



# The year is 2030...

Members of the Carleton community are overall more happy, healthy, and leading more fulfilling lives.

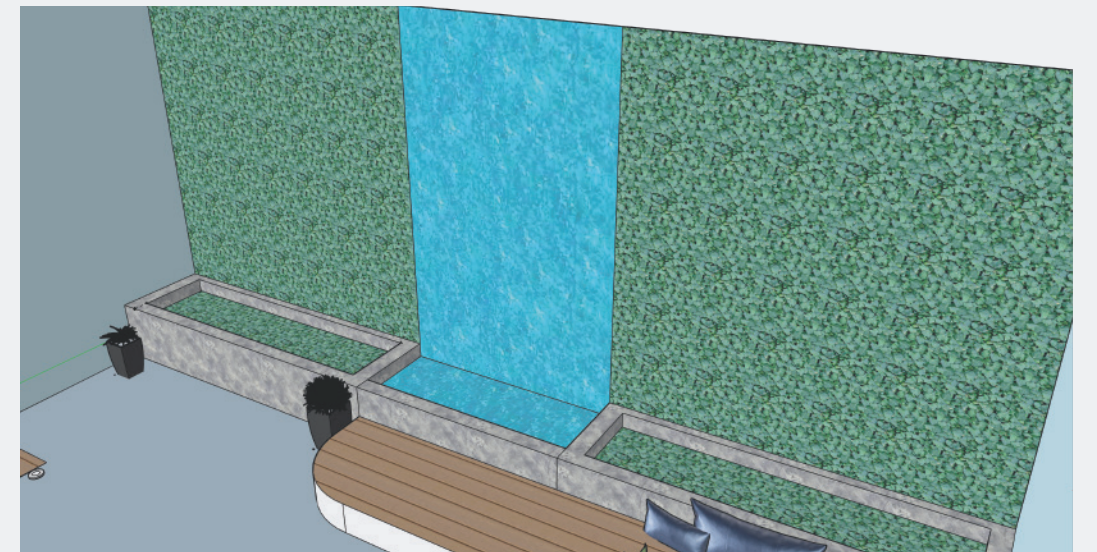
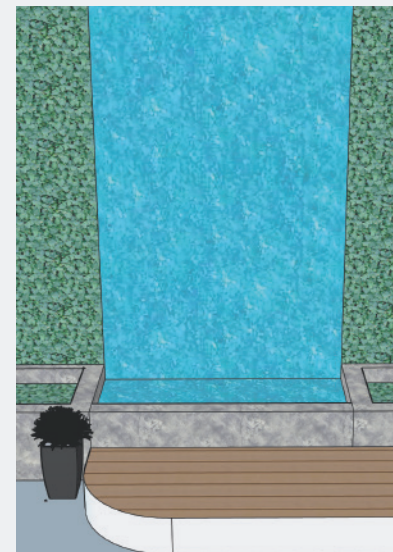
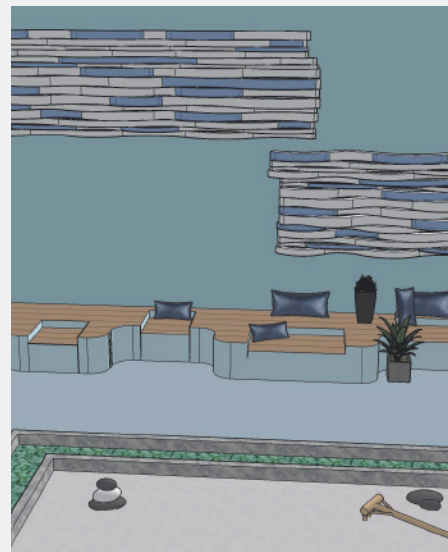
