

# CONNECT

YOUR GUIDE TO RESIDENCE LIFE AT UBC



THE UNIVERSITY OF BRITISH COLUMBIA



# Your guide to...

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## QUESTIONS? CONTACT US!

Student Housing and Hospitality Services  
Marine Drive Residence Building 6  
2205 Lower Mall  
Vancouver BC V6T 1Z4

604.822.2811  
information@housing.ubc.ca  
vancouver.housing.ubc.ca

f /ubcresidence  
@ubcresidence

We acknowledge that Student Housing & Hospitality Services and UBC are located on the traditional, ancestral, and unceded territory of the Musqueam people. We thank the Musqueam Nation for its hospitality and support of our work.

# Welcome.

FROM JANICE ROBINSON *Director of Residence Life and Administration*



**At UBC, we're big believers in the benefits of living in residence.**  
*Here are ten essential tips to get the most out of your time as a UBC student.*

- 1. Live in residence.** Residence facilities, staff, programs and services make it easy for you to:
  - Meet new people
  - Feel part of UBC
  - Live in a study-oriented atmosphere
  - Find help for academic and personal challenges
  - Try new activities
  - Have tons of fun
  - Get shopping, cooking and cleaning done
- 2. Go to all your classes.** You've paid plenty for your classes, so get your money's worth.
- 3. Talk to your profs.** Ask questions in class, after class and during office hours. Professors remember the students who talk to them and show interest in learning.
- 4. Consider a part-time job.** But make sure you can still study and have time for friends. Limit work hours to 10-12 per week. For a short commute and to meet fellow students, consider a job on campus—there are plenty. Visit the Centre for Student Involvement and Careers for more information.
- 5. Advocate for yourself.** If you need something, ask for it. Start by asking the person right next to you. If he or she can't help, seek suggestions about who can. And if you have a legitimate complaint (about, say, your living situation or a grade you received), propose a solution.
- 6. Think hard about living with your best friend.** Living together is difficult. You'll need your friendship during the ups and downs of your year. Consider this instead: live near each other, bring new friends into your social circle and keep old friendships strong.
- 7. It's OK to just be roommates—not fast friends.** You might not become forever friends with your roommates, but you do need to find a way to live together respectfully. Make a contract with your roommates that outlines housekeeping standards, schedules, and costs; using and borrowing each other's things; and a policy on guests. Ask your residence advisor for the roommate contract that can help you and your roommates discuss your expectations.
- 8. Do something.** Get involved in a club, group, association, team or volunteer work. You'll meet new friends and feel part of UBC. You'll also feel good knowing that you're helping others, are part of a bigger purpose, and possibly learning professional skills. Here are a few ideas:
  - Attend Clubs Days in September
  - See UBC Recreation to browse activities and intramural sports
  - Search for volunteer opportunities
- 9. Use campus resources.** Learning and social resources are at your fingertips, so use them. **Students.ubc.ca** is a one-stop-shop for information.
- 10. Create a schedule and follow it.** Now that you're at university, you're the one who decides how to use your time. Schedule time to study, work, socialize and don't forget "me time." It's important to find a balance between all these important elements that make up your life.



# RESIDENCE RULES

## Your Residence Contract

Your Residence Contract is the agreement you sign before accepting your room in residence. It contains important information about the rights and responsibilities of living in the residence community. Residence Standards (section 3) are an important part of your contract.

## Residence Standards

Mutual consideration and agreed upon standards of living are essential to residence life. The well being of the residence community rests on balancing the needs of individual students and the needs of the larger residence population. UBC strives to provide a residence environment that:

- is safe and secure
- supports academic pursuits
- supports personal growth

Residence Standards needs support from everyone. This means cooperating with residence staff who

investigate situations, participate in standards investigations when necessary, and zero tolerance for behaviour that is disruptive or dangerous.

**Important:** “Not knowing” or excessive drinking is not an acceptable excuse for contravening Residence Standards.

The following principles have guided the development of the Residence Standards:

- Every person can expect consideration and respect for their feelings and needs and in return has the responsibility to show respect for others.
- Every person can expect to live in an environment where possessions and space are shown respect.

If at any time you feel a member of the residence community has acted inappropriately, or in violation of this contract, you should bring your concerns to the attention of your Residence Life Manager.



## Standards Violations

Residents who contravene Residence Standards can expect disciplinary action, most often assigned by the Residence Life Manager.

## Investigations

The Residence Advisor completes an initial incident report and meets with the student(s) to discuss the report.

If the facts are disputed or not reasonably clear, the student(s) must provide their own written account of the incident to the Residence Life Manager within 24 hours.

The Residence Life Manager reviews the documentation, discusses the incident with the student(s) and renders a written decision.

## Consequences

Residents found in violation of Residence Standards may receive a warning or standards points.

## Consult your Residence Life Manager for more details or contact:

Residence Standards Appeal Officer  
Student Housing and Hospitality Services  
2205 Lower Mall, Building 6  
standards.appeal@ubc.ca

## Standards Points

Points are essentially a warning system that uses numbers between 1-3 to help a resident know how close they may be to being asked to leave residence should they choose to conduct themselves in a manner that contravenes residence standards.

Residents found in violation of Residence Standards may be warned or assigned one or more standards points by the Residence Life Manager. Standards points are cumulative and remain active for 12 months from the date of the incident.

### Three standards points = probation

**Four or more standards points = residence contract may be terminated, resident may be evicted and denied future visiting privileges**

## Appeals

Residents whose actions are found to be in violation of Residence Standards and who are sanctioned by the Residence Life Manager may file an appeal.

The appeal must be filed within 72 hours of receiving the decision, and must be submitted in writing to the Residence Standards Appeal Officer.

Disagreement with the decision is not basis for appeal. The appeal must explain fully the resident's reasons and qualifying criteria for an appeal.

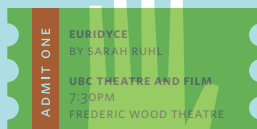
To be eligible for consideration the appeal must meet at least one of the following criteria:

- The appellant can provide a compelling reason why evidence crucial to the case was not available to be introduced during the original investigation.
- Some aspect of the administration of the investigation prevented the appellant from presenting a fair and complete case.
- The appellant can demonstrate that some evidence was not given adequate consideration.

If an appeal is granted, the Residence Standards Appeal Officer will consider all submitted documentation. Before rendering a final decision, the Appeal Officer may choose to meet with the student(s) involved, and the Residence Life Manager to further review the incident. After the review is complete, the Residence Standards Appeal Officer may advise the Residence Life Manager to modify, cancel, or uphold the decision regarding any or all persons involved in the incident. This decision is final.

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# RIGHTS & RESPONSIBILITIES

Our staff work with residents to create communities that support academic success and are based on mutual respect and personal development. The guiding principles below describe your rights, privileges, and accompanying responsibilities as a resident within the residence community.

## SAFETY

**Right:** Every person has the right to be safe.

**Responsibility:** Act in a way that does not endanger yourself or others, utilize the security mechanisms provided in your residence, and report any unsafe behaviour or conditions.

## RESPECT

**Right:** To a community based on mutual respect and acceptance; free from intimidation, harassment or discrimination.

**Responsibility:** Treat all members of your community with respect, acceptance and understanding. This also means speaking up when you are aware of acts of harassment, intimidation or see others being treated with a lack of respect and dignity.

## FAIRNESS AND SUPPORT

**Right:** To expect fair and consistent service from Residence Staff to address your questions or concerns.

**Responsibility:** Be responsive and cooperative in all dealings with Residence Staff, follow applicable processes, and respond to their requests (including email correspondence and meeting requests) in a timely manner.

## CLARITY OF RESIDENCE STANDARDS

**Right:** To expect that the Residence Standards are clear.

**Responsibility:** Know the Residence Standards and ask questions if you do not understand them.

## CLEANLINESS

**Right:** To a living space that is clean and kept in good condition.

**Responsibility:** Assist in the upkeep of common areas by promptly cleaning up after yourself, participating in making and maintaining a cleaning schedule with your room/unit-mates, using appropriate composting, recycling and waste receptacles, and by reporting facilities or equipment that are broken or dirty.

## REASONABLE QUIET

**Right:** To live in an environment conducive to sleep and study.

**Responsibility:** Always be considerate of your noise and speak with the relevant community member and/or staff member when noise levels are unacceptable.

## MANAGING PERSONAL HEALTH

**Right:** To access UBC services designed to support your physical and/or mental health and wellness.

**Responsibility:** Manage your health and wellness.

## CONSIDERATION

**Right:** To enjoy your living space with consideration for and from your roommate(s), and others living around you.

**Responsibility:** Treat others with respect and consideration, and engage in the outlining of reasonable expectations in your shared living space.

## REASONABLE PRIVACY

**Right:** To reasonable privacy and safety of your possessions.

**Responsibility:** Take necessary means to maintain the security of your community including upholding the integrity of access points to your residence, securing your valuables, and reporting suspicious activity promptly to the appropriate authorities.

**Living in student residence is a privilege extended to students at UBC. By choosing to live in residence you:**

- Acknowledge your commitment to the UBC Resident Rights and Responsibilities
- Are provided with secured, maintained, convenient student housing
- Benefit from living in a community that values academic success, personal learning, development and growth
- Are afforded opportunities to get involved. Extra-curricular activities have been shown to be a strong contributor to academic success.
- Can talk with residence staff and be referred to other UBC, AMS, GSS and community resources and support services that support health and wellbeing
- Have the privilege of enjoying social activities provided they do not conflict with other residents' rights to pursue academic success or personal well-being

# Making Friends



*Making new friends is a significant part of your time at university. It's a chance to meet interesting new people from around the world.*

## **Benefits of friendship**

- Improved academic performance
- Higher self-esteem
- Sense of belonging and purpose
- Greater happiness
- Improved mood
- Reduced stress
- Protection against unhealthy habits such as smoking or inactivity
- Better recovery from illness
- Longer life expectancy

## **HOW TO FIND YOUR PEOPLE**

### **Initiate**

Many of us wait for others to approach but in reality it is up to us to initiate. Start small. Say “hi” to a classmate and chat about coursework. Ask an acquaintance out for coffee.

### **Feel the fear, do it anyway**

Sometimes we worry about being rejected or not knowing what to say. Remind yourself that getting to know people can be awkward at first but this is normal and temporary.

### **Get involved**

It's often easier to connect with people who have similar interests. Join a club, play on a team or visit the *Centre for Student Involvement and Careers* in Brock Hall to discover new opportunities. Not sure where to start? Visit [students.ubc.ca/campus-life](http://students.ubc.ca/campus-life).

### **Build on what you have**

Are there people in your existing social circle that you'd like to know better? Deepen the relationship by opening up and being a bit more personal about yourself. Do you have old friends you've lost touch with? Reach out to old friends—they'll be glad to hear from you.

### **Improve your social skills**

Small talk might not be your thing, and that's okay. There are lots of great ways to improve conversation and social skills. Try asking questions to show your interest in the other person. Little things like smiling and maintaining appropriate eye contact go along way. A ton of resources for developing social skills are just a Google search away!

### **Limit your expectations**

Close friendships take time, energy and the right fit. Not everyone will become your best friend, but that doesn't mean you can't have fun and enjoy the company of your new acquaintances.





*Friends offer companionship and support. We need our friends most when academic life gets hectic.*

## **FIVE STRATEGIES FOR MAKING FRIENDS IN RESIDENCE**

### **1. Residence is where it's at**

Residence is the best place to make friends. Everyone is in the same boat: many are new to UBC and looking for people to hang with, study with, eat meals with and explore with. These folks will become your second family, so get to know them. Go to your floor and community meetings and be sure to get out to FirstWeek—that's where a lot of people connect for the first time.

### **2. Open doors**

Here's an easy way to meet people: when you're in your room just leave your door open. That signals your floor mates that you want to get to know them. Look up and smile when people walk by. Chances are, they'll peek into your room and give you a smile or a wave, too. And when you walk down the hall, take your floor mates' open doors as a signal to say hi.

