

A photograph of three people, two women and one man, sitting around a table in what appears to be a classroom or meeting room. They are all smiling and looking at a laptop screen. The woman on the left has long blonde hair and is wearing a white sweater. The woman in the middle has long dark hair and is wearing a brown jacket. The man on the right has dark hair, wears glasses, and a denim jacket. The laptop screen shows a website with the word 'Unsplash' visible. The background is a chalkboard with some faint writing.

Enhancing Well-being and Social Connection for Graduate Students and the Students they Teach

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TA/TM Well-being Project

Objectives:

1. To increase TA/TM well-being
2. To support TA/TMs to create conditions for well-being within their labs and tutorials
3. To create a sense of community and support among TA/TMs at SFU

Components



Introductory Workshop



Weekly E-mail Inspirations
with Practical Tips

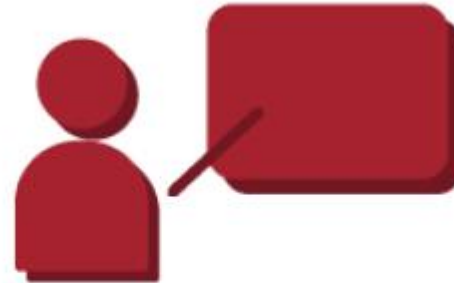


End of Term Check-in
and Evaluation

Outcomes



136 TAs involved



83% learned new strategies for creating conditions for well-being through the TA/TM role

Outcomes



85% become more aware of strategies for enhancing their own well-being



81% experienced positive benefits to their own well-being or personal growth



70% have seen positive benefits to students



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It was a wonderful reminder system for me to take a moment to concentrate on my personal well-being. My students also liked being able to take 5 mins before tutorial to work on some new skill

It made me take a little break from my daily frenzy and reflect on myself.

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Just having more discourse around well-being on campus makes me feel more confident both in asking for what I need for my well-being and forefronting that with students.

Over time, more students have started speaking out in tutorials, even if they are not confident about their answers.

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It has been helpful just to be reminded about this periodically because it becomes more of a focus in my daily life and priorities.

I liked the reminder that there are people in administration at SFU that deeply care about my well-being!

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Next steps



Questions