

The 7 Dimensions of Wellness

The Mentorship Network



What are the 7 Dimensions of Wellness?

The 7 Dimensions of Wellness is the framework we use to describe the areas of wellness that research shows are important to focus on in order to take a holistic approach to wellness in your life. The United Nations uses the 7 Dimensions of Wellness as a way to breakdown all the different areas and topics that could be covered in the Mentoring relationship.

How can I use this guide?

Each section includes a summary of the dimension and then is broken down into sub-sections. Each sub-section includes content you can cover, prompts you can use, resources that are hyperlinked, and activities you can do. This isn't necessarily a comprehensive list of everything that may come up, rather it is a guide and resource for you in your role. As you use it, if you see topics that are missing or that you'd like to see added, please share them with the Coordinator so that it can be added to the resource bank for all Mentors to use.

Contents

What are the 7 Dimensions of Wellness?.....	1
How can I use this guide?.....	1
Contents.....	2
Emotional Wellness	4
Areas for Improvement.....	4
Confidence.....	4
Encourage Reflection.....	5
Exploration of Self.....	5
Future-Thinking.....	6
Positive Relationships.....	7
Reflecting on Achievements.....	7
Support Systems.....	8
Financial Wellness	8
Budgeting.....	8
Financial Services on Campus.....	9
Environmental Wellness	9
Connection to Community - Step Further than Campus.....	10
Inclusivity.....	10
Study Environments.....	10
Thriving.....	11
Spiritual Wellness	11
Campus Services for Mental Health.....	12
Goal Setting.....	12
Personal Growth.....	12
Mindfulness.....	13
Relaxation Techniques.....	14
Sense of Belonging.....	14
Stress Management - University Stressors Impacting Life.....	15
The Student Experience.....	15
Career & Academic Wellness	16
Finding Balance.....	16
Individualized Learning.....	16

Participation and Concentration.....	17
Planning Ahead.....	17
Positive Study Habits.....	18
Procrastination & Staying on Track.....	19
Tools for Success.....	19
Social & Cultural Wellness.....	20
Connection to Carleton Community.....	20
Exploring Interests.....	20
Getting Involved.....	21
Intercultural Competency.....	21
Managing Relationships.....	22
Places and Spaces.....	22
Stepping Outside your Comfort Zone.....	23
Physical Wellness.....	23
Active Living.....	24
Adjusting to a New Lifestyle.....	24
Healthy Eating.....	24
Self-Helping Strategies.....	25
Sleeping Habits.....	26
Substance Use/Misuse.....	26

Emotional Wellness

Emotional Wellness involves accepting and exploring who you are, enhancing your inner resources to reduce stress, and maintaining a positive outlook on life (Simon Fraser University, 2014).

- Accepting yourself for who you are
- Valuing self-exploration & improvement
- Having a generally positive outlook
- Taking care of yourself
- Being willing to ask for help
- Recognizing & managing stressors

Areas for Improvement	
Content	<p>If your mentee wants to talk about strategies or aspects of university that they want to continue or build upon explore ways in which they can do so together</p> <p>Talk with your mentee about:</p> <ul style="list-style-type: none"> • Strategies that work for them • Their learning styles • Their strengths and what is going well
Prompts	<p>What do you think you are currently doing really well?</p> <p>What areas do you want to improve in? Why?</p> <p>What are you currently doing to improve in these areas?</p> <p>What resources are they currently using? What resources could they use?</p>
Resources	<ul style="list-style-type: none"> • Emotional Wellness Toolkit: https://www.nih.gov/health-information/emotional-wellness-toolkit • Academic Advising: https://carleton.ca/academicadvising/ • Centre for Student Academic Support (CSAS): https://carleton.ca/csas/
Activities	<ul style="list-style-type: none"> • Take a walk with your mentee and show them the different resources and services on campus that they can use.

Confidence	
Content	<p>If your mentee is looking to build their self-esteem and confidence, you may want to help guide them on the path to accepting and exploring themselves.</p>
Prompts	<p>What are some things that you are confident in?</p> <p>What are something that you love about who you are?</p> <p>What are some of your strengths?</p> <p>What are some areas you would like to grow in (skills, etc.?)</p>
Resources	<ul style="list-style-type: none"> • Building Confidence and Self Esteem: https://www.psychologytoday.com/ca/blog/hide-and-peek/201205/building-confidence-and-self-esteem • Building Self Confidence: https://www.mindtools.com/selfconf.html

	<ul style="list-style-type: none"> • Ted Talks to Give you a Confidence Boost: https://www.ted.com/playlists/259/talks_to_give_you_a_confidence
Activities	<ul style="list-style-type: none"> • Look through positive quotes with mentee and find one that resonates with them. • Encourage them to focus more on their strengths than their weaknesses. • Encourage them to engage in opportunities for growth in the areas they are less confident in. • Look through strategies and ways to think more positively about themselves. • Make a list of “weaknesses” and turn them into areas to grow. List one or two possible ways together they can grow, for each point.

Encourage Reflection	
Content	<p>This is a good topic to talk about at every other meeting or midway through your time together to encourage reflection on their experience at Carleton so far.</p> <p>Talk with your mentee about:</p> <ul style="list-style-type: none"> • Their challenges and what they are doing to face them • Strategies they have used in the past they have helped them succeed • Aspects they are enjoying so far at university • Academics and social balance • Time management strategies • The importance of self-reflection
Prompts	<p>What have you done since we last met?</p> <p>How are you balancing school with other priorities?</p> <p>Are your study habits working?</p> <p>What do you think you could do better? How can I guide you through this process?</p> <p>How often do you reflect? Do you think keeping a daily/weekly journal could help?</p>
Resources	<ul style="list-style-type: none"> • Why You Should Take Time for Self-Reflection: https://theblissfulmind.com/importance-of-self-reflection/
Activities	<ul style="list-style-type: none"> • Start, Stop, Continue: Get your mentee to write down what they need to start doing, stop doing and continue doing in order to succeed in their endeavors. Go back to what they wrote down in your next few meetings to see where they are at.