### **3. Send positive signals**

If you want to make friends, look approachable. Some people don't get this. They wear their earphones, check their phone or avoid making eye contact. Those things send a signal—whether it's right or wrong—that they don't want to interact. To appear approachable, sit at a large table in the dining room or library. Smile, make eye contact and say hi when someone sits down. And invite others to join you—it could be the beginning of a new group of friends.

### **4. Take it online**

Social media is a great way to get to know other UBC students and residents. Search for groups for your school year, residence or floor. Most people are looking to meet new friends, so make sure you say hi in real life too!

### **5. Remember, we're all in this together**

One last thing: We're all adults here, and you can be friends with anyone, of any age, in any year. We're all here to learn, grow and make new friends.



# You are what you wear.

All of our clothing is made using fair labour practices and are eco-friendly. Because UBC school spirit goes beyond the classroom.

**UBC bookstore**



## START YOUR YEAR RIGHT

By Meike Schieb, UBC student

A new year is a chance to start right! And a chance to reflect on where you are, in terms of academic study and in terms of your entire self. You may be at crossroads in your life, and the path you choose will affect your future. Start this year right and take the initiative; be active and go for your dreams!

### What steps can you take right now to start the year fresh?

- Develop a clear picture of where you want to go with your life this year.
- Decide what your values are.
- Set goals.
- Think beyond today.

### For a clearer picture of where you want to head, reflect on these questions:

- What have you done with your life this past year?
- How do you feel inside?
- Where do you see yourself in a year?
- What steps do you need to take to reach your goal?
- Which of your characteristics and strengths can help you reach your goals?

Write down what's important to you and what you value. Summarize it in your own mission statement. A personal mission statement is like a personal credo or motto that states what your life is about. A personal mission statement is like a tree with deep roots. It is stable and isn't going anywhere, but it is also alive and continually growing as you continue to think about what you want from your life.

Your mission statement can be creative! It can also be very personal, and you don't need to show it to anyone. However, sharing your vision can make it more real and attainable. Who knows—the people you share your vision with might even be able to help you achieve it! Your mission statement can clarify what you want to incorporate into your life and what you want to live by. Make your mission statement creative and about you.

Figure out where you want to go and start going your own way. And have fun.

## STEPS TO SUCCESS

By Andy Chen and Humaira Hamid, UBC students

Many new students struggle with questions such as, "How tough are my courses going to be? Will I be able to keep up? What if I need extra help?" Good news. UBC has resources for students to build exceptional study and learning skills.

### Use available resources

- Professors and teaching assistants (TAs) are available after class and during office hours to help with assignments and difficult material. Don't be afraid to ask.
- Attend a free Student Services workshop to develop new skills in studying, writing, presenting, and reading. Visit [events.ubc.ca](https://events.ubc.ca) to find out more.
- Chapman Learning Commons has helpful resources and tools.

### Rethink lectures

Professors have limited time to cover course material in lectures, so they focus on what's most important. Stay on top of your reading and assignments, and consider lectures as an opportunity to review material you've already covered on your own. Most profs recommend 2-3 hours study outside class for every hour in class.

### Make peace with exams

They're unavoidable. Exams are part of university life. Prepare as best you can and don't get discouraged by lower-than-expected grades at first. Many students need time to adjust to university life.

### Manage your time

Is your course load manageable? Many courses include labs, discussions or tutorials on top of lecture hours. Have you left time for breaks? It can be tempting to schedule courses back-to-back. But you'll need time to eat, socialize, and chill. Breaks are also a great study catch up time. Check out online scheduling tools.

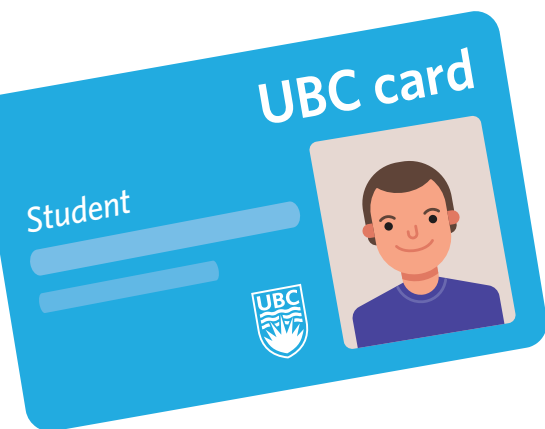


# THREE IMPORTANT CARDS

There are three cards that will be incredibly important to you throughout your time at UBC.

## Student Card

- Your UBCcard is the university's official identification card. It also serves as your library card and your meal card all in one
- Before you can pick up your UBCcard, you must complete the online application form at [ubccard.ubc.ca](http://ubccard.ubc.ca)
- Doing anything on campus without your student card can be difficult so make sure you carry it with you at all times



## Health Insurance Cards

### International Students

- If you're not a Canadian citizen or resident, you must have an iMED health insurance card
- iMED provides temporary health insurance for your first few months in Canada
- You are automatically enrolled in iMED. Your iMED card will be sent to you by email once you have registered for classes. Print it off and carry it with you, always!

### Aboriginal Students

- If you're an Aboriginal student, you should carry your provincial medical card from your home province. If you are a Status Indian, it is recommended that you also have your Status Card as it is sometimes necessary.

## U-Pass

U-Pass BC is a Vancouver unlimited access city-wide bus pass available to all eligible UBC students. Costs are absorbed as part of your student fees. You can load your U-Pass onto an adult-class Compass Card, which are available from any SkyTrain Station & TransLink Fare Dealers, including the UBC Bookstore.

For each month that you are eligible for a U-Pass you will need to make a request online to link your U-Pass and Compass Card. You can make the request anytime on or after the 16th of each month to ensure you can ride transit the following month. It can take up to 24 hours for your U-Pass to load onto your Compass Card. Be sure to log in and request your benefit well in advance of the start to each month.

Visit [planning.ubc.ca](http://planning.ubc.ca) for more information.

## WHY DO I NEED RENTER'S INSURANCE?

Students in residence are strongly advised to carry residential insurance protection to cover loss of personal property, liability for loss or damage to the property of others (including UBC's property) and liability for personal injury to others.

### How do I get renter's insurance?

Many companies offer the option of adding a rider to a parent's home policy, which may allow you to extend coverage to include your room in residence. However, the best protection may be achieved through a standard tenant insurance policy.

### Two insurance providers with offices close to UBC are:

- BCAA ([bcaa.com/insurance/home](http://bcaa.com/insurance/home))
- Westland ([westlandinsurance.ca](http://westlandinsurance.ca))



# LIVING & LEARNING

## SHARED LIVING

By Brook Jones, UBC student

Living in residence with dozens of peers, and no parents, is probably new. And as with any new experience there may be a few adjustments to make.

Luckily, the key to success is summed up in one word: R-E-S-P-E-C-T. That's how Aretha Franklin spelled it, and who am I to argue with the First Lady of Soul? The only way to keep these shared living spaces from falling into utter chaos is by showing respect for your roommates, housemates and floor mates.

### Different strokes

One of the great things about living in residence is being close to friends and peers. But it can sometimes be a drawback. For example, everyone has their own standard of acceptable noise levels, which can vary depending on the time of day, day of the week, and whether or not exams are happening.

Realize that you're a member of an academic community. You need to respect your neighbours' noise level needs and they need to respect yours. If you can do that, and be willing to compromise, you'll definitely be able to make residence livable.

### Clean up your act

Cleanliness is another area where respect is paramount. You'll share hallways, a lounge and, possibly, a room. And each one of you will have your own definition of acceptable cleanliness. It's important to establish standards and cleaning responsibilities. With common areas it's simple:

- > Be tidy
- > Don't let food rot in the fridge
- > Clean your dirty dishes promptly

Housekeeping staff tidy common areas, but only the basics. You and your neighbours are all responsible for keeping these areas clean and tidy. Also, leaving a large mess might result in your floor being charged for the cleanup.

### Talk it out

Respect for others is the guiding principle of residence contracts, which all residents agree to before moving in. For questions, or if you feel disrespected, contact your Residence Advisor. They are there to help resolve these sorts of situations. Remember, a little Aretha goes a long way.

## RESIDENCE ACADEMIC SUPPORT

Residence is often viewed as a place to sleep, socialize and snack, but there are many resources to support your academics too, like study rooms, tutoring, or academic talks. To find out more, just talk to your Residence Advisor or watch for posters in your residence area!

### Professor in Residence

This unique program offers you the opportunity to connect with a professor outside of the classroom. A professor is assigned to each first year residence community—and the professors are excited to engage with and get to know students outside of a classroom setting.

The Professor in Residence team is diverse in experience and committed to: offering weekly drop-in hours to answer questions; being present in the community; attending residence events and programs; making the professor-figure more approachable.

Additionally, the team offers a diverse range of engaging programs on topics related to well-being, academic success, and more. To view profiles of this year's team, please visit [vancouver.housing.ubc.ca/prof-in-residence](http://vancouver.housing.ubc.ca/prof-in-residence).

### Prof Chats

Prof Chats, a discussion series offered in Totem Park and Walter Gage residences, is an opportunity for you to connect with a variety of faculty members and senior administrators on a range of topics throughout the year.

Come to a Prof Chats event to talk about current events, hot topics, and any burning questions you may have. Plus, meet faculty members outside of the academic setting.

### Emerging Leaders Program

This is a great program for students who want to expand their learning beyond the classroom and gain valuable experience for their resumé. The program encourages and fosters trying new things, resiliency, and self-awareness about boundaries and limits. Residents enrolled in this program are paired with an upper-year mentor.

### Tutoring & Academic Support

Residence Life and AMS Tutoring have partnered to offer drop-in group tutoring sessions in Totem Park and Place Vanier—focused on support for first year students. Tutors come from a variety of academic backgrounds.

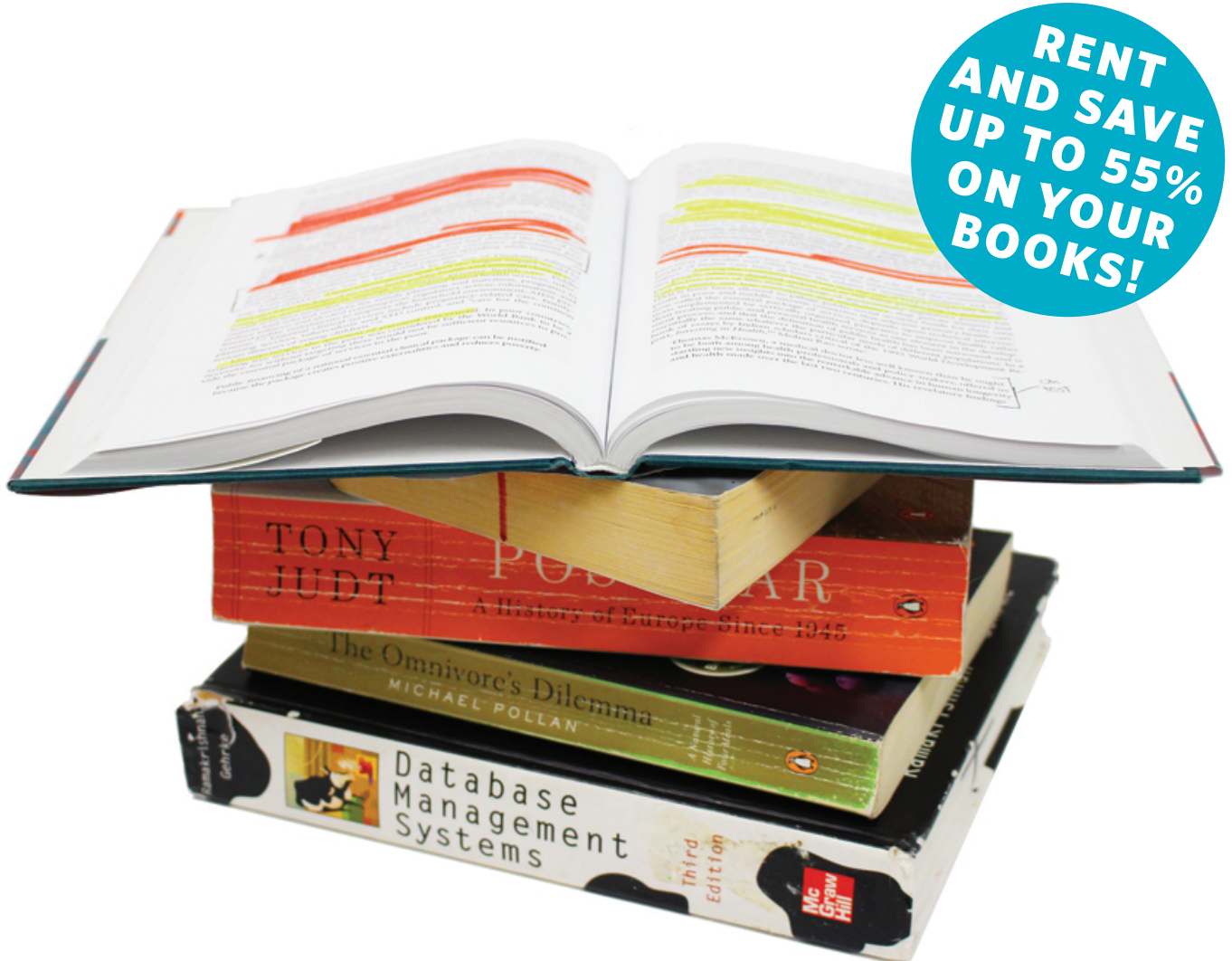
The Academics in Residence (AiR) committee also hosts events and programs that support academic success, with a focus on essay writing support, strategies for exam success, and ways to live well and learn well, to name a few. Sessions are open to residents from all residence areas.

