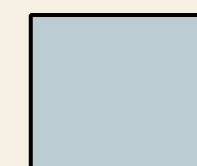




Mental Health

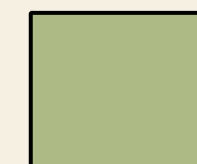
or, defining your own journey
through university



WiCS Orientation 2024



Grace Feng (4A CS)



thanks to Shriya and
Yilin (past term slides!)



Hello World!

Hi, I'm Grace! (she/her)

- 4A CS, HCI specialization, creative writing diploma
- Currently @ Dayforce
- Current CS Rep (x5), prev. MathSoc Prez (S23), prev. MathSoc VP Comms (F22), prev. Math Grad Chair (W23), and more :D



What if I told you...

[insert relatable life story and details here]

(for slides readers: this is supposed to be here)

Overview



Well Well Well(being)

The importance of taking
care of your mental health!



Academic Weaponry

Academic struggles and
overcoming them



CS = Cool, Socializing!

Finding your community,
and its importance



The Journey

Helpful information!



01.Well Well Well(being)



Importance of Taking Care

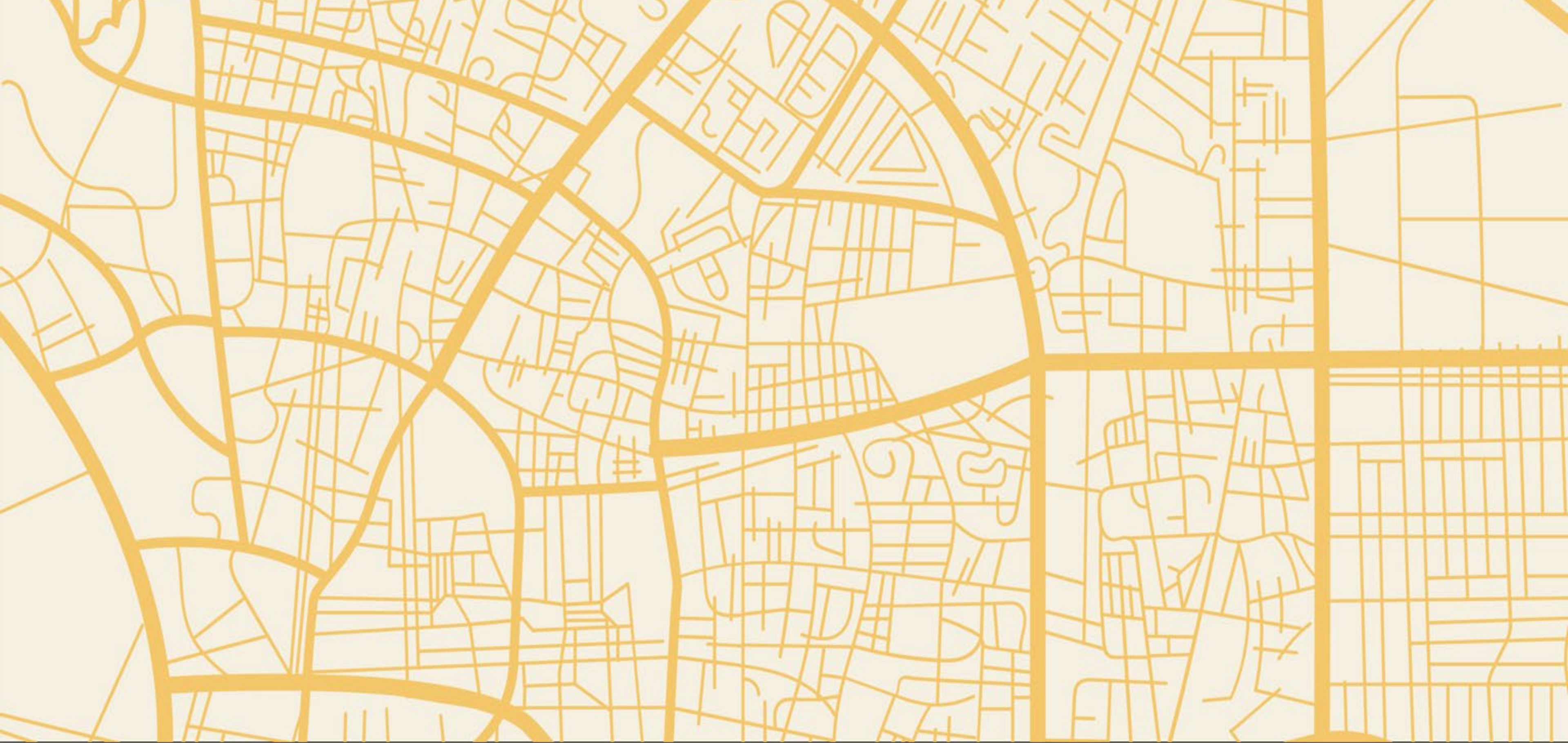
- Taking care of yourself so you can continue to achieve your full potential
 - School is stressful enough!
- Can't really do much if you're burnt out or overworked
- Give yourself the time you deserve



Importance of Seeking Help

- No problem is “too small”
- It can be life changing
- You are worth it. You deserve to thrive.