Exploration of Self	
Content	<p>If your mentee is looking to explore more into who they are, it might be helpful to encourage them to maintain a healthy balance of trying new things and continuing to do what they love.</p>

Prompts	In what areas of your life would you like to explore more? What has made you want to explore who you are as a person more? Is there one thing in particular (like a personal experience or event?).
Resources	<ul style="list-style-type: none"> • A New Perspective on You: https://www.mbtionline.com/?utm_source=MBF&utm_medium=link&utm_campaign=online • 16 Personalities Test: https://www.16personalities.com/free-personality-test • Self-Exploration: Getting to know Thyself: https://psychcentral.com/blog/self-exploration-getting-to-know-thyself/ • CUSA Clubs and Societies: https://www.cusaonline.ca/clubs/
Activities	<ul style="list-style-type: none"> • Make a short-term bucket list of items they have always wanted to do, but have never had the chance. • Make a list of how they choose to define themselves, and then review it to see where they can to explore more. • Encourage them to take a personality test, if they have yet to do so already.

Future-Thinking	
Content	If your mentee is spending a lot of time thinking about the future and what it either hold for them, be it academically, financially, emotionally, etc., it may be helpful to encourage their future-thinking, as long as it does not hinder them from living and achieving goals in the present.
Prompts	<p>How often do you think about the future? In what sense do you think of it in?</p> <p>What are your long-term goals (academically, career, etc.?)</p> <p>What are you doing right now that might help you to achieve those goals?</p> <p>Is there anything that you are doing now that may be preventing you or prolonging you from achieving your long-term goals?</p> <p>Do you feel that you are thinking too much about the future, and that it is taking away from the present moment?</p>
Resources	<ul style="list-style-type: none"> • 6 Tips for Planning your Future, Even when it Seems Super Far Away: https://www.bustle.com/articles/126929-6-tips-for-planning-for-your-future-even-when-it-seems-super-far-away • BBC A Home for the Insatiably Curious: https://www.bbc.com/future/article/20151016-welcome-to-a-home-for-the-insatiably-curious
Activities	<ul style="list-style-type: none"> • Make a long and short-term goals map, to visualize their future-thinking. • Make a list of things that can be done to work towards the long-term goals. • Come up with 3 actions items they can take to achieve their short-term goals as well.

Positive Relationships	
Content	<p>If your mentee is focused on building their positive friendships & relationships, your focus will be on sense of belonging.</p> <p>Talk with your mentees about:</p> <ul style="list-style-type: none"> • The importance of positive relationships • Strategies to making friends in class, in residence, on campus, etc. • How to find people who have common interests and values • What they look for in a friend – qualities, etc. • What they value in a relationship or friendship
Prompts	<p>What do you value in a friendship?</p> <p>What things have friends done in the past that make you consider the relationship positive?</p> <p>Why is having positive relationships going to impact your sense of belonging?</p> <p>What is most important to you when building relationships?</p>
Resources	<ul style="list-style-type: none"> • Searching for Happiness: Healthy Relationships: http://scaleitsimple.com/2017/06/07/searching-for-happiness-part-3-healthy-relationships/
Activities	<ul style="list-style-type: none"> • Discuss strategies on how to make friends with similar interests • Attend an event together where you know there will be like-minded people for your mentee

Reflecting on Achievements	
Content	<p>Talk about what they have accomplished so far in their time with you or in their time at Carleton such as friends they have met, grades they have received, etc.</p> <p>Talk with your mentee about:</p> <ul style="list-style-type: none"> • Achievements and successes • Personal goals they have reached • Academic goals they have reached
Prompts	<p>What are you most proud of from your experiences so far?</p> <p>What steps did you take to reach this goal? Are these steps something you can do in future with other goals you have?</p> <p>Now that you have succeeded in this achievement, what is next for you?</p> <p>What will you do with this success?</p>
Resources	<ul style="list-style-type: none"> • Help Students Reflect and Set Powerful Goals: https://corwin-connect.com/2017/02/help-students-reflect-set-goals-powerful-learning/
Activities	<ul style="list-style-type: none"> • To celebrate a mentees accomplishments, take them to a location off campus (as far as bank street) or somewhere special. Locations could include Stella Luna Gelato, Black Squirrel Books, Bridgehead Coffee, etc.

Support Systems	
Content	<p>If your mentee is struggling to find support systems or not knowing who they can talk to you may want to explore the different types of support systems that are available to them.</p> <p>Talk with your mentee about:</p> <ul style="list-style-type: none"> • The support systems they already have in place • What support systems they have already sought out • What type of support they need • How they communicate the type of support they need • The importance of having a support system
Prompts	<p>Who currently is available to support you?</p> <p>How often do you find yourself seeking support?</p> <p>Have you thought of other types of support? (academic, social, career etc.)</p> <p>Did you know that Carleton Services can be a form of support?</p> <p>How do you communicate and identify when you need support?</p> <p>Are you a part of someone else's support system? What do you say when they need guidance? Do you think this is something you could do yourself?</p>
Resources	<ul style="list-style-type: none"> • How to Build your Support System in 3 Easy Steps: https://www.huffingtonpost.com/nozomi-morgan/how-to-build-your-support-system-in-3-easy-steps_b_9637312.html • Health and Counselling: https://carleton.ca/health/
Activities	<ul style="list-style-type: none"> • Create a Mind map of the different types of support the mentee may need. From those points write the names of the people/services that could be a support for them.

Financial Wellness

Financial Wellness means being aware of your financial situation and managing it wisely (Simon Fraser University, 2014).