# Go Ahead, Get em' Dirty. We Won't Judge.

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**Fold it / Highlight it / Take notes on it.**

**Return it.**



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# UBC Student Services

Student Services is the central hub for all your UBC resources. At [students.ubc.ca](https://students.ubc.ca) these themes will help you find what you're looking for.

**New to UBC** > Find out about UBC's orientation and transition programs to become familiar with campus life, and use campus navigation to find your next class. Or your next meal.

**Academic Success** > Plan your academic requirements and opportunities, create a strategy for experiences outside the classroom to complement your coursework, and get support when you need it.

**Health & Wellness** > Take care of your mental and physical health and manage your personal safety so that you can do your best while you're at UBC.

**Campus Life** > Balance your academic life with friends and activities—participate in campus life, get involved in leadership opportunities, and find recreation activities.

**Career & Experience** > Connect your education to the world beyond UBC—advance your career, find experiences outside the classroom to develop skills, get involved to build your network.

**Courses, Money & Enrolment** > Get stuff done. Learn how to do things like register for classes, pay tuition, make a financial plan, get the right study permits, and apply to graduate.

And if you're an international student, check out the **International Student Guide**, which has lots of great information to help you succeed at UBC.

# Privacy & third-party authorization

## How UBC protects your privacy

Your records and information at UBC are protected under the Freedom of Information and Protection of Privacy Act (FIPPA). This means that information you provide to UBC, and information UBC has on file about your academic progress, is not available to anybody other than you—even your parents, sponsors, or supporters.

If you want to give someone access to this information, you can grant third-party authorization.

## Third-party authorizations

If needed, you can grant UBC permission to release specified information on your record to another person—a third party:

- Log on to the Student Service Centre (SSC)
- Select *Personal Info* > *Third-Party Authorizations*
- Click *Add a New Contact* and enter your third party's contact information and their relationship to you
- Under *Area*, select the information you'd like to share

## Giving permission to pick up cheques or documents

To have a friend or family member pick up a cheque or other piece of documentation for you, they need to bring a completed copy of the Third-Party Pickup Authorization form.

Some documents, like transcripts and replacement diplomas, require payment and can only be ordered by the student—and need to be ordered prior to pickup.

For more information, please visit [students.ubc.ca/enrolment/records/permission](https://students.ubc.ca/enrolment/records/permission).



# EVERYDAY STRESS

**You've just arrived at UBC. Maybe you've experienced some stress already. Maybe you won't feel any stress until that deadline for your first mid-term looms. Nevertheless, stress is a normal part of university life. Like the subjects you'll study, the stress you experience—about exams, presentations, papers, friends, and relationships, to name just a few—is training you for greater challenges in life and your career.**

## What is stress?

When people talk about stress, what they really mean is the *stress response*. The stress response is the way your brain and body let you know that you have a challenge or problem that needs to be addressed. It's the signal that causes us to adapt and become more resilient.

## Why should I use the term *Stress Response*?

The word *stress* has taken on a negative connotation that leads to unhelpful ways of thinking about and managing our stress response. Using clear language to describe our experiences helps us learn how to use the stress response to promote, instead of reduce, our health and mental health.

## What about anxiety?

We often substitute the word *anxiety* when we mean the stress response. But anxiety is not the same thing as the stress response.

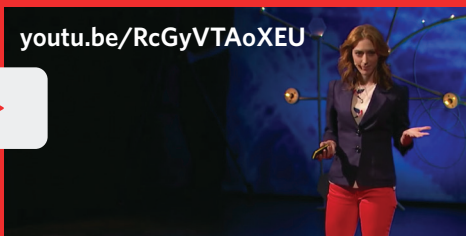
## The myth of evil stress

Until recently, most people believed that the stress response was bad for you, that stress should be avoided whenever possible. We've been bombarded by media and product marketing that has made us believe that we should avoid or decrease the stress response. Just think about how many products or services are advertised as essential for stress relief. As it turns out, most daily stress that we experience is actually good for us. And avoiding it could even be harmful.

***The only stress that can really cause us harm is toxic stress, like abuse, neglect, violence, and poverty—especially if experienced for a prolonged period of time.***

Check out this great video about how to make stress your friend:

[youtu.be/RcGyVTAoXEU](https://youtu.be/RcGyVTAoXEU)



## Why everyday stress is good for us

Everyday stress actually makes us stronger. Like exercise works our muscles and prepares them for greater physical exertion, everyday stress helps us become emotionally and psychologically stronger. It makes us more resilient to life's challenges.

In other words, when you experience a stressful situation and successfully cope with it, you're getting an emotional and psychological workout. The next time a similar stressor comes along, you're better equipped to handle it. And it probably won't feel as stressful the next time around.

***The key is not necessarily reducing the amount of stress you experience, but learning how best to deal with the stress that comes along with being alive.***

## Avoiding stress

But isn't it easier to avoid stress? Or get someone else to make the stressful thing or situation go away? Maybe in the short term, but it will catch up with you. If you avoid stress or expect someone else to resolve the problem for you, you don't learn the skills you need to take on life's daily challenges. Over time, this can lead to feeling helpless and constantly stressed out. You've traded developing long-term resilience for short-term relief. Does that sound like a good trade?

Have you become a stress avoider? Do you feel overwhelmed or helpless when you experience stress? Even if you've developed these habits and responses to stress, you can reverse them and develop health-promoting ways to manage your stress. You can turn stress from your enemy into your friend. Check out the opposite page for lots of great ways to manage your stress response.

## The myth of exam anxiety

Most people don't have exam anxiety. Instead, they're experiencing the normal stress response to writing an exam.

Experiencing the stress response about exams is the signal that you need to develop solutions in order to succeed at that task. How are you going to prepare to do the best that you can do? What skills do you need to develop to help yourself take on this challenge?



# Healthy Stress Management

a.k.a. life hacks for your stress response!



**Good news! There's lots of great ways to manage your stress response. Think of these strategies as life hacks for building resilience and learning how to adapt to life's daily challenges.**

## In the moment

**Figure out what the problem really is** > Think through the situation that's causing you stress. What's bugging you the most? What is the real problem?

**Consider the solutions** > Even a difficult solution is still a solution. Solving the problem, even when it's difficult or when it takes a lot of time is always the best coping strategy. Ask people for help. After all, that's how people have solved problems for centuries!

**Accept what you can't change** > If there isn't a solution and you can't change the situation, you may just need to accept that and move on. Consider that door closed and start looking for another one that you may be able to open.

**Be realistic** > Try to put things in perspective. Not every stressor is the end of the world. If this situation was happening to a friend, would you see the situation differently? What advice would you give them?

**Acknowledge your feelings** > It's OK to feel angry or upset once in a while. You don't have to bottle up your feelings. Admitting that something is really bugging you can often make you feel a lot better. Then, move from feeling to thinking. Move from experiencing the problem to solving it.



## Having trouble sleeping?

Here's some tips:

- > Avoid screens (phone, tablet, TV, laptop) for at least an hour before bed
- > Go to bed and wake up at a similar time each day
- > Create a consistent routine to prepare yourself for sleep

More tips and information about how to get a good night's sleep at: [teenmentalhealth.org/product/healthy-sleeping](https://teenmentalhealth.org/product/healthy-sleeping).

## Daily habits

**Build healthy relationships** > Anytime you're experiencing stress, talking to friends and family can make a big difference. Developing healthy relationships with people you can count on is an important part of preparing to deal with stress.

**Limit or avoid drugs and alcohol** > Drinking too much or using drugs will not solve the problem. Alcohol and drugs affect your ability to make good decisions and are only a temporary fix. When the substance wears off, your problems are still there—and your stress may end up being much worse.

**Eat a healthy diet** > A well-balanced diet makes you mentally and physically stronger. It gives your body the fuel you need to succeed. For resources, guidance and support, visit [food.ubc.ca/nutrition](https://food.ubc.ca/nutrition).

**Get active** > One of the best ways to relax and de-stress is to get active. Exercise is good for the brain and body. Research shows that for the biggest impact, 30 minutes of vigorous exercise per day is key. But even just walking to class, taking the stairs instead of the elevator, or taking a walk with a friend instead of going for coffee or drinks can make a big difference.

**Remember: Exercise isn't about losing or maintaining weight. It's about keeping your body, heart, lungs, and brain strong—for today and tomorrow!**

**Sleep** > A good night's sleep is necessary for optimal mental and physical health. How much sleep is ideal for most people? 8 to 9 hours! But you'll know how much is right for you. Keep in mind that all-night/binge study sessions aren't a very effective study method. You're better off getting a good night's sleep and reviewing key points in the morning.

**Manage your time** > Learn how to schedule assignments and other daily responsibilities. It will help you be more productive and keep you from feeling overwhelmed. When you know that you have time to do everything you need to do, it makes your day easier to manage. Google *Time Management* for a wealth of strategies.

Content adapted from *Transitions*, a resource guide for university students, and the first evidence-based publication of its kind, developed by Dr. Stan Kutcher. Download your copy at [teenmentalhealth.org/transitions](https://teenmentalhealth.org/transitions).



# Make Music with Us!

**Hear us play! Concerts: FREE and nearly free**

From full symphony orchestra and staged operas to intimate jazz and chamber music, including performances by our world class faculty, we have something for just about every musical taste. Most concerts are held in the Music Building, across the plaza in the Old Auditorium, or in the Chan Centre for the Performing Arts. Many concerts are free, for others student prices range from \$5 - \$15. FREE UBC student RUSH tickets available to many of our concerts at the Chan Centre.

## Sing or play!

Music ensembles are open to **ALL UBC STUDENTS** to join. To earn course credits, check with your faculty.

Ensembles include: orchestra, choirs, concert & jazz bands, gamelan, African dance and Korean ensembles, plus new music, laptop orchestra, and early music ensembles.

## Check us out at the UBC School of Music

Visit our website [www.music.ubc.ca](http://www.music.ubc.ca) for complete concert listings or pick up a concert calendar at the Music building.

Our address is 6361 Memorial Road, see map in coupon ⇨

*The fine print:* Auditions are held during the first week of classes in September. Sign up for auditions for all ensembles on the main floor of the Music Building or ask at the reception desk about speaking with the director of the ensemble.

Visit [music.ubc.ca/student-ensembles](http://music.ubc.ca/student-ensembles)



## Wednesday Noon Hours

**Classical**  
**Jazz** WORLD MUSIC  
NEW MUSIC

### Bring a Friend for FREE

Bring this coupon when you come to a WNH concert.  
Buy one ticket at \$5 and get a second ticket free.  
Concerts begin at 12:00 noon in the Music Building.

