the light at the end of a long, dark tunnel. It's easy to think of returning to campus as the last step in this process, after which things will be 'normal' again. We have to remember that this just isn't true. COVID is not over, and the effects of the pandemic on social interaction and mental health are far from over as well. I say all of this not to put a damper on the excitement and joy of being able to see people in person again, but to keep my own expectations in check. I know that if I go into the Fall term expecting things to be like they were pre-pandemic, I will be seriously disappointed. And that disappointment has the potential to have a real impact on my mental health. If I go into the next term expecting things to be as they were, the only thing I can end up being is disappointed when they aren't that way.

If instead, I go into next term remembering how difficult the past year has been, remembering the long months of not seeing any friends in-person, of quarantine, and of isolation, then I can begin to appreciate all the wonderful things about a return to in-person. If I go into the next term not thinking about all the things that aren't the same as before, rather than thinking about all the great things we can do now that we haven't been able to do for months, I am able to be grateful. Personally, gratitude plays a big role in my mental health. I find that remembering to be grateful for the good things in life and for the opportunities I have helps me to stay hopeful and stay in good spirits. Returning to campus will bring a lot of joy and happiness and excitement, and I would much rather experience all that joy



It is also important to remember that a return to campus will not all be smooth and easy. Transitioning back to in-person classes means getting used to completely different lecture styles and learning styles than we have been accustomed to. It will take real time and effort to get used to being around lots of people again. These are real challenges, and they shouldn't be taken lightly. Everyone will have a lot of adjusting to do.

I can't wait to get back to campus where I can see people again, and attend an in-person class. That idea is incredibly exciting, but I'm very aware that it won't all be easy. I need to be patient with myself if I have a hard time adjusting back to classes or feel overwhelmed by being around lots of people. Things are changing and it takes time to adjust.

Being mindful of your mental health and being patient with yourself can help to navigate a return to campus and make the most of an exciting (albeit stressful) change.

Joel Woods, 3A Math  
Spring 2021 ENGWellness Ambassador

# ENGWellness Trivia

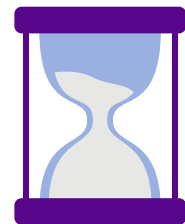
Over the past month, we've been running our ENGWellness Foursomes Trivia game. We had 4 rounds of trivia and received submissions from 17 different teams!

These teams were our top-4 scorers over the month-long period. Each member of these teams will receive a prize package from the WStore. Congratulations to our winners!

- 1 *Nanopartigals*
- 2 *W*
- 3 *picobrain*
- 4 *Ferocious Ferrets*

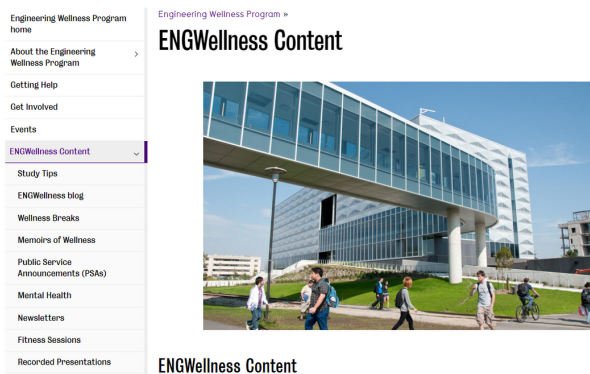
# Mind Your Wellness - Time Management

Looking for Time Management tips? Check out [this Mind Your Wellness session on Time Management!](#) This video contains useful time management advice, especially with exams around the corner!



# ENGWellness Content

Check out our ENGWellness resources including mental health pages and PSAs. All resources as well as previous newsletters can be accessed under the [ENGWellness Content](#) section of our website.



# Stay Connected

Be sure to follow us on social media to stay connected and updated.

-  [@uwengwell](#)
-  [@uwENGwellness](#)
-  [@UwengW](#)
-  [ENGwellness uwaterloo](#)

# LEARN 'Course'

Get news and access to our content modules through our ENGWellness Learn 'course'! Students can enroll using the Self-Registration function within Learn.

# WATERLOO LEARN

Calendar Pebble+ **Self Registration** UW Resources ▾ Course Request Help

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# Wellness Resources - For All Students

## Crisis Support

- [Here 24/7](#) - Offers addiction, mental health, and crisis services
- [Good2Talk](#) - Free, confidential support service which can connect you anonymously with a professional counsellor.
- [Empower Me](#) - This student-focused service provides you with "one-stop" access to counselling and campus wellness services. Integrates off-campus resources with already existing on-campus resources and can be accessed 24/7 (within N.A.) in a variety of languages. Gender and faith inclusive services are available.

## Mental Health Resources

- [EngSoc's Guide on Accessing Mental Health Resources at UW](#) - A no-nonsense guide to the services and resources available at UW to ENG students.
- [Centre for Addiction and Mental Health \(CAMH\)](#) - Provides information on addiction and ways to identify if help is needed and how to access it.
- [Campus Wellness Online Workshops and Seminars](#) - Everything from managing emotions, to reducing stress, to improving sleep.
- [Mental Health Commission Resource Hub](#) - Information about mental health and wellness during the COVID-19 pandemic.
- [Campus Wellness Group Therapy and Workshops](#) - Group therapy can be beneficial by helping you find new perspectives on shared challenges, feel inclusion and relief knowing that others experience similar challenges, and allowing you to practice new skills in a supportive environment.
- [Canadian Mental Health Association \(CMHA\)](#) - Tips about managing your mental health during COVID-19.
- [Canadian Centre on Substance Use and Addiction \(CCSA\)](#) - Offers free online resources, tools, apps, and information to support substance use issues by connecting with peers, support workers, social workers, and professionals for confidential chat services.

## Academic Support

- [Student Success Office](#) - Compilation of learning and life skills resources.
- [OUSA COVID-19 Resources for Students](#) - Financial aid, learning tips, and other mental health initiatives.
- [Waterloo Assignment Planner](#) - Customizable planner for reports, essays, presentations, math assignments, and you name it!
- [Tutor Connect](#) - Connects people with student tutors

## Contacts to book a one-on-one coaching session:

Sam Vandekerckhove (MME) - [srvandek@uwaterloo.ca](mailto:srvandek@uwaterloo.ca) / [ENGWellness@uwaterloo.ca](mailto:ENGWellness@uwaterloo.ca)  
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