- Developing long & short-term financial goals
- Tracking your spending
- Budgeting effectively
- Limiting overspending
- Recognizing & managing financial risks
- Using credit wisely

Budgeting	
Content	<p>If your mentee is struggling to manage their finances, budgeting will be your focus.</p> <p>Talk to your mentee about:</p> <ul style="list-style-type: none"> • What they are spending most of their money on • What they are currently doing to budget • If they are willing to try ways of budgeting to manage their finances

	<ul style="list-style-type: none"> If they have tried budgeting before
Prompts	<p>What are you currently doing to manage your money? Have you tried ways of budgeting before? What worked and what didn't? What do you find you spend your most money on?</p>
Resources	<ul style="list-style-type: none"> Awards and Financial Aid Office: https://carleton.ca/awards/ Phone Apps: Mint, Wally, Flip
Activities	<ul style="list-style-type: none"> If your mentee is comfortable, help them download and set up a budgeting app on their phone. Check in with your mentee at your next meeting to see if this strategy is working or if they would like to try something else out.

Financial Services on Campus	
Content	<p>If your mentee shares that they are struggling financially and would like extra support, talk to your mentee about Financial Services available on Campus.] Talk to your mentee about</p> <ul style="list-style-type: none"> If they have sought out any support before What financial support they currently have Why they are in need to financial aid Strategies for other factors (foodbank etc.)
Prompts	<p>Have you applied for any scholarships or bursaries? Have you applied to OSAP? What financial resources are you looking for specifically?</p>
Resources	<ul style="list-style-type: none"> Awards and Financial Aid Office: https://carleton.ca/awards/ Student Accounts Office: https://carleton.ca/studentaccounts/ CUSA Scholarships: https://www.cusaonline.ca/about/awards/ Endowed Student Emergency Fund (for monetary assistance in times of crisis): https://carleton.ca/campuscommunitycampaign/campaign-priorities/endowed-student-emergency-fund/ Scholarship Canada: https://www.scholarshipcanada.com
Activities	<ul style="list-style-type: none"> Walk your mentee over to the Awards and Financial Aid office to talk with a staff member about financial resources and options that are available to them.

Environmental Wellness

Environmental Wellness is about creating a safe, supportive, inclusive and sustainable community that recognizes the impact of personal and social environmental decisions (Simon Fraser University, 2014).

- Being respectful, inclusive, kind and supportive to others
- Being aware of risks in your surroundings
- Being aware of the impact of your decisions
- Taking personal responsibility for your actions

- Working to improve your community
- Reducing, reusing & recycling
- Using sustainable transportation

Connection to Community - Step Further than Campus	
Content	<p>If your mentee is looking to make a connection to community outside of Carleton then this will be your focus.</p> <p>Talk to your mentee about:</p> <ul style="list-style-type: none"> • What exactly they are looking for • What their interests are outside of a Carleton • Why they would like to make a connection outside of Carleton University • If they have explored Ottawa and options yet
Prompts	<p>What is it that you are interested in outside of Carleton?</p> <p>Are you familiar with the Ottawa area yet? What areas have you not explored?</p> <p>What connections are you looking to seek out?</p> <p>Do you have anyone who can go with you to attend any events or activities?</p>
Resources	<ul style="list-style-type: none"> • Ottawa Tourism: https://www.ottawatourism.ca/see-and-do/activities/
Activities	<ul style="list-style-type: none"> • Meet on campus first and then take a walk down Bank Street and explore the different shops and opportunities together.

Inclusivity	
Content	<p>If your mentee is wishing to seek out an inclusive environment then your focus will be on inclusivity.</p> <p>Talk to your mentee about:</p> <ul style="list-style-type: none"> • What they want to seek out • Environments they are already apart of and are comfortable in (if any) • Different opportunities that are available to them on campus
Prompts	<p>Have you heard about CAB? Did you know you can volunteer with them?</p> <p>Have you heard about the CUSA Service Centers?</p> <p>What type of environment are you seeking? What characteristics would make up this environment?</p> <p>Have you gone to any events with your floor or in residence? (if living on-campus)</p>
Resources	<ul style="list-style-type: none"> • CUSA Service Centers: https://www.cusaonline.ca/services/servicecentres/ • Student Experience Office: https://carleton.ca/seo/
Activities	<ul style="list-style-type: none"> • Take your mentee to visit some of the CUSA Service centers

Study Environments	
Content	<p>If your mentee is struggling to find a study environment that works well for them, this will be your topic.</p> <p>Talk to your mentee about:</p>

	<ul style="list-style-type: none"> • What currently works and is not working about their study environment • How they study • Possible environments that may work for them
Prompts	<p>Where do you currently study? Do you find you work best in quiet or louder environments? Do you like to work alone or with a group of people? How do you study? (witting out notes, saying things out loud, reading etc.) this can help us find an environment that works best for your study style</p>
Resources	<ul style="list-style-type: none"> • Study spots could include: Library (silent vs loud floors), tunnel tables, the Readers Digest Centre, empty classrooms, at home, Roosters, off-campus coffee shops, etc.
Activities	<ul style="list-style-type: none"> • Take your mentee to different spots on campus to show them what environments may be a good option for them.

Thriving	
Content	<p>Thriving is a mindset. Thriving is about engaging with your community, maintaining a healthy social support system, prospering intellectually, prioritizing body and mind, and growing as an individual in meaningful ways. Thriving is the idea that you are constantly working on yourself in these areas, it doesn't mean you are an expert in all these areas.</p> <p>Talk to your mentee about each pillar of thriving and how they can start to work on things in each area.</p>
Prompts	<p>How do you give back to the community? Do you have relationships that you value? Have you learned any new skills recently? Are you putting effort into healthy habits? Do you feel a sense of purpose?</p>
Resources	<ul style="list-style-type: none"> • Wellbeing: https://carleton.ca/thrive/well-being-resources/ • Wellness: https://students.carleton.ca/wellness/
Activities	<ul style="list-style-type: none"> • Visit the friendship bench, talk about thriving, and thinking about student wellness by exploring the wellness website.