2018/2019 COUPON

# GOOD EATS

Making good choices about food can be difficult, considering the conflicting messages in the media and the often confusing information on food packages—or if you simply run short on time. But the formula is really pretty simple.

## Make half your plate veggies and fruit

Half your plate at each meal should be veggies and/or fruit. These nutrient-dense plants will keep your mind and body healthy and help to prevent post-meal sluggishness. You can even add veggies to breakfast! Think green smoothies, root vegetable scrambles, or avocado and tomato toast. And don't forget your snacks—like apples with peanut butter or veggie sticks and hummus.

## Eat close to nature

This means choosing minimally processed foods, which undergo few changes from farm to plate. Try:

- Grilled chicken instead of deep-fried, breaded chicken fingers
- Water instead of pop or energy drinks
- Overnight oatmeal instead of Fruit Loops or Cheerios
- Marinated tofu instead of mock meat

By **Melissa Baker, MHSc, RD,**  
**Manager of Nutrition and Wellbeing**

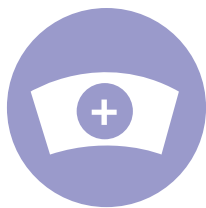
Choosing foods that undergo less processing prevents you from eating many preservatives, artificial colours and flavours, and excess salt and sugar. As an added bonus, these foods will often keep you fuller for longer.

## Make your proteins plant-based

It doesn't have to be all or nothing! Eating plant-based proteins—like beans, peas, lentils, tofu, nuts, or seeds—a few times a week is proven to improve your health, help our environment, and even your budget. Limiting red meat is especially beneficial. Delicious plant-based meal options include falafel, lentil coconut curry, marinated tofu and vegetable stir-fries, spicy dahl, and bean-based veggie burgers. All three residence dining rooms offer lots of plant-based meal options. Aim for a minimum of one to two plant-based meals every day or eating plant-based for one full day each week.

## Make an appointment with yours truly

I'm the UBC Student Housing Registered Dietitian and I'm here to help. Visit [food.ubc.ca/nutrition](https://food.ubc.ca/nutrition) to learn more about me, to make an appointment, or to email me your question!



# NURSE ON CAMPUS

**WEEKLY DROP-IN  
SESSIONS IN RESIDENCE  
& ACROSS CAMPUS**

**RESIDENCE SCHEDULE  
3 pm–6 pm**

**Mondays: Walter Gage**

**Tuesdays: Place Vanier**

**Wednesdays: Totem Park**

**Thursdays: Orchard Commons**



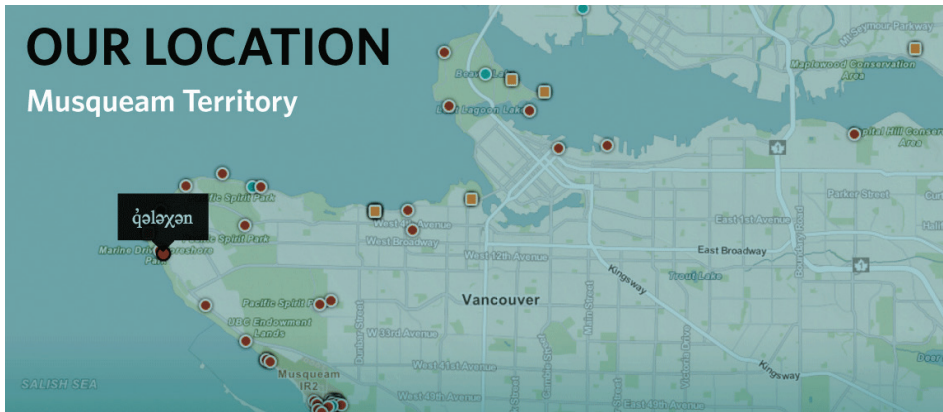
Stop by to ask questions and get information about your health and wellness from a registered nurse.

For more info + additional locations & hours, visit [students.ubc.ca/nurses](https://students.ubc.ca/nurses)

# Indigenous Engagement

By Sarah Ling, Project Manager, Indigenous Focus, Student Housing and Hospitality Services

Over the past decade, I've been fortunate to see our campus transform into a place that is more representative of our location on the unceded land of the Musqueam people, and which acknowledges some of the hidden, Indigenous histories of Canada. UBC has collaboratively developed many new spaces, initiatives, and opportunities to encourage our campus community to engage with Indigenous topics and communities, and to support our unique relationship with Musqueam.



## What does UNCEDED mean?

The term *unceded* refers to land that was not given or legally signed away to Britain or Canada. **Ninety-five percent of British Columbia, including Vancouver, is on unceded First Nations territory.**

Image from tə sʔa:n̓t syəθəs (Our History) - the Musqueam Places Names Web Mapping Portal.

## TOTEM PARK RESIDENCE

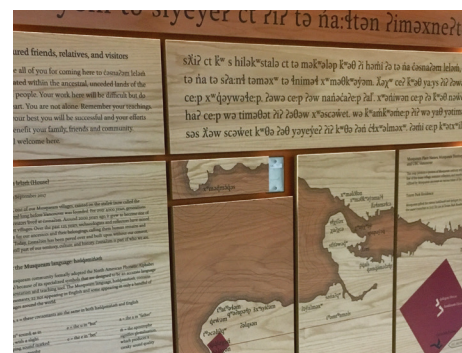
### Musqueam Names and Stories

In recent years, UBC has strengthened its partnership with our host, the Musqueam Nation, including the historic Memorandum of Affiliation, signed in 2006. Student Housing and Hospitality Services has been one of the units on campus to foster its own unique initiatives with Musqueam, in particular, storytelling initiatives in residence.

In 2011, Musqueam gifted the names *hərl̓ləsərn̓* and *q̓ələxən*, and in 2017, the name *čəsnaʔəm* for use at Totem Park Residence. These place names connect our residents and the campus community to the land they reside on, and the language of the Musqueam people, *həŋq̓əmiñəm̓*.

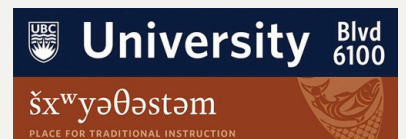
Storytelling displays are being installed throughout Totem Park to provide residents with an opportunity to learn about their place and its relationship to Musqueam and Totem Park's history of using Indigenous house names (Kwakiutl, Shuswap, Nootka, Dene, Haida, Salish, *hərl̓ləsərn̓*, *q̓ələxən*, and *čəsnaʔəm*).

Not a resident at Totem Park? Any student can visit the Totem Park Commonsblock to view storytelling displays, which are scheduled for installation in 2018-19.



## MUSQUEAM STREET SIGNS

In April 2018, UBC Campus and Community Planning and Musqueam installed street signs that provide a bilingual experience on campus in *həŋq̓əmiñəm̓*, the language of the land, and English. As you walk around, view the signs and learn where you are in relation to the land and flow of water. To view all the signs and listen to the pronunciations, visit [planning.ubc.ca/musqueam-street-signs](http://planning.ubc.ca/musqueam-street-signs).



## EXPLORE While you're here at UBC, take some time to explore these sites around campus to learn more about:

- > The deep history of the traditional, ancestral, and unceded territory of the Musqueam people
- > Indigenous histories, cultures, perspectives, and contemporary circumstances
- > Relationships between UBC and Indigenous communities
- > Responsibilities that come with being a guest on or steward of the land

### sʔ:itqə́ Double-Headed Serpent Post

This house post is located adjacent to the Bookstore in the University Commons.



It tells the origin story of the name xʷməθkʷəy̓əm (Musqueam). It was carved by Brent Sparrow Jr. and raised on April 6, 2016. Did you know there are different types of carving traditions? Many Coast Salish communities, including Musqueam, carve house posts, which are distinct from totem poles. [centennial.aboriginal.ubc.ca/musqueam-post](http://centennial.aboriginal.ubc.ca/musqueam-post)

### Reconciliation Pole

This pole is located at the south end of Main Mall, near Orchard Commons and Thunderbird residences.



It tells the story of the time before, during, and after Canada's Indian residential school system (1800s–1996). It was carved by James Hart, Haida Hereditary Chief and Master Carver, and raised on April 1, 2017 with thousands of witnesses. Be sure to also visit the new Indian Residential History and Dialogue Centre, located between the Irving K. Barber Learning Centre and Koerner Library. [bit.ly/reconciliationpole](http://bit.ly/reconciliationpole)

### Victory Through Honour Pole

The Victory Through Honour pole is located in front of Brock Hall on East Mall.



Topped with a Thunderbird crest, this pole is a replica carved by Calvin Hunt, Mervin Child and John Livingston in 2004. The original pole was carved by Kwakwaka'wakw artist Ellen Neel. In 1948 at UBC's homecoming football game in front of 6000 people, she and Chief William Scow of the Kwiksutaineuk Nation presented the Alma Mater Society with this pole, along with their community's authorization to use the Thunderbird crest and name for UBC's athletic teams. [centennial.aboriginal.ubc.ca](http://centennial.aboriginal.ubc.ca)

### Xwi7xwa Library

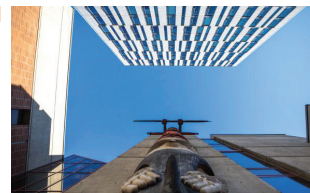
The Xwi7xwa Library is located near Place Vanier, at the corner of West Mall and Agricultural Road.



Pronounced 'whei-wha', the name means "echo" in Skwxwú7mesh Sníchim, the Squamish language. Xwi7xwa Library was designed in the style of an Interior-BC First Nations pithouse. The Library's collections and services reflect Indigenous approaches to teaching, learning, and research. [xwi7xwa.library.ubc.ca](http://xwi7xwa.library.ubc.ca)

### Whaler's Pole

Residents at Ponderosa Commons have a wonderful view of this totem pole on the north face of the Douglas T. Kenny building.



Carved by the late Arthur Thompson (1948–2003) of the Ditidah First Nation, the Whaler's Pole celebrates the ancient whaling tradition of the Nuu-chah-nulth people. Thompson was a residential school survivor and activist who fought for the rights of all survivors. [students.ubc.ca/ubcfyi/whalers-pole](http://students.ubc.ca/ubcfyi/whalers-pole)

### What is the First Nations Longhouse?

The First Nations Longhouse serves as a central hub for programming and services for Indigenous students, the university, and the wider community. It reflects the architectural traditions of the Northwest Coast. It is home to the First Nations House of Learning, which leads strategic planning on Indigenous initiatives, and the Indigenous Teacher Education Program.



Some events held at the First Nations Longhouse are open to the public. To find out what events are coming up visit [aboriginal.ubc.ca/events](http://aboriginal.ubc.ca/events)

## EXPLORE MORE:

First Peoples: A Guide for Newcomers to Vancouver: [bit.ly/firstpeoplesguide](http://bit.ly/firstpeoplesguide)  
Indigenous histories, politics, and cultures in Canada: [indigenousfoundations.arts.ubc.ca](http://indigenousfoundations.arts.ubc.ca)  
Indigenous initiatives across campus: [aboriginal.ubc.ca](http://aboriginal.ubc.ca)  
Stories of UBC-Indigenous relations and names at Totem Park: [powerofaname.ubc.ca](http://powerofaname.ubc.ca)

# INTERCULTURAL UNDERSTANDING

By Andy Gregory

## *Many cultures, one goal: inclusive communities*

Intercultural understanding is an essential part of living with others in a diverse university environment.

### **But what does it mean?**

“Intercultural understanding begins with a willingness to learn about and respect different cultures, nationalities, traditions and beliefs,” says Alden Habacon, UBC Director of Intercultural Understanding Strategy Development. “It also means openly sharing ideas that help build inclusive communities on campus and in residence.”

As a student, living in residence comes with a responsibility to encourage and support activities and living spaces where all people can thrive socially and academically, no matter where they’re from or what they believe in.

It’s important at UBC because residence is home to students from more than 142 different countries.