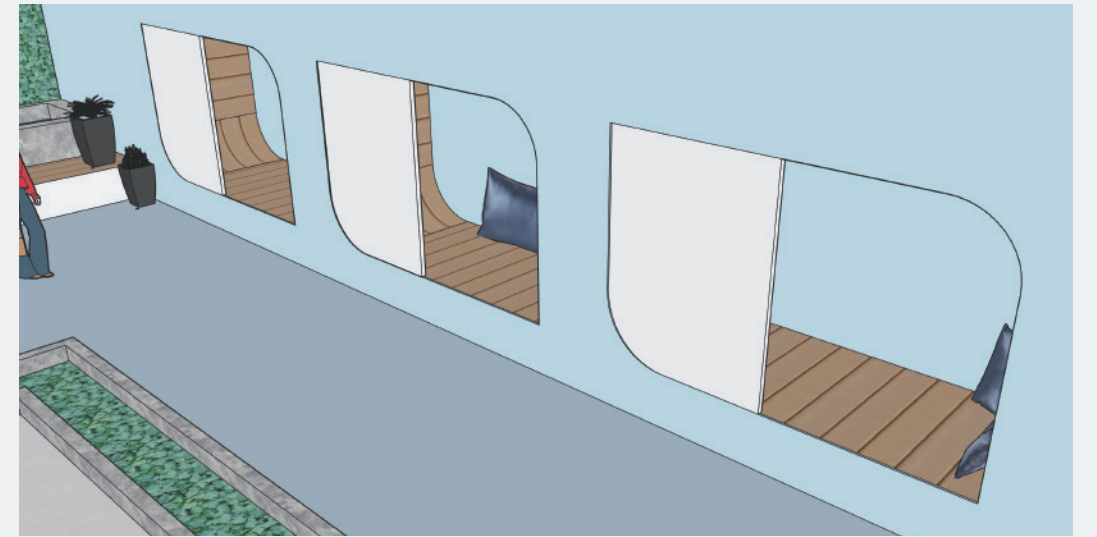
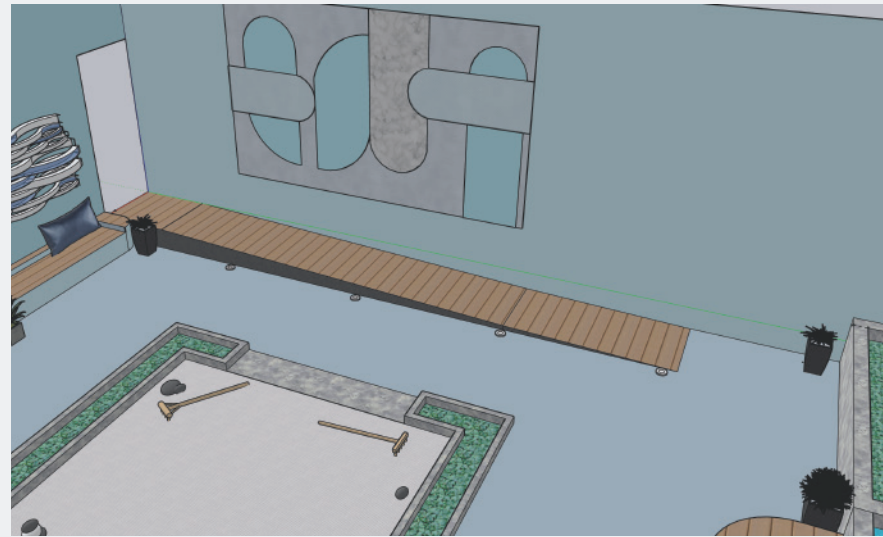
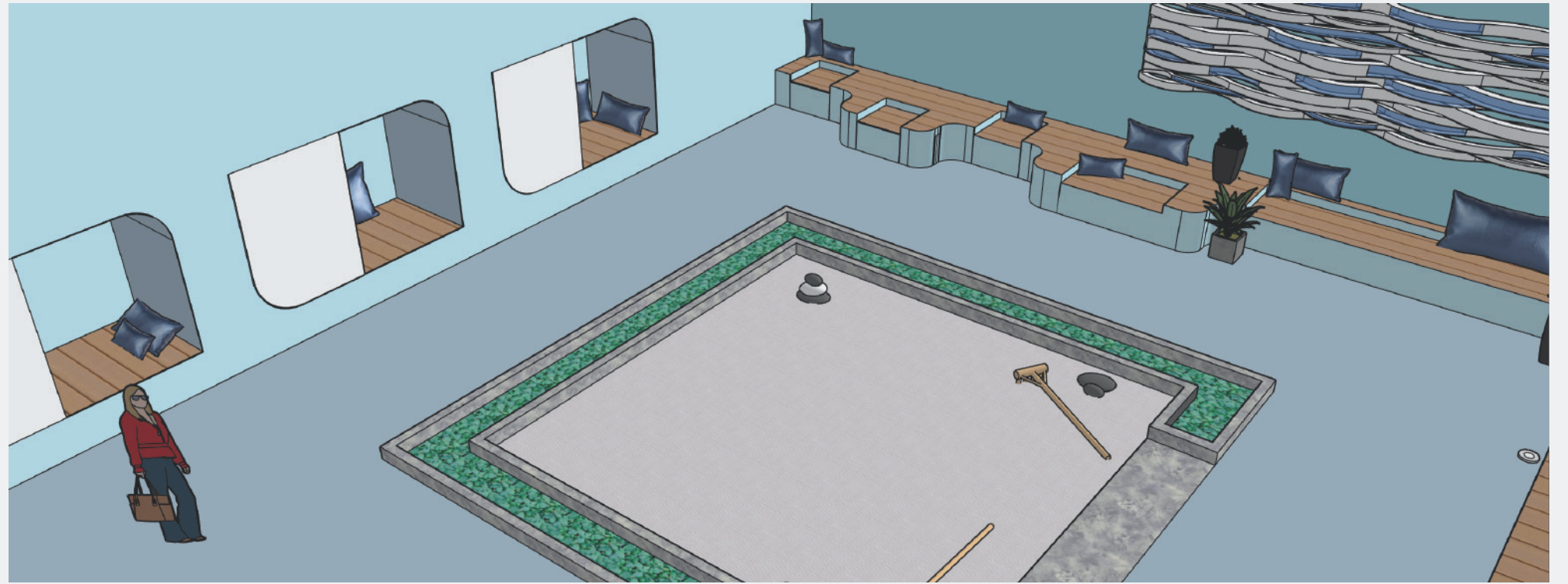
In 2030, Carleton University will support and nurture the future growth of a diverse, balanced, and healthy Carleton community.