- You are not alone <3
- So many people are going through the same struggles you are



02. Being an Academic Weapon



Being an Academic Weapon

- Failing, withdrawing from, or repeating courses
- Taking a reduced course load
- Courses over coop, extending graduation

- It's okay to not do well in your courses.
- Often means some introspection is needed
- Office hours, tutorials, academic resources
- You belong in your program!



03.CS = Community + Socializing!



Social Struggles

- Importance of finding a community
- You may not have a lot of time, but trust me, make time
- Difficulties in finding your people
- Relying on social circle to support your wellbeing
- Looking out for each other, we're a community!



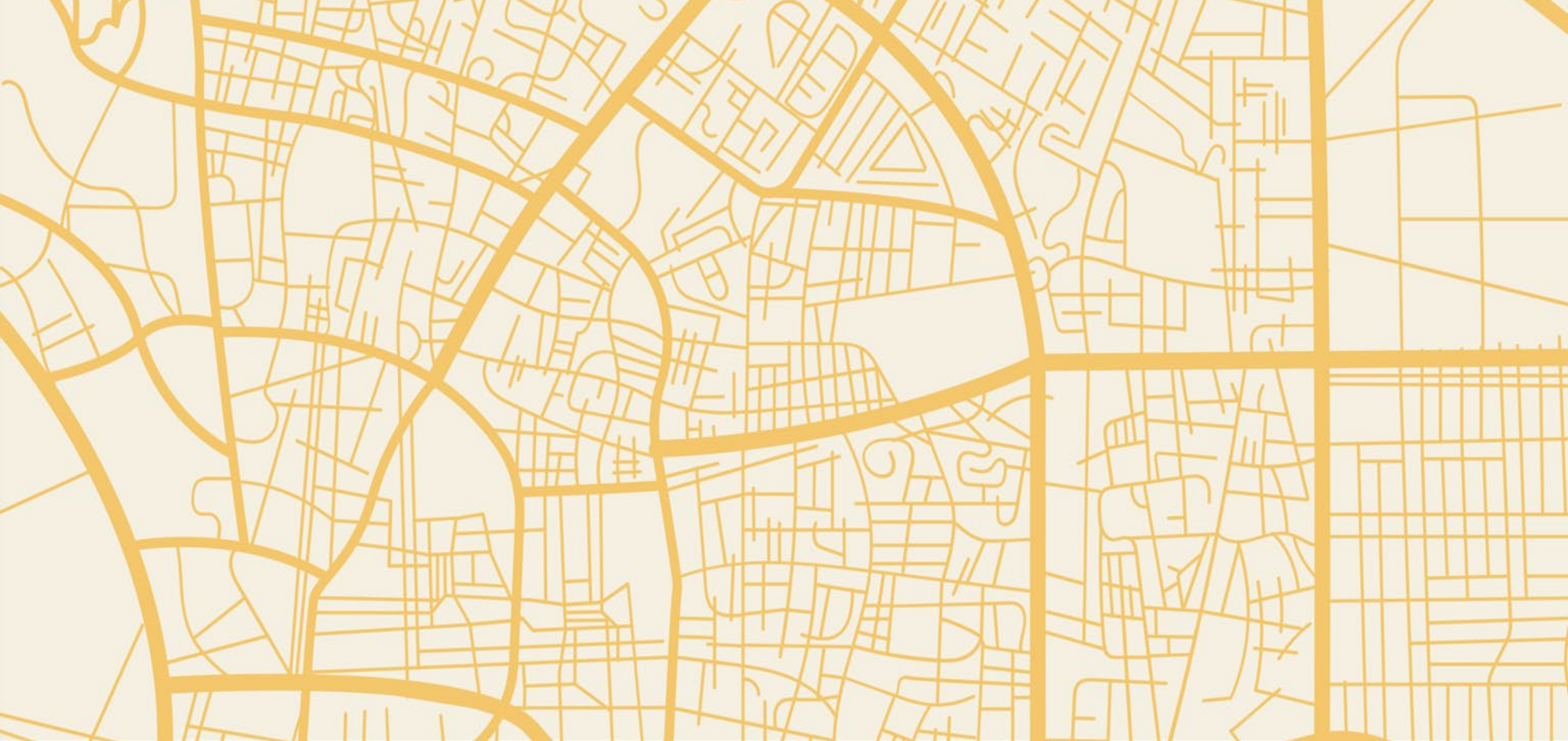
04.wdym, journey?



wdym, journey?

- Everyone's experiences, goals, etc. will be different.
- You can have your own definition of success.
- You can have different toolsets.
- Do what works for you.

You can succeed, I believe in you.



05.Tips and Resources



Quick Tips

- 9pm rule: don't trust how you feel about your life after 9pm
- Journal! Create something! Find an outlet
- Reward yourself for your progress, realise how far you've come
- Shower / Sleep / Eat Rule
- Make events to look forward to
- It might take time, and that's okay



Resources

Counselling: Counselling Services, Empower Me
Also through WUSA's insurance plan

Off-Campus Resources: Good2Talk, Here 24/7, OK2BME

Community Support: Glow Centre, MATES, RAISE

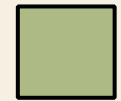
Academic Support: Academic Advisors, SSO

Thanks For Listening!

Feel free to ask questions :)



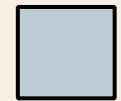
and feel free to reach out if you want to chat!



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<https://www.linkedin.com/in/feng-grace/>



credits: presentation template from slidescarnival!