Habacon adds, “Your roommate might be from a small town and you’re from a big city. Your Residence Advisor could speak many different languages and practice a different religion. Even a staff member you see every day in the dining room could be from a part of the world you’ve never even heard of.”

Uttara Kumar, science major, and Payal Shah, psychology major, know first-hand what it’s like to live in residence among people with diverse backgrounds and customs they’re not used to.

Both from India, they met in the Jump Start orientation program, lived in Place Vanier during their first year of studies and are now roommates in Marine Drive.

Payal, 20, and Uttara, 19, offered to share their experiences and some advice for living and learning on a vibrant, multicultural campus.

### **Before you arrived, how did you expect people from different cultures would interact?**

**P:** When I was doing my research, I read about the diversity at UBC and was a little scared. I wondered, “What if I offend someone or say something I shouldn’t?” I also worried that people wouldn’t understand my background and that it would be hard for other people to relate to me.

### **How did it feel when you moved in?**

**P:** It was such a positive experience. Everyone I met was understanding and interested in getting to know me. People were very respectful of other’s feelings.

**U:** I agree. A lot of people we met are international students too. We all have different experiences and perspectives but can relate to each other. We did the Jump Start program before moving into residence, which helped us get used to our surroundings and all the different people.

### **What challenges did you face with so many diverse people living in the same place?**

**P:** At first, I was concerned about approaching people. I wasn’t sure if it was okay to walk up to someone and say hi. Building relationships works differently here than it does back home.

**U:** I was mostly concerned about trying to maintain friendships. Just because you meet someone, doesn’t mean you’ll see them again because there are so many people here with different interests. Group friendships didn’t happen quickly, but they did happen.



International students **Uttara Kumar** and **Payal Shah**, above, are roommates in Marine Drive Residence.

Residence is home to students from

**137**

different countries



**79%** of UBC students speak more than one language.



**50%** of students speak English as their first language.

**How does UBC create a sense of inclusion among residents?**

**P:** It's all about participating in different activities. In my first year, I was a floor representative at Place Vanier and helped organize many events. I think the whole purpose is to bring people together from different backgrounds to get to know one another and learn about unique traditions and customs.

**Have you learned anything new about other cultures while living in residence?**

**U:** We have another roommate from France. It's fun when she teaches us new words. She even made us crepes, which we had never tried before, and they were so good! It was also interesting to learn that people from France don't speak the same as French Canadians. We didn't really know that.

**You're both from India. Does that mean you're the same, culturally?**

**P:** No! We have strong differences because we're from different parts of India. Our family customs are different and we speak different languages. Living together, we realized there's so much diversity even within our own country.

**Do you think there could be cultural barriers among roommates?**

**P:** Sometimes, but very rarely. I think there could be challenges mostly related to language, food choices and sense of humour. But we all recognize that people do things differently around the world. As long as you're willing to learn, everyone can get along.

**What's your best piece of advice when it comes to unique cultural perspectives in residence?**

**P:** Living in residence might be difficult for people who are set in their ways and not willing to expand their horizons. It's always best to be open-minded and accept people's differences.

# MYTHS & REALITIES

## OF LGBT\* TQIA+ COMMUNITIES



This article is intended as an introduction to LGBT\* TQIA+ communities. The acronym LGBT\* TQIA+ (lesbian, gay, bisexual, trans\* (transgender, transsexual, trans-identified), two-spirit, queer, questioning, intersex and asexual) is generally used by the Positive Space Campaign. A plus sign (+) is added to the end in respect of the infinite variety of identities outside of, or not represented by this acronym.

### **Myth: Same sex attraction is unnatural.**

**Reality:** For some people it is natural to have sexual attractions and relations with members of one's own gender. To act on feelings of attraction is natural. Not to act on these feelings would force people to hide who they are and cause them great pain. This myth also comes from the belief that sexual relationships are formed for the procreation of children only. However, many heterosexuals do not have children and many LGBT\* TQIA+ people do.

### **Myth: We know what causes homosexuality and bisexuality.**

**Reality:** It is not known what causes either heterosexuality or homosexuality. Some believe they are predetermined genetically and research seems to indicate that sexual orientation is determined either before birth or very early in life. Others maintain that all humans are predisposed to all variations of sexual and affectional behaviours and they learn a preference or orientation. It is not the cause that is important, but that people are treated with dignity and respect regardless of their sexual orientation.

### **Myth: Only lesbians, gays and bisexuals are attracted to people of their own sex.**

**Reality:** Most adults have deep feelings, attractions and/or fantasies about both sexes. Over time, studies have consistently confirmed that both homosexual and heterosexual people have had a variety of sexual experiences with same gender and opposite gender people.

### **Myth: LGBT\* TQIA+s are promiscuous or somehow more sexual than non-LGBT\* TQIA+s.**

**Reality:** This stereotype is propagated by the fact that those individuals who are promiscuous are the most visible. As more and more gays and lesbians "come-out," the promiscuous stereotype diminishes. LGBT\* TQIA+ people are just as capable of stable, monogamous, committed relationships as anyone else.

### **Myth: People choose to be homosexual.**

**Reality:** Most people feel that they did not choose to be LGBTQ. Rather they were aware of having same-sex feelings at an early age or else these feelings evolved in their adolescence or adult years. Most people who are LGBTQ were raised by heterosexual parents and live in a predominantly heterosexual society. Importantly, homosexuality is not learned. If it were, the percentage of LGBTQ people in the population would be far greater. It is impossible to "make someone homosexual." Homosexual or heterosexual experiences as an adolescent do not determine a person's sexual orientation later in life.

### **Myth: LGBT\* TQIA+ people do not value family.**

**Reality:** Less than one third of all Canadian families are traditional "nuclear families." There are many diverse family structures. Within the LGBT\* TQIA+ communities there is recognition and nurturing of alternate family structures. Those who have been rejected by their family of origin often try to re-establish these relationships and maintain their right to raise children or adopt their partner's children.

### **Myth: LGBT\* TQIA+ people can be identified by certain mannerisms, clothing or physical characteristics.**

**Reality:** LGBT\* TQIA+ people come in as many different shapes, sizes and colours as do heterosexuals.

### **Myth: Most LGBT\* TQIA+ people could be cured by psychotherapy.**

**Reality:** Psychologists, psychiatrists and mental health professionals agree that homosexuality or being trans\* is not an illness, mental disorder or emotional problem.

### **Myth: Bisexuals can never be happy in a monogamous relationship**

**Reality:** Being bisexual doesn't make you any more likely to cheat than being straight or gay does. Just as in other sexual relationships, being partnered with one person doesn't suddenly negate your attraction to other people.



**Myth: Transgender people are gay.**

**Reality:** Gender identity and sexual orientation are two completely separate characteristics. One is what gender we see ourselves as being. The other is what gender(s) we are physically and romantically attracted to.

**Myth: Non-Binary Equals Intersex.**

**Reality:** These are two different things. Being non-binary is about having a gender identity that doesn't fit neatly into "man" or "woman." Some people identify as gender queer and/or two-spirited, while others go by gender fluid, androgynous or gender neutral.

On the other hand, being intersex is about being born with a physical sex that isn't classified as typically male or female.

**Myth: I don't know anyone who isn't heterosexual.**

**Reality:** With as many as 10% of people of the population being LGBTQ, we all know people who are not straight.

**Myth: LGBT\*QTQIA+ people are predominantly young, white, and non-religious.**

**Reality:** History shows that LGBT\*QTQIA+ people are found at all ages in all cultures, ethnic groups and religions. Sometimes an LGBT\*QTQIA+ person may feel they have to choose between their ethnic culture and their sexual orientation, for allegiance and identification, if they seem incompatible. It is important to note some religions are very supportive and even celebrate human diversity.

For more information on how you stand up for change, find your community or access resources and support, please visit [students.ubc.ca/campus-life/diversity-campus](http://students.ubc.ca/campus-life/diversity-campus).



# Bagels can't have sex!

By Katie Ralphs, student



When I was in grade five, the cool swear word was "lesbian." Our class went horse-back riding, the horses were all lesbians. When our mechanical pencils ran out of lead, they were lesbians. We had a pop quiz; our teacher was such a lesbian. I don't think Mr. Bowes was a lesbian. But I also didn't know what a lesbian was then, and it's fair to assume that most of my peers didn't either. But if Ashlyn said it, it must be cool.

One day I asked my mum what a lesbian was. She told me. I was shocked, but more so impressed that Ashlyn knew that her horse was a lesbian... how can you tell? I mean I still can't even tell when girls are lesbians, so how Ashlyn knew the sexuality of that horse is incredible.

I remember thinking that if being a lesbian was such a bad thing, why would anyone do it? Janet, my wonderful mother, told me that you didn't really have a choice. Then I thought, what if by some horrible mistake I end up like that horse? And then Ashlyn and I couldn't be friends anymore. In grade five this was a huge deal.

Skip forward to last week. I hear someone say that bagels are gay. Are bagels really gay? Do you really think they have sex with bagels of the same gender? I won't leave you in suspense. Bagels can't have sex. Neither can fire alarms, midterms, curling, or flip flops.

So there are two very good reasons why you should refrain from using the term "gay" to describe things that you just don't like. First of all, you're probably wrong, because these objects really aren't homosexual. Secondly, it makes people like me feel really bad about being gay. Sometimes I also feel really bad about liking bagels. Too many carbs.

Back to Ashlyn. Because of her, I thought for a really long time that being a lesbian was a bad thing. When you say that bagels are gay, you risk making people around you feel uncomfortable; especially those who are not open about their sexuality. I realize that this probably isn't your intention, but unfortunately that is almost always the effect of your words.

I remember when I wasn't out in first year, and every time I heard something called gay I felt like the whole world was looking at me. I still feel like that sometimes, but now I'm pretty sure it's because I wear crocs.

Self-acceptance of one's sexuality is an insanely difficult process, and to be comfortable with your sexual identity is usually taken for granted. The ability to comment on your attraction to a member of the same sex, to talk about your girlfriend/boyfriend, to show affection in public, to assume your family supports your decision to be in a relationship—they might not seem like a big deal to you, but can be difficult and alienating things for a lot of people.

The best thing you can do is to be aware of this, and to make an effort to use inclusive and less gender-specific language. For example, instead of asking someone if they have a boyfriend/girlfriend you can ask them if they are in a relationship.

I know this becomes difficult when you want to express your dislike for bagels—but I vote that we all pick on a different minority, like an endangered species. Next time it would be nice to hear "bagels are such beluga whales", or "this fire alarm is so black rhino." I know both Ashlyn's horse and I would really appreciate it.