Carleton will not only be equipping students with the knowledge needed to excel in their future careers, Carleton will also be equipping students with the knowledge and tools to excel in their future lives.

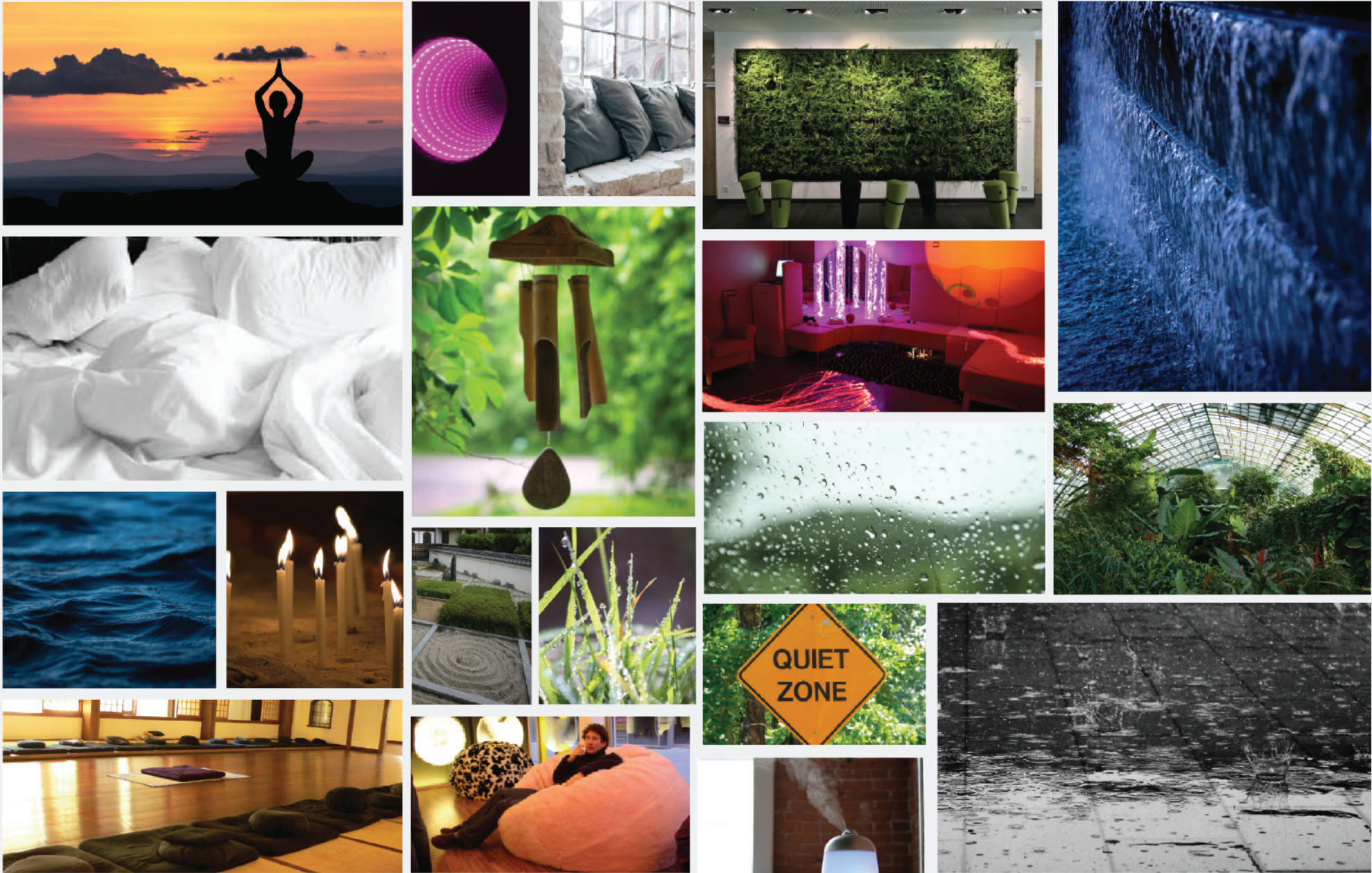


# Proposal 1 | Seeking Peace of Mind

The first proposal is Seeking Peace of Mind, which focuses primarily on the intellectual, emotional, environmental, and spiritual dimensions of wellness. University campus life can be extremely busy, requiring students to balance school, extra-curricular activities, and social lives. Grades, exams, work experience or co-op programs, and assignments are just a few of the stressors that school contributes to university students' busy lives. These experiences can be overwhelming or exhausting to students whether they are in their first or final year of university. The environment envisioned is targeted towards individuals looking to step away from hectic campus life for a moment in a welcoming space that encourages quiet contemplation and relaxation. It aims to provide students with a momentary breather and a temporary escape to recharge privately.