Spiritual Wellness

Spiritual Wellness means developing the mind-body connection to foster personal growth and support mental and emotional wellness (Simon Fraser University, 2014).

- Having an overall sense of peace & well-being
- Developing the mind-body connection
- Understanding your own values
- Feeling part of a larger community
- Recognizing that spirituality is a personal experience
- Respecting the values & beliefs of others

Campus Services for Mental Health	
Content	If your mentee is talking about or you think should seek our mental health services on campus talk to your mentee about their options.
Prompts	Have you been to Health and Counselling before? If not, have you thought about going? Do you think you could benefit by talking to a counsellor? What resources specifically are you looking for?
Resources	<ul style="list-style-type: none"> • Health and Counselling: https://carleton.ca/health/ • Residence Counselling: https://carleton.ca/health/residence-counselling/ • Manager of Student Care and Support- Student Affairs Office: https://carleton.ca/studentaffairs/ • Carleton's Therapy Dog Program: https://carleton.ca/wellness/dogs/
Activities	<ul style="list-style-type: none"> • Walk your mentee over to their preferred services to make an appointment together. • Visit the Therapy Dog office hours together

Goal Setting	
Content	If your mentee is unsure of what they want to do or seems to want a clearer vision of their time at Carleton, goal setting will be your focus Talk to your mentee about: <ul style="list-style-type: none"> • Their short term goals • Their long term goals • Steps they can take to reach these goals • How to make goals and set them up so that they are realistic and attainable
Prompts	Where would do you see yourself in 5 years? What would you like to get out of your university experience as a whole? What are some small steps and goals that you can make to get yourself there? What are some goals you have for this academic year? What are some barriers that could get in the way of you reaching these goals? Let's brainstorm together how you can get around these barriers.
Resources	<ul style="list-style-type: none"> • S.M.A.R.T Goal worksheet: https://www.youngsurvival.org/uploads/audio-visual-library/ReadySetGo.pdf
Activities	<ul style="list-style-type: none"> • Using the worksheet above, work with your mentee to create some S.M.A.R.T goals. Check in on the status of these goals at following meetings to see where your mentee is at and if any adjustments need to be made.

Personal Growth	
Content	If your mentee is looking to grow as a person (be it in their skills, talents, coping strategies, leadership, etc.), perhaps it may be helpful to have a

	conversation about the areas in which they want to grow, and help them to find ways in which they might be able to take action for this growth.
Prompts	Be curious in regards to how and where they want to grow. Ask questions. Inquire into why they want to grow. Perhaps there is an underlying reason that may need to be addressed as well. Ask about current things being done/actions being taken to grow as a person, and whether or not they feel that it is successful.
Resources	<ul style="list-style-type: none"> • Ted Talks on Personal Growth: https://www.ted.com/topics/personal+growth • 10 Vital Steps Towards Personal Growth http://lifegoalsmag.com/10-vital-steps-toward-personal-growth-development/ • Personal Growth: https://www.psychologytoday.com/intl/blog/get-some-headspace/201309/personal-growth
Activities	<ul style="list-style-type: none"> • Make a mind map of the areas in which they want to grow, and list points of how this could be done/or started.

Mindfulness	
Content	If your student expresses an interest in practicing mindfulness or is interested in learning more about meditation and attaining a certain state of mind, it might be helpful to open the conversation on campus's mental health and well-being resources along with ways to initiate their path to mindfulness.
Prompts	Have you meditated or taken part in any sort of meditation activity before? What has sparked your interest in mindfulness? Is there any particular reason you are looking more into mindfulness for? Are you feeling stressed? Are you lolling into this as a stress-management strategy, or as a coping strategy for an issue you are facing?
Resources	<ul style="list-style-type: none"> • TAO: https://carleton.ca/wellness/tao/ • Wellness: https://carleton.ca/wellness/ • Getting Started with Mindfulness: https://www.mindful.org/meditation/mindfulness-getting-started/ • 6 Mindfulness Exercises You Can Try: https://www.pocketmindfulness.com/6-mindfulness-exercises-you-can-try-today/
Activities	<ul style="list-style-type: none"> • Encourage your mentee to participate in a mindfulness exercise, be it on campus, together during a meeting, or on their own • Make a mind map of where they would like to build their self-confidence and where they have strong self-confidence. • Encourage them to participate/volunteer in something they are passionate about or good at, to help them focus on their passions and strengths.

Relaxation Techniques	
Content	<p>If your mentee is struggling to find ways to relax and distress explore some relaxation techniques together.</p> <p>Talk to your mentee about:</p> <ul style="list-style-type: none"> • Different types of relaxation techniques • When to take time to relax • Distractions • On and off campus resources
Prompts	<p>What are you currently doing to relax? Is this working?</p> <p>What distracts you or stops you from relaxing?</p> <p>What are things that help calm you down when you are stressed?</p> <p>Are there specific times when you think relaxation would benefit you the most?</p>
Resources	<ul style="list-style-type: none"> • 6 Relaxation Techniques to Reduce Stress: https://www.health.harvard.edu/mind-and-mood/six-relaxation-techniques-to-reduce-stress
Activities	<ul style="list-style-type: none"> • Brainstorm some relaxation techniques together and come up with a list of 3 possible techniques that the mentee could use. If applicable, for your next meeting try one of these techniques together (Ex Yoga, Medication classes etc.).