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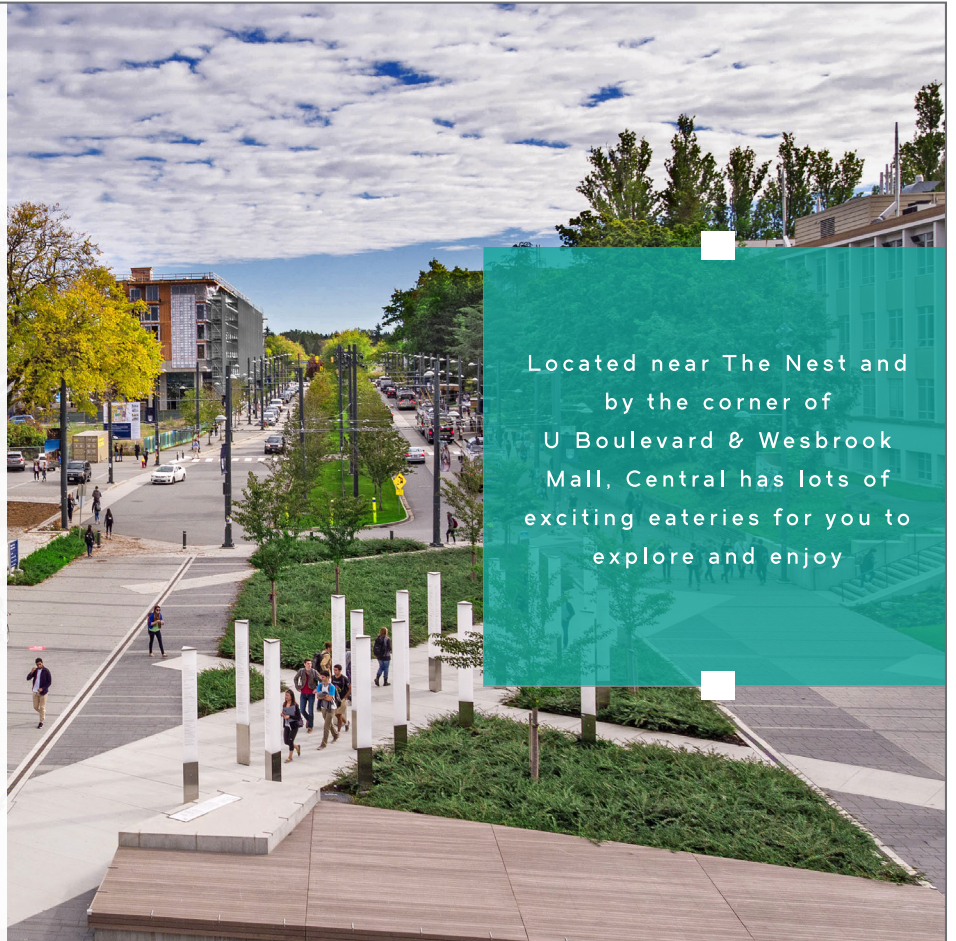
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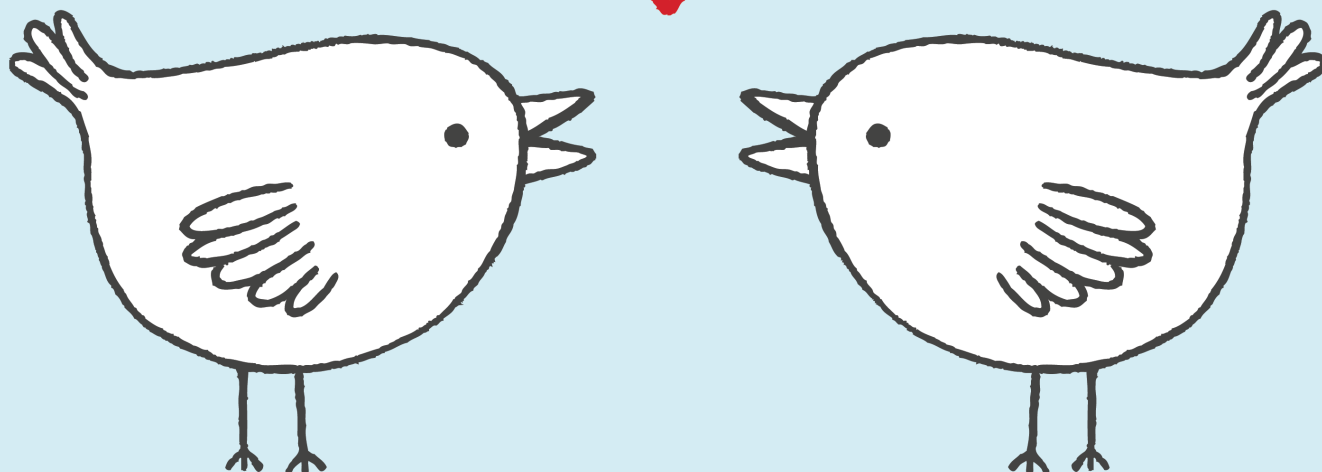
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# HEALTHY RELATIONSHIPS & RESPECT



## HEALTHY RELATIONSHIPS 101

Healthy relationships can bring out the best in people, allowing them to experience personal growth, more happiness, and even less stress. This is true for intimate relationships, as well as friendships and relationships with family members.

The first step to taking care of your relationships is to take an honest look at them. A healthy relationship has at least five important qualities: safety, honesty, acceptance, respect and enjoyment.

Here are a few ideas to get you started whether you're beginning a new relationship or you want to improve an existing relationship:

- **Strive for meaningful relationships**—Developing meaningful relationships can be challenging because it involves sharing our feelings as well as our needs and wants; however, being close with someone involves sharing these things.
- **Communicate effectively**—Communication is often listed as one of the most important elements of a healthy relationship. Own your opinions and reactions by using “I-statements” (ex. “I feel sad because this wasn’t how I expected things to turn out.”). Take time to listen to what someone has to say. Reflect your understanding back to the other person. Restate what you’ve heard in your own words.
- **Fight fairly**—Most relationships will have some conflict. This is normal and means you disagree, not that you don’t like each other. Keep the conversation about behaviour, not about personalities.

- **Stay in the present**—Focus on the current conflict and avoid bringing up past difficulties.
- **Make time to discuss what’s important**—If you or the other person is tired or busy, be sure to find a better time to talk about what’s bothering you.

### When a relationship ends

It can be difficult to cope when a relationship ends, regardless of the type of relationship or how it ended. Some of the most important things you can do are:

- talk to friends, family, and other trusted individuals
- take care of your health (e.g., exercise, get enough sleep, eat healthy food, take time for spiritual reflection)
- give yourself some time to move past the pain you are experiencing
- recognize that grief is a common experience at the end of a relationship
- permit yourself to grieve for the loss of the relationship

If things don’t get better after you’ve done these things, think about talking to a counsellor. They can help you work through the pain and grief you’re experiencing.

# CONSENT IS CLEAR

## YOU ALWAYS NEED A 'YES!' FOR SEX (OR MAKING OUT, OR TOUCHING, OR WHATEVER)

Consent is an enthusiastic and freely given 'yes' to engage in sexual activity. Consenting to one kind of sexual activity does not mean consent is given to another sexual activity, and consent only applies to each specific instance of sexual activity.

### 6 THINGS TO KNOW ABOUT CONSENT

- **Cannot be assumed or implied from silence or the absence of 'no.'**

There is no consent if the person doesn't reply.

- **Cannot be given if a person is affected by alcohol or drugs, or is unconscious.**

There is no consent if someone is impaired, incapacitated, asleep, or passed out.

- **Cannot be obtained through threats or coercion.**

There is no consent if the person is manipulated, pressured, or threatened.

- **Cannot be obtained if someone abuses a position of trust, power, or authority.**

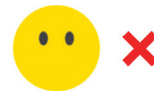
There is no consent if someone uses a position of power or authority to get someone to engage in sexual activity.

- **Is revocable at any time.** Consent does not exist if someone has said 'yes,' but then says 'no' later with words or body language.

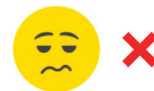
- **Does not exist if someone has said 'no' with words or body language.**



Yes! = yes when it's enthusiastic, freely given, and current



Silence = nope



Intoxicated (even a little) = not happening, get them pizza instead

## WHAT IS SEXUAL ASSAULT?

Sexual assault is any form of sexual touching or the threat of sexual touching without an individual's consent.

Sexual assault impacts people of all ages, genders and sexual orientations. Most people know the person who assaulted them and can be someone they know a little (e.g., a first date) or very well (e.g., a good friend or partner). Many people do not tell anyone about their assault and sometimes don't realize it was an assault until months or years later.

Sexual assault is a crime. In Canadian law, sexual assault happens when one person does not freely consent to the sexual activity. Consent cannot be given by someone who is intoxicated as a result of using drugs or alcohol.

## Stand up against sexual assault

Everyone has a role to play in preventing sexual assault.

- > **Get consent.**
- > **Have healthy, respectful relationships.**
- > **Be an active witness.** If someone is in immediate danger or needs urgent medical attention, call 911.

Learn more at [svpro.ubc.ca](http://svpro.ubc.ca)

**Sexual assault is not the survivor's fault and is a violent crime. What clothes a person wore, where they were, who they were with or whether they were under the influence of drugs or alcohol at the time of their assault is irrelevant. The only person responsible for a sexual assault is the person who commits the crime.**

# WE BELIEVE YOU.

Have you experienced a recent sexual assault?  
If you have been sexually assaulted, it is NOT your fault.

## STEPS TO TAKE AFTER A RECENT SEXUAL ASSAULT:

### 1. Find a Safe Place

If you are in immediate danger or injured, call 9-1-1. Then, call someone you trust.

### 2. Go to the nearest hospital

Go to the nearest hospital for emergency medical treatment to test for sexually transmitted infections, HIV and pregnancy or to collect forensic evidence. If you've been assaulted within the last 7 days, there is a special team of nurses at the hospital who can help you. Ask for a SANE Nurse (Sexual Assault Nurse Examiner) at:

#### Vancouver General Hospital (VGH)

Nurses are on-call 24 hours a day  
910 West 10th Avenue  
604-875-2881

#### UBC Hospital Urgent Care Centre

Nurses are on-call 8 am-10 pm  
2211 Wesbrook Mall  
604-822-7121

### 3. Get Support

Not sure what to do? Call the *Sexual Violence Prevention & Response Office* (SVPRO) to get support. You have the right to choose what happens next. The SVPRO team can help you explore your options. We will support your decision, whatever you decide. You do not have to go to the hospital or make a police report to get help.

#### Sexual Violence Prevention & Response Office (SVPRO)

Monday - Friday, 9am - 4:30pm  
604-822-1588 || [svpro.ubc.ca](http://svpro.ubc.ca) || [svpro.vancouver@ubc.ca](mailto:svpro.vancouver@ubc.ca)

### 4. Explore Your Options

#### Report to Police

*If the assault occurred on UBC campus:*  
Go to RCMP University Detachment,  
2990 Wesbrook Mall, 604-224-1322

*If the assault occurred in Vancouver:*  
Go to Vancouver Police Department,  
2120 Cambie Street, 604-717-3321

#### Want to stay anonymous?

If you want to report a sexual assault to the police and remain anonymous, the SVPRO can help you file a Third Party Report. The SVPRO will not disclose your name or any other identifying information.

#### Report to UBC

If you want UBC to investigate a sexual assault or other form of sexual misconduct, you need to submit a written statement to the Director of Investigations:  
[director.of.investigations@ubc.ca](mailto:director.of.investigations@ubc.ca)

[investigationsoffice.ubc.ca](http://investigationsoffice.ubc.ca) || 604-827-1875 || [director.of.investigations@ubc.ca](mailto:director.of.investigations@ubc.ca)

## Sexual Violence Prevention and Response Office (SVPRO)

A safe place and single point of contact for UBC students, staff and faculty who have experienced sexual assault regardless of when or where it took place. Just want to talk? We are here to listen and help you explore your options. We can help you find a safe place to stay, explain your reporting options, accompany you to the hospital, or ask your instructor for an extension.

Call 604-822-1588, Monday to Friday from 9:00am-4:30pm. All services are free and confidential.

✉ [svpro.vancouver@ubc.ca](mailto:svpro.vancouver@ubc.ca)

🌐 [svpro.ubc.ca](http://svpro.ubc.ca)

#### Confidentiality

Respecting confidentiality is important to UBC. However, there are instances where confidentiality cannot be guaranteed.

Your Residence Advisor will let your Residence Life Manager know if you disclose a sexual assault. The Residence Life Manager will attend to ask about your immediate health, safety and well-being only. They are there to make sure that you know about the steps available for you to take, and that you have the support you need. You are not required to repeat your story. With your consent, the Manager will also connect you to the *Sexual Violence Prevention & Response Office*.

#### Helping others? Safety Comes First

Sexual assault can happen to anyone. Let your friend know it's not their fault. Survivors have the right to make their own choices. Support the choices they make, whatever they decide.

Visit [svpro.ubc.ca](http://svpro.ubc.ca) for ways that you can help.

# Safer Substance Use

A drug is a substance that causes a change in someone's mental, emotional, or physical state—including alcohol and prescription drugs.

If you're studying at a university in Canada, you may encounter cannabis (marijuana, pot or weed), magic mushrooms, ecstasy (E, MDMA), crystal meth, LSD (acid), cocaine, heroin or illicit prescription painkillers.