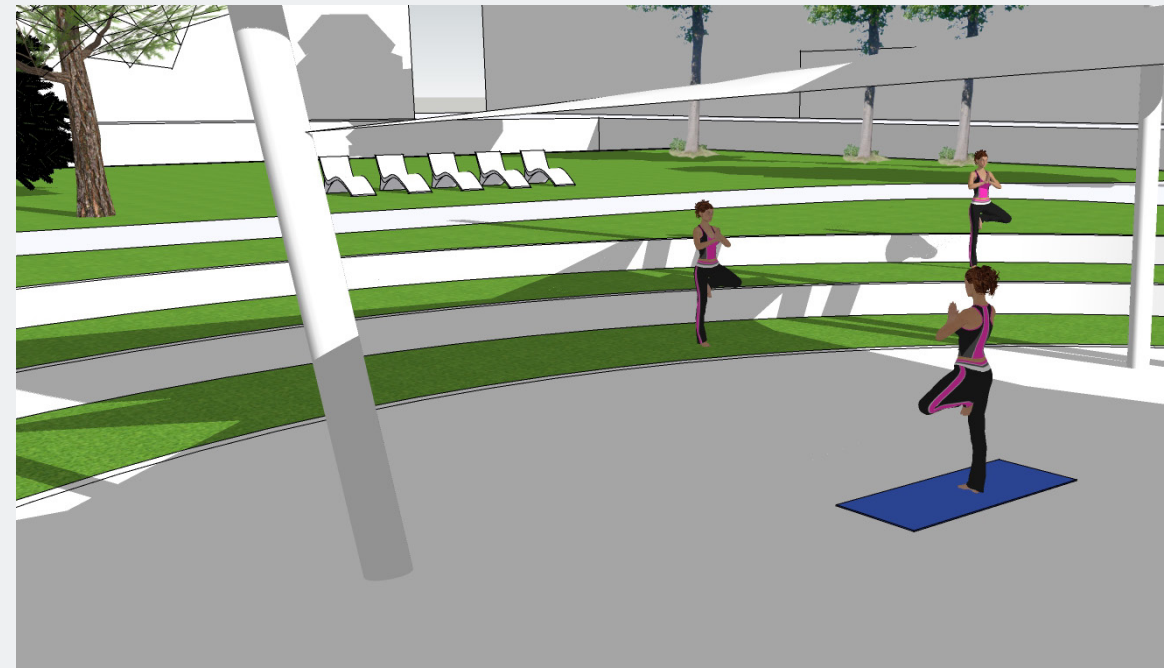


# Proposal 1 | Seeking Peace of Mind



# Proposal 2 | Seeking to Connect

The second proposal is Seeking to Connect, focusing primarily upon the physical, social, emotional, and environmental dimensions of wellness. For many students, leaving home to study at university means not only leaving their families, but friends as well. As a result, a new home means fostering new relationships as well and keeping socially active is an important aspect of their wellness during their studies. The environment envisioned is targeted toward individuals who seek to connect with like minded persons within welcoming, inclusive communal spaces and activities. It aims to foster new relationships and further existing ones. This space was crafted for immersive activities, including outdoor play areas, a permanent screened stage for events such as concerts, and free outdoor movie screening for members of the Carleton University family and its neighboring communities. With access to this space in 2030, all students, faculty and staff shall have an area to congregate, relax, play, meet and thrive with like minded individuals.