Sense of Belonging	
Content	<p>If your mentee is exploring their interests and connection to the Carleton community then your focus can be on sense of belonging.</p> <p>Talk to your mentee about:</p> <ul style="list-style-type: none"> • What is means to them • What sense of belonging feels like • How they can seek out environments where they feel a sense of belonging
Prompts	<p>When you have a sense of belonging what do you feel?</p> <p>What environments do you think will create this feeling for you?</p> <p>Have you been involved in anything in the past that has created a sense of belonging for you? Let's explore options here that may be of similar experience</p> <p>Do you actively participate in classes and co-curricular activities? How can you make sure you fully participate in everything you do?</p>
Resources	<ul style="list-style-type: none"> • Be You: https://www.mindmatters.edu.au/docs/default-source/learning-module-documents/j4383_mm_modulesummary-1-4-relationships-and-belonging-v6.pdf?sfvrsn=0 • CUSA Clubs & Societies: https://www.cusaonline.ca/clubs/ • Campus to Community: https://carleton.ca/seo/community/ • mySuccess volunteer postings through Carleton Central
Activities	<ul style="list-style-type: none"> • Make a list or mind map of their support system and campus involvements. This will help reinforce the notion that they do belong and have support

	<ul style="list-style-type: none"> • Encourage them to chat with Residence Fellow if living in residence and inquire about a floor led engagement event. • Introduce students to the various ways to volunteer on campus.
--	---

Stress Management - University Stressors Impacting Life	
Content	<p>If your mentee is stressing about university related topics (academics, clubs, time management, grades etc.) your focus will be on stress management. Talk to your mentee about:</p> <ul style="list-style-type: none"> • What is causing their stress • What they currently are doing to manage stress • What they think they could do better in managing stress • Resources they can use
Prompts	<p>What is causing your stress? How do you know when you are stressed? What techniques are you currently using to manage stress? What is causing the most stress and what are some techniques we can brainstorm to relieve this?</p>
Resources	<ul style="list-style-type: none"> • Carleton Therapy Dogs: https://carleton.ca/wellness/dogs/ • Athletics Fitness Programs: https://athletics.carleton.ca/fitness/ • Wellness center in Renfrew house
Activities	<ul style="list-style-type: none"> • Take your mentee to visits one of Carleton's Therapy Dogs.

The Student Experience	
Content	<p>The student experience is a good topic to talk about if your mentee is wanting a co-curricular experience aside from their academics. Talk to your mentee about:</p> <ul style="list-style-type: none"> • What the student experience means to them • What they would like to be involved in • Positive impact of a co-curricular experience
Prompts	<p>When you graduate what do you want to look back on? What do you want to have accomplished? What can you do now to get that experience? Let's brainstorm some different ways you can make the most out of your experience at Carleton.</p>
Resources	<ul style="list-style-type: none"> • The Student Experience Office: https://carleton.ca/seo/
Activities	<ul style="list-style-type: none"> • Have your mentee create a vision board (can be on a piece of paper, poster board or bulletin board) of all the things they want to achieve from university. Have aspects of the student experience, interests and hobbies included. Then work thought piece by piece together.

Career & Academic Wellness

Career and Academic Wellness is about expanding knowledge, creating networks, and continually challenging your mind (Simon Fraser University, 2014).

- Seeking out resources to help make decisions
- Challenging yourself to new life experiences
- Having a well-developed sense of self
- Setting career & academic goals
- Having friends & peers who can support your goals
- Creating professional networks

Finding Balance	
Content	Juggling academics, part-time job, extracurricular activities and other priorities can be difficult at times. If this is something your mentee is struggling with your focus will be finding balance. Talk to your mentee about: <ul style="list-style-type: none"> • What their priorities are • Time management strategies
Prompts	What are your priorities at the moment? What are you struggling with specifically?
Resources	<ul style="list-style-type: none"> • 8 Secrets for Mastering Time Management: https://www.geteverwise.com/career-success/infographic-8-secrets-for-mastering-time-management/ • How to Live With Intent: https://www.mindbodygreen.com/0-18207/how-to-live-with-intent-even-if-youre-super-busy-stressed-out.html
Activities	<ul style="list-style-type: none"> • Use the balance wheel in the 2nd link above to score if they feel they are Suffering, surviving or thriving in a given area and then talk about strategies they can do to be surviving or thriving in each area moving forward.

Individualized Learning	
Content	If your mentee is struggling with figuring out methods that work for them to learn, understand and apply course material, this is where you can help mentees explore options that may work instead. Talk with your mentee about: <ul style="list-style-type: none"> • What hasn't worked for them • What has worked for them • Who they have already spoken to for support
Prompts	What has worked for you in the past when studying? What hasn't worked for you when studying? Why is this specific course different?

	<p>What is it about your learning style that seems to make things more challenging for you?</p> <p>Have you asked anyone for help?</p> <p>What have you tried so far and why did each thing work or not work?</p>
Resources	<ul style="list-style-type: none"> CSAS Learning Support Workshops: https://carleton.ca/csas/learning-support-workshops/
Activities	<ul style="list-style-type: none"> Attend the “Study Smarter” or “Note-Taking” Workshop at CSAS together.

Participation and Concentration	
Content	<p>If your mentee is having a hard time participating and concentrating in class then this will be your focus.</p> <p>Talk to your mentee about:</p> <ul style="list-style-type: none"> How they participate in class now- options What can they do to improve on and strategies to support? Difficulties with concentration and how they can improve it
Prompts	<p>What do you currently do when you are in class?</p> <p>Where do you sit in class?</p> <p>What do you find you get distracted by the most? How can we eliminate these?</p> <p>What are some ways you can increase your participation in class? This does not have to be talking. It could be active listening, engaging with the material and other aspects.</p>
Resources	<ul style="list-style-type: none"> CSAS Learning Support Workshops: https://carleton.ca/csas/learning-support-workshops/
Activities	<ul style="list-style-type: none"> Attend a CSAS workshop together. Do some concentration activities together such as a maze or Sudoku puzzle with them and encourage them to try doing one before they begin class or begin working on an assignment to practice concentrating and put them in a good frame of mind before they begin.