*Remember, these drugs are illegal and possession of them can carry a penalty that may include legal repercussions. At the time of writing, Cannabis is still illegal in Canada.*

**All substance use carries a certain amount of risk. Consider the long- and short-term effects of alcohol and drug use on your health and success.**

## Why do people choose to use substances?

People choose to use substances like drugs and alcohol for a variety of reasons, sometimes several:

- > **To fit in**
- > **To more easily make social connections**
- > **To reduce anxiety, stress, sadness, depression or grief**
- > **To experience something new and unfamiliar**
- > **To feel good, confident or relaxed**
- > **To manage an illness**
- > **To improve mental or physical performance**

If someone does choose to use a substance, there are many ways to reduce potential harms that might occur from their use. And remember, everyone has the right to refuse drugs if they are offered.

## KNOWING WHEN ALCOHOL OR DRUG USE IS A PROBLEM

**Thinking you may have a problem with alcohol or drug use is the first step to getting help.**

- Has alcohol or drug use been affecting your grades or academic success?
- Has alcohol or drug use affected your ability to attend classes or lab, move forward on your thesis, or participate in group meetings?
- Has alcohol or drug use affected your relationships with friends, family or partner(s)?

If you answered yes to any one of these, consider exploring strategies for managing your alcohol or drug use. You should also consider seeking help from a health professional, such as a doctor or mental health professional.

More information at [students.ubc.ca/health-wellness](http://students.ubc.ca/health-wellness).

## Cannabis

In June 2018, Bill C-45, The Cannabis Act, was passed by the Government of Canada. Cannabis will officially become legal across Canada on October 17, 2018. **Until that date, cannabis remains illegal.**

Once the Act comes into force, adults who are 18 or 19 years of age and older (depending on the province or territory) will be able to legally purchase and use a limited quantity of cannabis. However, there will be significant restrictions that you should understand.

Refer to **sections 3.10 & 3.10A** in your **Residence Contract** for information about cannabis and drug possession in residence.

### If you choose to consume cannabis

Some ways to reduce risk while consuming cannabis:

**Not too much** > Start with smaller amounts and take it slow. It's hard to know how much THC you're consuming.

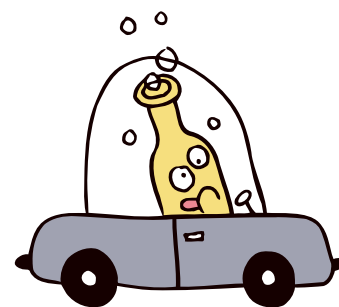
**Not too often** > Using frequently and taking large amounts may increase harm to your physical and mental health.

**Avoid Mixing** > Avoid mixing cannabis with alcohol or with other drugs. Alcohol and tobacco can alter the impact that cannabis has on you.

**Only in safer contexts** > Using alone or with strangers can alter the effects of the drug and change the experience.

Get the facts about cannabis in Canada at [canada.ca/cannabis](http://canada.ca/cannabis).

*Adapted from Healthy Minds: Lower Risk Guidelines for Cannabis*



**Driving a vehicle while impaired by any substance, including alcohol or cannabis, is illegal and can result in fines and the loss of your Driver's Licence.**

## Alcohol

Alcohol is legal in Canada and British Columbia. In BC, the legal drinking age is 19. It is illegal to be served alcoholic beverages if you are younger. It is also illegal to drink alcohol in public places, like streets or parks. It is also illegal to drink and drive.

### ID Requirements

To purchase alcohol—or to attend events where alcohol will be served—you may need to prove that you are 19 or older. Typically, you will need to present two pieces of identification, one government-issued photo ID with your name, picture and birth date, plus a second with a name and signature or photo (credit card or Student ID).

### If you choose to drink alcohol

Some ways to make it a safer experience.

#### Before you go out

**Decide how much you're going to drink** > Set a limit on the number of drinks you will have based on your knowledge of how alcohol affects you personally

**Know how to refuse a drink** > Prepare a few stock phrases in advance. Even as simple as "No thanks" or "I'm finished for tonight." Be polite, but firm. Repeat yourself as needed.

**If you're offered a drink that you didn't see poured, it's okay to decline.**

**Plan to eat before you go out** > Food can slow the absorption of alcohol into the bloodstream.

**Plan what kind of night you want to have** > The decisions you make when you're sober might be different than those you would make after you've had a drink or two.

**Plan your ride home** > Make someone the designated driver or keep some extra cash for a taxi at the end of the night. If you're travelling by transit, look up when the last bus leaves.

#### While you're out

**Pace your drinks** > Try having a non-alcoholic beverage between each alcoholic beverage

**Know what you're drinking** > Single or double? Bottle or pint? Knowing what you're drinking—and the amount of alcohol in it—will help you stay within your limits. Also, keep an eye on your drink. Drugs can be mixed with drinks, sometimes unknown to the drinker, to make the person feel or act more intoxicated.

**Limit your mix** > When drinking, limit mixing with other drugs. Cannabis and tobacco are commonly consumed with alcohol, but both can affect the impact of alcohol.

**Check in on your friends** > Take care of the people you go out with. Check in with them throughout the night—and before you leave a venue—to make sure everyone is having a safe time.

## Fentanyl is a highly potent pain killer that is being mixed into party drugs in Vancouver & at UBC.

### Fentanyl & the opioid crisis

Overdose deaths have increased every year since 2014, resulting in the current opioid crisis occurring across Canada. Fentanyl has been found in drugs in BC, including **ecstasy, cocaine, methamphetamines, MDMA** and **heroin**. It has also been found in drugs that may appear to be prescription pills, such as Percocet or Tylenol 3.

#### Reduce the risk

If you use or plan to use illicit or illegal drugs like those mentioned above, make a plan to reduce the risk—and recognize the signs—of an overdose.

#### Never use drugs alone

Instead, stagger your usage with a friend. Wait 5–10 minutes before the other person uses. Also, remember to look out for your friends and stay alert for signs of an overdose, including shallow breathing, severe sleepiness, or unresponsiveness.

**Call 9.1.1. (Emergency Services) if in doubt.**

#### Go slow

Use low doses of the drug to start. If the drug contains fentanyl, even small doses could cause an overdose within 10 minutes.

#### Don't mix drugs with alcohol—or with other drugs

Mixing drugs with alcohol or with other drugs increases the likelihood of an overdose.

#### Carry naloxone (Free kits available)

Carry a naloxone kit. Naloxone is an antidote to an opioid overdose. Naloxone kits are available from the UBC Student Health Service and at participating BC pharmacies.

Naloxone kits are confidential and free for students at risk of an opioid overdose and others likely to witness and respond to an overdose, such as a family or friend of someone at risk.

For more information about where to get a naloxone kit and about fentanyl, naloxone, overdose prevention and the opioid crisis, please visit [students.ubc.ca/fentanyl](https://students.ubc.ca/fentanyl).

**For emergencies in residence, emergency naloxone is available in your residence commonsblock. An AED is also available for cases of cardiac arrest.**

# Your safety



## SAFETY ON CAMPUS

Student and campus community safety is very important at UBC. To stay safe when walking on campus after dark:

- Walk with a friend, fellow resident or classmate
- Use your U-Pass to ride the Translink Community Shuttle, which has stops near student residences
- From 8 pm to 2 am, use the AMS Safewalk program. Phone Safewalk and a co-ed team will accompany you to and from campus destinations after dark. More info at [ams.ubc.ca/safewalk](https://ams.ubc.ca/safewalk).
- After 2 am, Campus Security can accompany you across campus. Call 604.822.2222 for assistance. More info at [security.ubc.ca/getting-around-campus](https://security.ubc.ca/getting-around-campus).

Additional safety services include:

- **Campus Blue Phones:** Blue Phones are strategically located throughout campus and offer an immediate connection to Campus Security, if needed.
- **Campus Security and Police:** Both the local police detachment (RCMP) and UBC Campus Security office are located on campus—and respond quickly when called.

For more information about your safety on campus visit [security.ubc.ca/personal-security](https://security.ubc.ca/personal-security).

**Make sure you sign up for UBC ALERT to receive a text message if there's an emergency on campus. To sign up, log in to your SSC account and add your mobile phone number to "Your Details."**

## KEEP YOURSELF, YOUR FRIENDS AND YOUR BELONGINGS SAFE!

The actions that individual residents, members of the university, and members of the larger UBC community take all contribute to our mutual safety and security.

- **Always lock your door and windows** each time you leave or when you are sleeping. And if you live in a shared room, connected single or a suite, talk with your mate(s) about this important habit.
- **Don't hold the door open for strangers** following you into a locked residence building. If they have permission to be there they will have their own key—or a host.
- **Don't leave exterior doors or accessible windows open** or unsecured. This impacts everyone's safety.
- **Trust your instincts.** If you feel like you're in danger or if you witness suspicious activity, call 911, then contact Campus Security and your residence front desk.

With any crime, it is never the fault of the victim. These preventative measures will not stop every crime from happening. But by working together proactively, we can ensure a safer community at UBC.

## EMERGENCY CONTACTS

Police/Fire/Ambulance > 911

Campus Security > 604.822.2222

Residence Front Desks > [vancouver.housing.ubc.ca/contact-us](https://vancouver.housing.ubc.ca/contact-us)

## INTRUDERS

**Don't allow someone without a key to follow you into your building.**

**If you observe suspicious activity:**

- Keep a safe distance away.
- Call 911.
- Call Campus Security.
- Inform residence staff immediately.





# IN CASE OF EMERGENCY

*Everyone who lives at UBC should have a disaster response plan in case of emergencies like a power outage, flood or fire. Being educated and prepared can help keep you safe.*

**In the event of a major emergency, officials say you need to be prepared to be self-sufficient for 72 hours; yes, even in residence. That may sound extreme, but if you're ready, you'll be able to respond confidently and safely during an emergency situation.**

## Personal Emergency kits

**ENSURE YOU HAVE AN EMERGENCY KIT.**

**Buy one at Totem Park, Place Vanier, or Orchard Commons on Winter Session move in day.**

**They're available throughout the year at residence markets. Emergency kits are also available from a number of stores in Vancouver.**



**Emergency kits should contain the following:**

- First aid kit
- Flashlight and extra batteries
- Signal whistle
- Emergency blanket
- Emergency rain poncho
- N95 particulate mask
- 10-pack tissues
- Manual can opener
- Food that won't spoil (enough for 72 hours)
- Eight litres of water per person
- Battery-powered or wind-up radio
- Cash & coins for pay phones or vending machines
- Contact information for friends and family in case you lose power to your mobile device

*Include special items like prescription medications, toiletries, equipment for people with disabilities, glasses or contact lenses. Remember to replace food and water once a year.*

## How to respond when faced with the following emergencies:

### Earthquake

During an earthquake, drop to the floor, cover your head and hold on to something solid under a table or desk, between rows of seats or against an inside wall. Wait for the shaking to stop and count to 60 before moving. If you're outside, stay outside. If you're inside, stay inside (unless there is a fire or the building is in danger of collapsing).

If you're in a moving vehicle, stop in a clear area, away from falling debris, and stay inside the vehicle.

After an earthquake, apply first aid as required. Do not make phone calls unless they are lifesaving, as networks will be overwhelmed. Listen to the radio or TV for emergency updates. Avoid entering damaged buildings. Expect aftershocks and power outages.

### Fire

Douse small fires with fire extinguishers, located in residence common areas. For a spreading blaze, pull the fire alarm, leave the building by the nearest exit and call 911. Avoid flames, smoke and fumes by staying low to the ground. Do not use elevators.

Walk, don't run, and use handrails as you descend stairs. If you cannot safely get downstairs, go to the nearest safe area and wait for a firefighter.

*Make sure you sign up for UBC ALERT to receive a text message if there's an emergency on campus. To sign up, log in to your SSC account and add your mobile phone number to "Your Details."*



(In case of emergency cont'd)

### Severe weather

Expect power outages and phone disruptions, even for your mobile phone.

Avoid overhead hazards, such as tree branches and power lines.

Avoid glass and debris on sidewalks and roads.

### Leak or flood

Inform the front desk staff in your residence immediately and let them know the source of the water leak: roof, window, pipe, washroom.