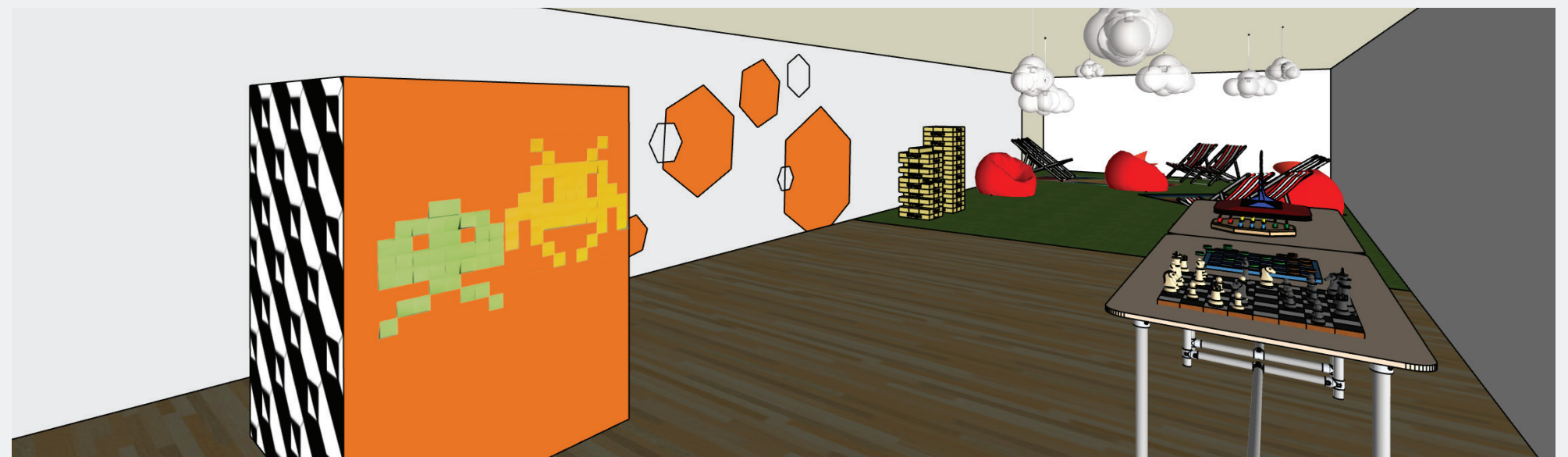
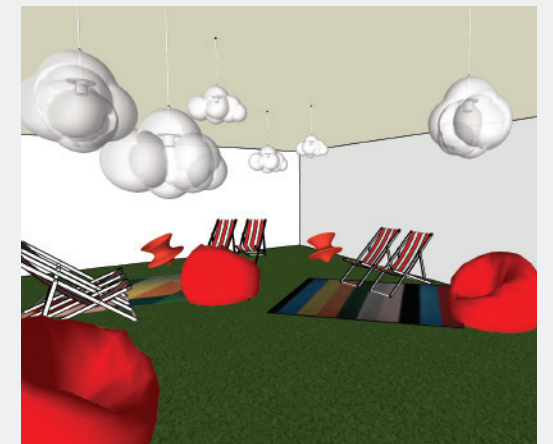
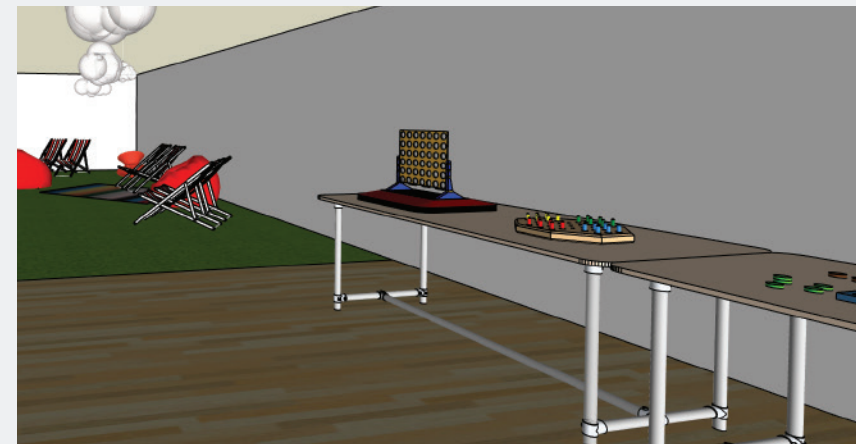