Planning Ahead	
Content	<p>Planning ahead is a good topic to talk to your mentee about during the winter semester when it comes to picking classes for the next academic year and beyond.</p> <p>Talk to your mentee about:</p> <ul style="list-style-type: none"> If they know what classes they need to take Adding or changing a minor Changing their program Academic audit and Academic Performance Evaluation (APE)
Prompts	<p>Do you know what classes you need to take for next year? (suggest checking out the Undergraduate Calendar on the Carleton website)</p>

Positive Study Habits	
Content	<p>If your mentee is talking about their study habits and wanting to explore different techniques then positive study habits will be your focus.</p> <p>Talk to your mentee about:</p> <ul style="list-style-type: none"> • What they are currently doing to study • What they want to improve upon • Different study techniques • How to study effectively and what works for them
Prompts	<p>What study habits do you currently have? Are these working for you? Have you attended a CSAS Learning Support Workshop? Let's brainstorm a few study techniques and figure out what works best for you. What do you find most challenging about studying? What are some ways that you can solve these challenges? What environments do you study best in?</p>
Resources	<ul style="list-style-type: none"> • Study Methods: http://www.csc.edu/learningcenter/study/studymethods.csc
Activities	<ul style="list-style-type: none"> • Attend a CSAS workshop together that the mentee would see beneficial to their studying habits. You may learn some techniques too!
	<p>Have you thought of adding a minor? Are you enjoying your program so far? Are you thinking of changing programs? Have you read your academic audit yet? Have you heard about the APE?</p>
Resources	<ul style="list-style-type: none"> • Academic Advising: https://carleton.ca/academicadvising/ • Career Services: https://carleton.ca/career/ • Co-op Services: https://carleton.ca/co-op/ • Registrar's Office: https://carleton.ca/registrar/
Activities	<ul style="list-style-type: none"> • Show your mentee how to read/review their audit so they are prepared for the upcoming academic year.

Procrastination & Staying on Track	
Content	<p>If your mentee is struggling to stay on top of their academic work then your focus will be on procrastination and staying on track.</p> <p>Talk to your mentee about</p> <ul style="list-style-type: none"> • The negative effects of procrastination • Ways in which they procrastinate • Time management techniques
Prompts	<p>What do you do when you procrastinate?</p> <p>What are the effects of your procrastination?</p> <p>How are you currently managing your time? Let's explore some other strategies for time management together.</p> <p>Did you know that CSAS has workshops for time management and balancing multiple priorities?</p> <p>How do you feel after you procrastinate?</p>
Resources	<ul style="list-style-type: none"> • Inside the Mind of a Master Procrastinator: https://www.ted.com/talks/tim_urban_inside_the_mind_of_a_master_procrastinator?language=en
Activities	<ul style="list-style-type: none"> • Go through all your mentees dates and deadlines together and put everything into a calendar (online or physical copy). Then schedule all other priorities such as important events, club meetings, work etc. Finally, schedule in study time. This way your mentee has a visual of time when they need to study along with their other priorities.

Tools for Success	
Content	<p>If your mentee needs additional academic support than tools for success will be your focus.</p> <p>Talk to your mentee about:</p> <ul style="list-style-type: none"> • Resources they have already sought out • Resources and services on campus • What exactly they need support with
Prompts	<p>What resources have you already sought out?</p> <p>Is there a specific area of your academics that you need support with? (e.g. exam prep, writing skills, time management, note taking etc.)</p> <p>Have you been to CSAS yet?</p> <p>Do your classes have PASS sessions? have you thought of attending?</p>
Resources	<ul style="list-style-type: none"> • Centre for Student Academic Support (CSAS): https://carleton.ca/csas/ • PASS workshops: Centre for Student Academic Support (CSAS): https://carleton.ca/csas/ • Academic Advising: https://carleton.ca/academicadvising/ • Career Services: https://carleton.ca/career/ • Co-op Services: https://carleton.ca/co-op/ • Professor and TA office hours

Activities	<ul style="list-style-type: none"> • Create a list with your mentee of all the support services available to them based on what they need support with. This way they have a reference guide on what support they need when they need it.
------------	--

Social & Cultural Wellness

Social and Cultural Wellness means developing and maintaining healthy relationships with those around you, and supporting the diversity of our communities through knowledge, acceptance and understanding (Simon Fraser University, 2014).

- Developing healthy relationships with family & friends
- Respecting & understanding other individuals
- Respecting the cultural identities of others
- Effectively managing unhealthy relationships
- Spending time with loved ones
- Feeling self-confident alone or with others

Connection to Carleton Community	
Content	<p>If your mentee is seeking out a connection to the Carleton community then this will be your focus.</p> <p>Talk to your mentee about:</p> <ul style="list-style-type: none"> • Areas of comfort • Types of connections they are looking for • The benefits of connecting to a community
Prompts	<p>Is there anywhere on campus that you really like/makes you feel comfortable?</p> <p>What types of connections are you looking for?</p> <p>What can you do to seek out these connections?</p> <p>Have you attended any Carleton events or activities?</p>
Resources	<ul style="list-style-type: none"> • Student Experience Office: https://www.cusaonline.ca/clubs/ • CUSA Clubs and Societies: https://www.cusaonline.ca/clubs/
Activities	<ul style="list-style-type: none"> • Attend an event together – it can be anything

Exploring Interests	
Content	<p>If your mentee is unsure where to start when it comes to connecting socially and culturally to Carleton, exploring interests will be your focus.</p> <p>Talk to your mentee about:</p> <ul style="list-style-type: none"> • Areas of interest • What they were involved in previously that they enjoyed • If they have tried seeking out experiences matching their interest
Prompts	<p>What kinds of activities have given you the greatest sense of accomplishment, enjoyment and satisfaction?</p> <p>What are you passionate about?</p>

	<p>If you had more time to devote yourself to a particular activity or subject what would it be?</p> <p>Do you have a favorite class? What about it does you enjoy?</p>
Resources	<ul style="list-style-type: none"> Ottawa based resources for finding hobbies in the community
Activities	<ul style="list-style-type: none"> Have the mentee write down 10-15 things they are interested in /enjoy doing. Once they are finished see if your both can find any common trends. Then see how the mentee can pursue these interests at Carleton or within their day to day life.