Do not walk through water.

Avoid wet wires, electrical equipment and power outlets. Do not attempt to use moisture-damaged equipment.

### Power outage

Keep your flashlight and other emergency supplies nearby. Avoid moving around in the dark unless you have a flashlight.

Do not attempt to use your stove, computers, TVs, stereos or other electrical equipment.

Do not attempt to examine, repair or open electrical equipment.

Don't open your fridge during a power outage to make sure your food stays cold.

### Boil water advisory

Boil all tap water used for drinking, brushing teeth, preparing food, beverages, ice cubes, and washing fruits and vegetables.

Tap water should be boiled for one minute.

Then let it cool and pour it into a clean container.



## Your safety services. In one place.

### UBC Safe App

- Safewalk
- Night bus schedule
- Friend walk
- Support resources

[security.ubc.ca](http://security.ubc.ca)



# treat yo self!

Residence Dollars are accepted at Sage.



[sage.ubc.ca](http://sage.ubc.ca)

OPEN FOR LUNCH WEEKDAYS

# SPIRITUALITY

By Carol Young  
Student Housing and Hospitality Services

Spirituality can be defined in many ways. Broadly, it is seeking self-awareness, meaning and understanding of our experiences in the world. It is searching for a connection to something bigger than ourselves. Often university is a time when you become more aware of what has formed and informed you as you connect with others who hold similar and different views. As your perspectives are affirmed and challenged, you sift through those exchanges to discover what it is that you value and what gives your life meaning.

**No matter how you choose to explore spirituality, it is an opportunity for self-reflection about ourselves and how we connect to the world:**

- What influenced how I was formed and how does that impact the way in which I see and engage others?
- Do things happen for a reason?
- What is the meaning of suffering in the world?
- How do I go about living in the world?  
What will be my legacy?
- How do I extend gratitude to the world?
- How am I called to improve the lives of others?

---

**At UBC, you have many options for exploring your spirituality, if you choose to. How you practice is entirely up to you. Here are some ideas:**

## Connect with nature

Take a walk in Pacific Spirit Park, Nitobe Garden or on Tower Beach.

## Connect with people

Engage people in discussions that deepen or challenge your ideas. Seek our spiritual resources and amenities on campus.

## Volunteer

Take part in a service learning or volunteer opportunity to experience the joy of giving back.

## Start a journal

Record thoughts and feelings, express gratitude and reflect on big decisions and everyday encounters.

## Reflect

Meditate, pray or worship—alone or with others.

Exploring spirituality for some students may come through an association with a church, temple, mosque or synagogue. Other students may choose to pray, meditate or find comfort in a personal relationship with God or a higher power. Every student's spiritual journey is unique.



***“Spirituality is concerned with those qualities of the human spirit—such as love and compassion, patience, tolerance, forgiveness, contentment, a sense of responsibility, a sense of harmony—which brings happiness to both self and others.”***

Excerpt from *Ancient Wisdom, Modern World: Ethics for the New Millennium* by Tenzin Gyatso, the Fourteenth Dalai Lama. Published by Little, Brown and Company, United Kingdom.

## CHAPLAINS AT UBC

Another way some students explore their spirituality is with Chaplains at UBC, which helps members of the UBC community engage with their spirituality and faith. The word chaplain was originally associated with the Christian faith, but is now a widely used and accepted term to refer to men and women who represent many religions or philosophical traditions.

The current membership includes Buddhist, Muslim, Jewish, Christian, and Bahá'í representation. Among Christian denominations you will find representatives from the Anglican, Baptist, Brethren Tradition, Pentecostal, Presbyterian, Roman Catholic, and United Churches.

Most chaplains offer one-on-one pastoral or spiritual counselling and other opportunities to explore the faith that they represent, like fellowship groups, meals, worship, faith exploration and training or study. These groups are a good way to have fun, make friends and explore some of the big questions of life.

For information about Chaplains at UBC, visit [students.ubc.ca/campus-life/religion-spirituality](https://students.ubc.ca/campus-life/religion-spirituality).

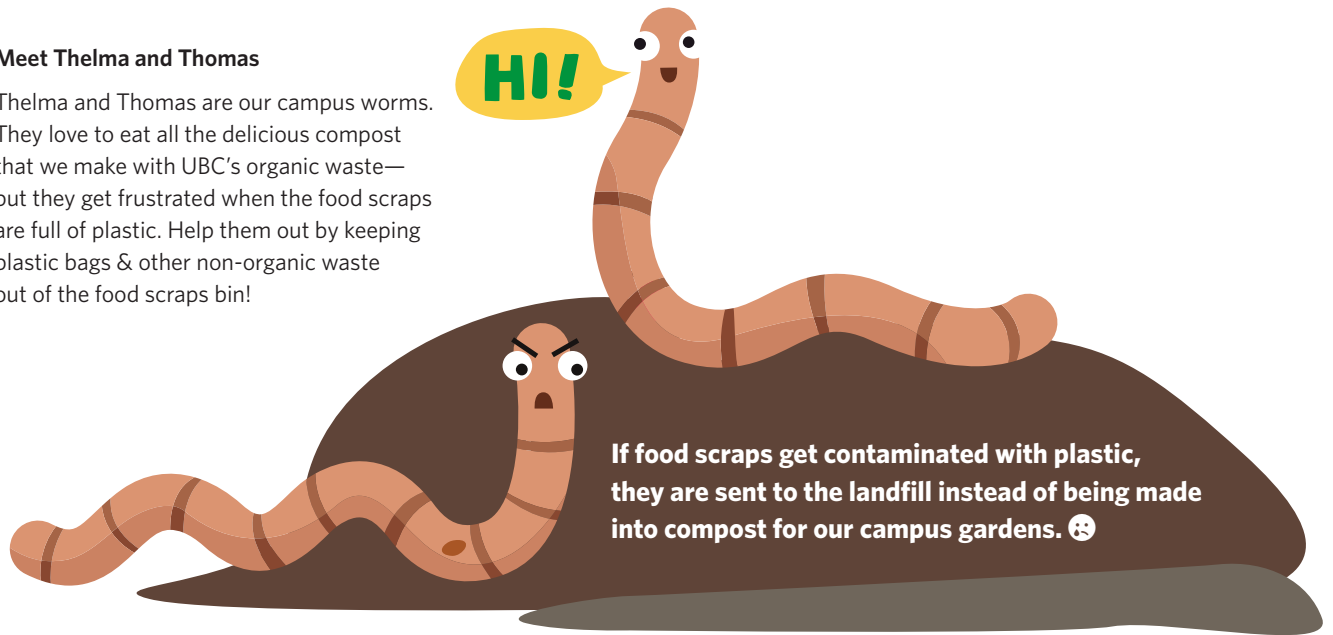
For information about student-run spiritual clubs visit [ams.ubc.ca/clubs](https://ams.ubc.ca/clubs).

# Do you know how to sort it out?

In your residence & across campus, you'll find UBC's Sort It Out stations. Use these bins to sort out your waste and help us meet our goal to become a zero waste campus.

## Meet Thelma and Thomas

Thelma and Thomas are our campus worms. They love to eat all the delicious compost that we make with UBC's organic waste—but they get frustrated when the food scraps are full of plastic. Help them out by keeping plastic bags & other non-organic waste out of the food scraps bin!



## 4 streams for your waste in residence and across campus!

### Food Scraps

Food scraps, used napkins, wooden chopsticks, and tea bags & other organic waste.  
**And no plastics!**

### Recyclable Containers

Recyclable plastic containers, glass, aluminum cans, coffee cups & lids.

### Paper

Cereal boxes, newspapers, envelopes & magazines.

### Garbage

Plastic bags, aluminum foil, straws, chip & candy wrappers.

You might also find corrugated cardboard bins at residence recycling stations. Plus, at move out time, there's bins for donating your unwanted goods or recycling stuff like batteries.

**Learn more at [sustain.ubc.ca/sortitout](https://sustain.ubc.ca/sortitout)**

An illustration featuring two worms in a brown compost bin. The worm on the left is smiling and has a speech bubble that says "I LOVE UBC COMPOST". The worm on the right has a grumpy expression and a speech bubble that says "BUT NOT WHEN IT HAS PLASTIC IN IT!". The compost bin contains various food scraps: a purple eggplant, a carrot, a yellow pepper, a red apple core, and a piece of bread. In the background, there is a stylized cityscape with buildings and a tall tower, all in shades of teal and blue.

**I LOVE UBC  
COMPOST**

**BUT NOT  
WHEN IT HAS  
PLASTIC IN IT!**

Food scraps are not garbage. UBC collects food scraps from Sort It Out stations and turns them into compost for gardening. With your help, the five tonnes of organic waste UBC produces daily can stay free of plastics.

[sustain.ubc.ca/sortitout](https://sustain.ubc.ca/sortitout)



# GRAD STUDENT?

**Don't miss out on all the great Residence Life events & activities just for you!**

## How do I find out what's happening?

We'll deliver information to your residence unit in September and January with all the details about fun events, activities, outings, and social opportunities for grad students—all organized by Residence Life.

Keep an eye on your email inbox too! We'll be sending you a monthly email to highlight upcoming events.

## What kind of events are planned?

Once a month, all grad students in residence are invited to join us on an iconic UBC or Vancouver adventure.

Past highlights include:

- Trip to UBC's Homecoming Football game
- Outing to the Vancouver Aquarium
- Evening at the VanDusen Gardens Festival of Lights

## Where can I find out more?

For more information about these programs and other ways to get involved as a graduate student in residence, please visit **[vancouver.housing.ubc.ca/grad-student-programs](http://vancouver.housing.ubc.ca/grad-student-programs)**.



**A great way to catch up with other grad student friends— and meet new ones!**

# CAREERS

**You may have just started your new life at UBC. Maybe you're well into your degree. Is it a good time to think about how you're approaching your career? We think so! You don't have to plan out your career in week one, of course. But it might be a good idea to start thinking about how you'll approach your career choices. One new approach to careers that is useful is to think like a designer.**

**Design Thinking** is a process for creative problem solving. It's a staged approach to solving complex problems that typically involves gathering inspiration, defining a problem, generating ideas, prototyping—and then testing—solutions.

**Get inspired** > What are you curious about? What inspires you? What are some career options that you haven't even considered yet? Do some research. Ask questions. Build your deck of inspiration.

**Define the problem** > It's difficult to come up with a solution if you don't understand the problem. Perhaps you want a job that allows you to make a difference in the world. Framing that as a problem might look like this: *I don't know how to get a job that makes the world better with an engineering, art history, or chemistry degree.*

**Generate Ideas** > Now that you understand the problem more clearly, generate as many ideas as you can. Use whatever method works for you: lists, sticky notes, mind maps, etc.

Don't worry about the quality of the idea. Write down every idea that occurs to you.

**Prototype** > Review all your ideas and find the ones that really resonate with you. Now, get prototyping!

- Research career options online
- Find people who know something about a particular field or career. Ask them questions. Ask them to introduce you to someone else in the field.
- Figure out connections between your education and these career options

Prototyping allows you to quickly map out a number of different solutions, instead of leaping for the most obvious choice. You're finding out which options are good solutions and which ones are not. The results might surprise you!

**Test** > Once you've narrowed down your options, get out there and test them! Try an internship or part-time job, volunteer or join an activity group. Find a way to get some exposure to or experience in some of the career options you've prototyped.

Come back to this method anytime! It's a great way to help refine or shift your career as time goes on—or as you progress through your education.

Looking for more ideas about how to use design thinking to build a meaningful career? Check out Bill Burnett and Dave Evans's book *Designing Your Life* at **[designingyour.life](http://designingyour.life)**.

Learn more about careers at **[students.ubc.ca/career](http://students.ubc.ca/career)**.



**WE'RE  
GLAD  
YOU'RE  
HERE!**

You've worked hard to get to UBC—whether you're in first year, third year, or starting your PhD. There will be challenges of course, but you've got this. And there's lots of support if you need it, in residence and across UBC.

*Wishing you all the best!* – Your Residence Life Team

# CONNECT WITH US!



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