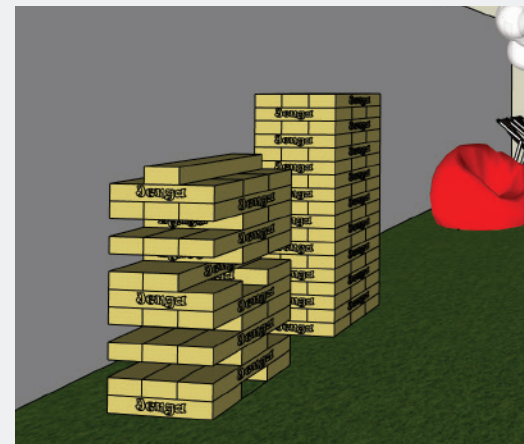
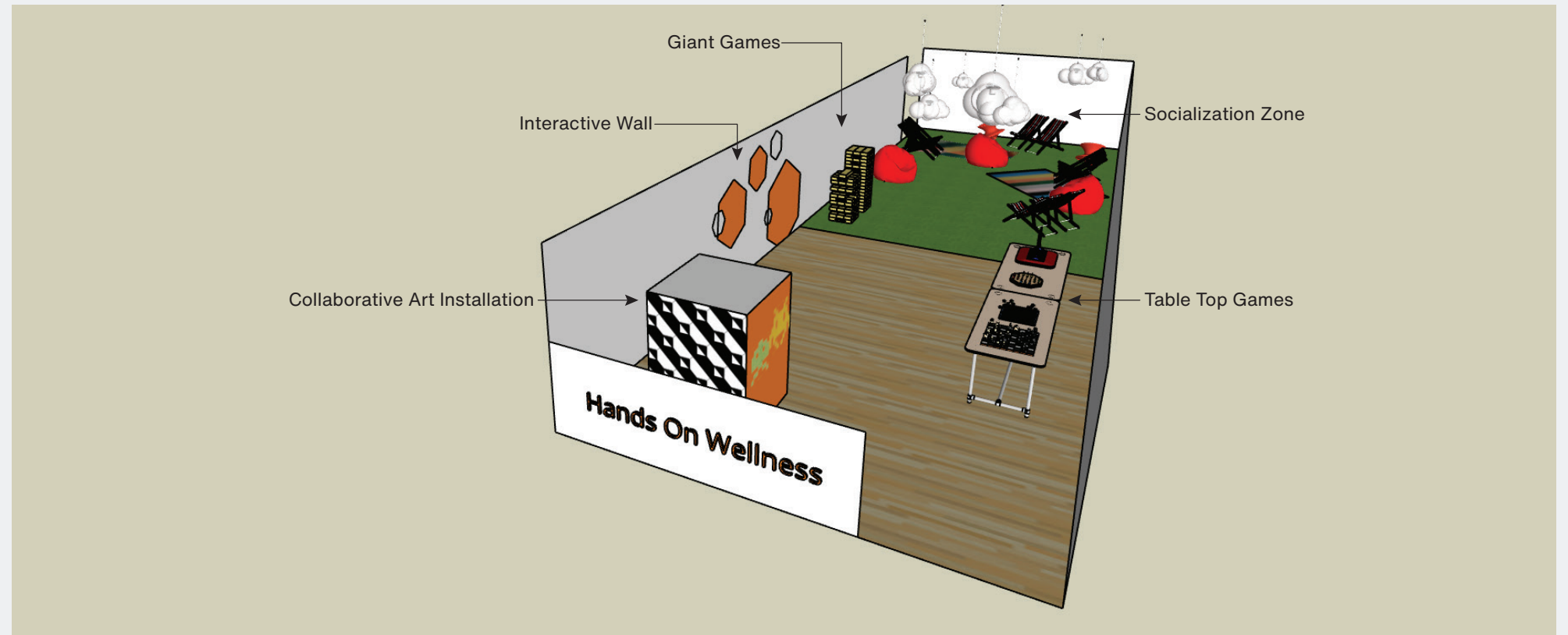