Getting Involved	
Content	<p>Talk about getting involved on campus with your mentee if they are struggling to find connections or interests on campus.</p> <p>Talk with your mentee about:</p> <ul style="list-style-type: none"> What their hobbies and interests are Why getting involved is important to the university experience Different ways they can get involved (social, academically, student committees, sports, professional development opportunities, working on campus etc.)
Prompts	<p>Have you looked up clubs on CUSA Hub yet?</p> <p>Have you looked into your departmental/academic club yet?</p> <p>What is it that you are interested in? Let's research ways you can get involved with this together.</p> <p>Have you heard of the CCR?</p> <p>Have you heard about the Campus Activity Board? Did you know you can volunteer with them?</p>
Resources	<ul style="list-style-type: none"> Campus Activity Board: https://carleton.ca/seo/cab/ Student Experience Office: https://carleton.ca/seo/ CUSA Cubs and Societies: https://www.cusaonline.ca/clubs/
Activities	<ul style="list-style-type: none"> Attend a CAB event together and help the mentee meet other people.

Intercultural Competency	
Content	<p>If your mentee is interested in becoming more aware of and learning about the various cultures in their community, it may be helpful to have an open minded and non-judgmental conversation on how to go about doing this in a respectful, equitable and effective manner.</p>
Prompts	<p>Ask why they feel the need to improve these skills.</p> <p>Have they attempted to improve these skills on their own, and if so how so?</p>
Resources	<ul style="list-style-type: none"> ISSO: https://www.carleton.ca/isso Equity and inclusive Communities: https://carleton.ca/equity/

	<ul style="list-style-type: none"> • Intercultural Competence: http://communication.oxfordre.com/view/10.1093/acrefore/9780190228613.001.0001/acrefore-9780190228613-e-68
Activities	<ul style="list-style-type: none"> • Anti-Oppression Trainings and Workshops through Equity and Inclusive Communities • Make a list of appropriate intercultural communication they are engaging in and compare it to a list of possible communication or actions they are engaging in that may be inappropriate/harmful/offensive, etc.

Managing Relationships	
Content	<p>Managing relationships can be difficult, especially if your mentees has several priorities and wants to make sure they are maintaining positive relationships with their peers.</p> <p>Talk to your mentee about:</p> <ul style="list-style-type: none"> • Why maintaining relationships is important to them • Strategies on how they can balance multiple relationships • Working on ways to communicate their feeling to their peers so that everyone is on the same page
Prompts	<p>Who are the main people you have positive relationships with?</p> <p>Why are these people important to you?</p> <p>What techniques are you currently using to manage these relationships?</p> <p>What are some things you think are working and not working?</p> <p>Do you communicate with these people when you are feeling overwhelmed?</p> <p>Let's work together on how to communicate to these people when you feel you have a lot going on.</p>

Places and Spaces	
Content	<p>This is a good topic to focus on if your mentee is unfamiliar with resources and locations on campus.</p> <p>Talk to your mentee about:</p> <ul style="list-style-type: none"> • Where they would like to go on campus • The places they already know and like • Location of dining services, study spots, services etc.
Prompts	<p>Where do you usually eat food on campus? Is there any where you want to go to?</p> <p>Do you know where all the building are on campus?</p> <p>Where do you currently study? Do you want to explore some other options?</p> <p>Have you gone through the tunnels yet?</p> <p>Is there any resource or office you need to visits?</p>
Resources	<ul style="list-style-type: none"> • Carleton Mobile App. This has a GPS and can map out routes to each location on campus: https://carleton.ca/cumobile/

	<ul style="list-style-type: none"> Dining Services Website: https://dining.carleton.ca/locations/
Activities	<ul style="list-style-type: none"> Take your mentee through the tunnels and show them how to get to each of their classes/buildings.

Stepping Outside your Comfort Zone	
Content	<p>Stepping outside your comfort zone can be a difficult and often scary thing to do. If your mentee is hesitant to try new things then this will be your focus. Talk to your mentee about:</p> <ul style="list-style-type: none"> What is their current comfort zone Ways they can slowly try new activities and experiences that are outside their comfort zone without feeling too overwhelmed Activities and experiences they may like to try but do not know where to start Why it is important to try new things and the benefits of doing so
Prompts	<p>What is your comfort zone now? Have you tried to step out of your comfort zone before? How was this experience? What are some small ways you can achieve this now without feeling overwhelmed? What would you like to achieve by stepping out of your comfort zone? Let's work together on how we can do this.</p>
Resources	<ul style="list-style-type: none"> There is no Magic Outside of the Comfort Zone: https://medium.com/live-your-life-on-purpose/there-is-no-magic-outside-the-comfort-zone-5b88358a38ba
Activities	<ul style="list-style-type: none"> Create a Venn diagram of mentees comfort zone and non-comfort zone. Place activities, experiences etc. in each category. In the middle overlapping part, place aspects that are a middle group for both and these will be things that the mentee can try doing in order to step out of their comfort zone smoothly.

Physical Wellness

Physical Wellness is about creating opportunities for healthy eating, active living and self-care practices that will support your health and wellness (Simon Fraser University, 2014).

