



McLAUGHLIN COLLEGE

As part of our popular Lunch Talk series McLaughlin College Proudly Presents:



Transitioning from an in-person university experience to remote learning during a pandemic is a new challenge that both students, staff and faculty could not have anticipated. This new configuration has impacts on the way students form friendships, establish connections to their teaching staff as well as the motivation to study. This workshop provides a high-level overview of how mental health and well-being is interconnected to student success. Students will gain new ideas on how they can support their wellness, which is a foundation to their personal and academic success. Academic wellness can enable students to secure better grades or access new opportunities to build their careers during their time at York. Additionally, the workshop provides an overview of key campus services that can support students during this transition.



Shaila Khan is Health Educator and Training Specialist at Student Counselling and Development. She has a passionate group of Peer Health Educators who are student leaders that deliver workshops and provide peer-centered support on various health topics from a non-judgemental and harm-reduction framework. Shaila has recently completed her Masters in Dance from York University. She is concurrently training as a Dance Movement Psychotherapist (DMT) through the National Centre for Dance Therapy in Montreal. Her work focuses on movement for trauma regulation. She offers mindful movement classes for York students. For full listing of all events visit:

<https://www.yorku.ca/sclد/health-education-promotion/>

WEDNESDAY, SEPTEMBER 30, 2020

12:30 to 1:30 PM VIA Zoom

Click here to register: <https://yorku.zoom.us/meeting/register/tJlvd-iupzMiGNAXD5PhYou4p0RpiU83AljG>

For more information email Vicky Carnevale at vcarneva@yorku.ca