# Proposal 2 | Seeking to Connect



# Proposal 3 | Seeking Interaction & Engagement

The third proposal is Seeking Interaction & Engagement, which focuses mainly on the social, emotional, and physical dimensions of wellness. University can be a large commitment for students, faculty, and staff. Balancing work and home life can be challenging. As a result, wellness is frequently pushed off when schedules get busy. When there is time for leisure, many of us will spend it in front of a TV or computer, rather than engaging in a fun activity. Some time between childhood and adulthood, many people stopped playing. However, play can provide adults with an important source of relaxation and stimulation. Playing with friends or co-workers can fuel imagination, creativity, problem-solving abilities, and emotional well-being. Adult play is a time to forget about work and commitments, and to be social in an unstructured, creative way. Therefore, Seeking Interaction & Engagement is a wellness strategy to increase social interaction through play. Hands On Wellness is a space on campus that is designed to be welcoming, low-risk, fun, and collaborative.

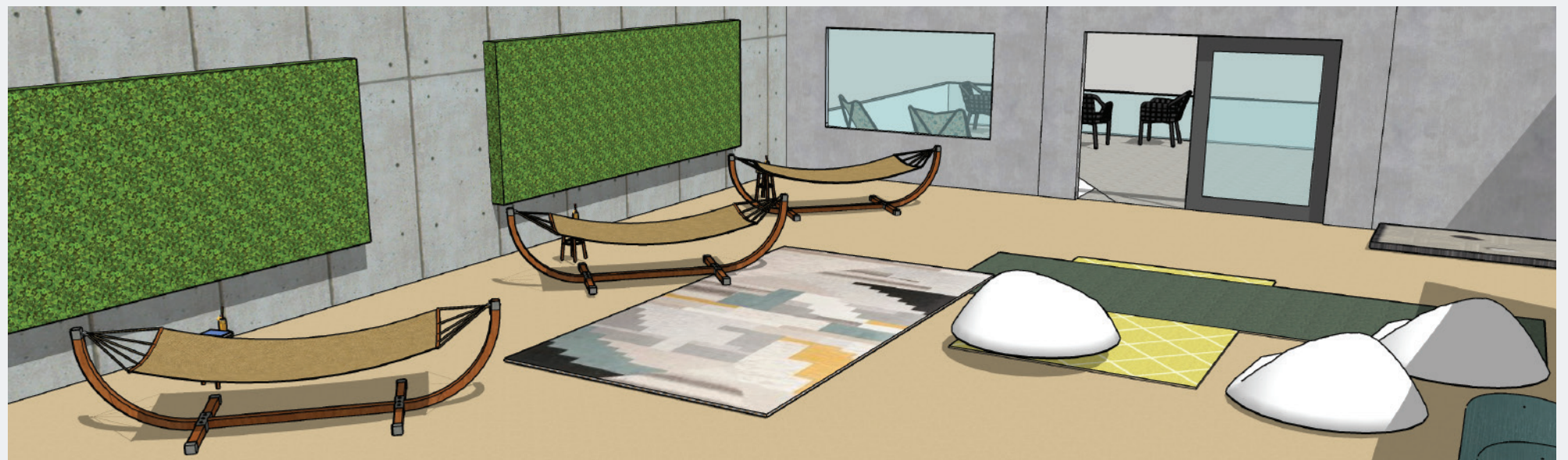
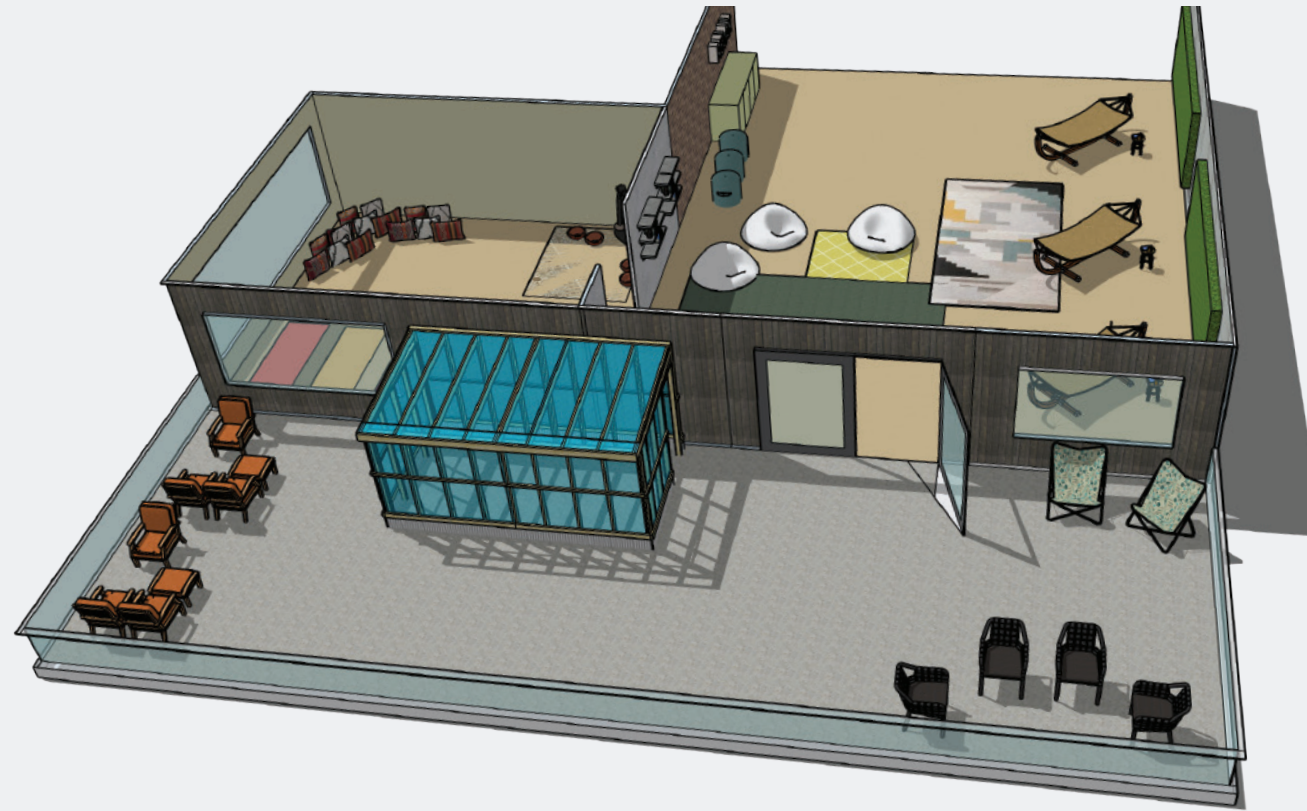


# Proposal 3 | Seeking Interaction & Engagement



# Proposal 4 | Seeking Comfort & Escape

This final proposal seeks Comfort and Escape, to provide students and other Carleton community members a space where they can find relief and peace in their daily schedules. This space features natural light, greenery, natural materials and textures as a way to connect to the external world and to find comfort within one's self. It is a place to hangout in small groups or individually. The goal of this proposal is to implement and innovate holistic ways for Carleton members to practice healthier, more mindful lifestyles through group classes, workshops, and individual reflection. With this in place, by 2030, students, faculty and staff will have access to a space that promotes many dimensions of wellness, both at an individual and group level. These are skills people may carry forward into leading successful and balanced lives.





# Proposal 4 | Seeking Comfort & Escape