- Maintaining an active lifestyle
- Eating nutritiously
- Seeing a doctor regularly
- Limiting alcohol & tobacco use
- Sleeping enough

Active Living	
Content	<p>If your mentee is focused on forms of exercise and physical activity then your focus will be on active living.</p> <p>Talk to your mentee about:</p> <ul style="list-style-type: none"> • The importance and benefits of active living • Different ways to exercise • Physical activity opportunities at Carleton and in the Ottawa area
Prompts	<p>What forms of physical activity do you enjoy doing?</p> <p>Are you on any sport or intramural teams? Would you be interested in joining?</p> <p>Have you attended any of the fitness classes at Carleton?</p> <p>Have you tried any exercises at home or near your living accommodations?</p>
Resources	<ul style="list-style-type: none"> • 6 Ways to Live a More Active Lifestyle: https://www.healthline.com/health/womens-health-active-lifestyle#4 • Athletics' Fitness Classes: https://athletics.carleton.ca/fitness/ • Athletics' Intermural: https://athletics.carleton.ca/leagues/intramurals/ • Residence Fitness Centre: https://housing.carleton.ca/gym-in-prescott-house/
Activities	<ul style="list-style-type: none"> • Attend a fitness class together at Carleton or take a walk around Hartwell Locks for your next meeting.

Adjusting to a New Lifestyle	
Content	<p>If your mentee is having a hard time adjusting to the demands and expectations of university then your focus is on adjusting to a new lifestyle.</p> <p>Talk to your mentee about:</p> <ul style="list-style-type: none"> • What they have already adjusted to • What areas do they need more support in? • Any physical changes that this new lifestyle has brought
Prompts	<p>What physical changes have you experienced while adjusting to your new lifestyle?</p> <p>Have you been finding time for all your priorities?</p> <p>What has been the biggest challenge so far?</p> <p>What can you do to ease this transition?</p>
Resources	<ul style="list-style-type: none"> • Mastering Transitions: https://www.huffingtonpost.com/tamar-chansky/transition-tips_b_1851793.html

Healthy Eating	
Content	<p>If your mentee is sharing about their eating habits or struggling to find a balance in their diet, then your focus will be on healthy eat</p> <p>Talk to your mentee about:</p> <ul style="list-style-type: none"> • What their current eating habits are • If they have any dietary restrictions/accommodations

	<ul style="list-style-type: none"> • The importance of a balanced diet • Ways to meal prep and buy healthy food (if they are off-campus)
Prompts	<p>What kinds of food are you currently eating? How many meals are you eating a day? What stops you from eating a balanced diet? Have you tried meal prepping? What types of meals/food do you enjoy? Let's research a few recipes you can try to make at home.</p>
Resources	<ul style="list-style-type: none"> • BuzzFeed Recipes: https://www.buzzfeed.com/jesseszewczyk/tasty-make-ahead-meal-plan • Healthline Balanced Diets: https://www.healthline.com/health/balanced-diet • Dining Services Dietitian: https://dining.carleton.ca/nutrition_dietitian/
Activities	<ul style="list-style-type: none"> • If they are off-campus: take them grocery shopping for a meeting and help them pick out food for a healthy diet that is within their budget • If they are on-campus: take them to see the dietitian in the Caf to help them come up with healthy food options that are available on-campus. Or you can go to the helpful meal planner on the dining services website

Self-Helping Strategies	
Content	<p>If your mentee is having a hard time making time to take care of themselves, think about “self-care” in a new way: “Self-helping”. Changing the mindset from taking care of yourself, to helping yourself can sometimes put things back into perspective.</p> <p>Talk with your mentee about:</p> <ul style="list-style-type: none"> • Things they already do for themselves • Positive coping strategies • Things they enjoy spending their free time on • Why is it important to take care of yourself first
Prompts	<p>What types of things relax you? When do you feel at your best? What types of activities make you feel strong and motivated? What do you enjoy doing? What do you already do to help yourself? How often? What time of day do you find you have time for self-helping? What time of day do you need to practice self-helping the most?</p>
Resources	<ul style="list-style-type: none"> • Your mentee is the best resource for this type of discussion.
Activities	<ul style="list-style-type: none"> • Do something they consider to be on their self-helping list together. • Share some of your self-helping strategies with them.

Sleeping Habits	
Content	<p>If your mentee always seems tired and is not getting enough sleep then your focus is on sleeping habits.</p> <p>Talk with your mentee about:</p> <ul style="list-style-type: none"> • The importance of getting enough sleep • Time management and working around a sleeping schedule
Prompts	<p>How many hours of sleep are you getting?</p> <p>Do you have a hard time falling asleep or staying asleep?</p> <p>What effects does not getting enough sleep have on your body?</p> <p>Have you tired going to sleep early?</p> <p>What are some possible solutions to your sleeping problems?</p>
Resources	<ul style="list-style-type: none"> • Getting Better Sleep: https://www.helpguide.org/articles/sleep/getting-better-sleep.htm
Activities	<ul style="list-style-type: none"> • Have your mentee download a sleeping app on their phone so they are able to track their sleeping habits. Check in with them at your next meeting to see how they are doing and have them show you their sleeping schedule through the app.

Substance Use/Misuse	
Content	<p>If your mentee shares with you or you think they may be using or misusing substances (including alcohol) check in and see how it is affecting them.</p> <p>Talk to your mentee about:</p> <ul style="list-style-type: none"> • What substances they are using • How long they have been using them for • Any concerns you may have • How they think it is affecting their day to day life
Prompts	<p>What substances are you using and how often do you use them?</p> <p>Do you think this use is affecting your day to day life? How so?</p> <p>Have you tried to cut back on your use before? What worked and what did not?</p> <p>If you have concerns- state what you have noticed and what supports are available to help the student.</p>
Resources	<ul style="list-style-type: none"> • Managers of Student Care and Support: https://carleton.ca/studentaffairs/ • All People All Pathways: https://carleton.ca/studentaffairs/all-people-all-pathways/ • CU Don't Know: https://carleton.ca/cudontknow/ • Health and Counselling: https://carleton.ca/health/