

RESOURCE GUIDE

This guide takes some key resources inside and outside of Carleton, and sorts them into the 7 dimensions of wellness. Share this guide with your peers, use it as a reference when supporting your peers, or keep it for personal use.

This is not an exhaustive list so you may need to do your own research or ask a support person for supplementary resources.

EMOTIONAL

FINANCIAL

ENVIRONMENTAL

SPIRITUAL

CAREER & ACADEMIC

SOCIAL & CULTURAL

PHYSICAL

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).

APPS & WEBSITES



[TAO](#) | [Empower Me](#) | [Calm](#) | [BoosterBuddy](#) | [Stop,Breathe&Think](#) | [MindShift](#) | [Headspace](#)

Each of these phone apps and websites are centered around mental health and are either free, have free versions, or can be accessed through Carleton University.

MENTAL HEALTH & WELLBEING



Not sure where to start? Try the [Information Library](#).

You can find all of the wellness related events, resources, and support at Carleton at the Mental Health and Wellbeing site.

ON CAMPUS COUNSELLING



[Counselling Services](#) & [Residence Counselling](#) are great options.

Both of these departments offer short term individual counselling to students who are experiencing any type of problem - big or small.

SUBSTANCE USE



[Safer Substance Use](#) & [CU Don't Know](#).

Carleton focuses on a harm reduction approach to substance use and has tons of resources for students to learn about safer substance use.

FINANCIAL

wellness

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

APPS & WEBSITES



[Mint](#) | [YNAB](#) | [GoodBudget](#) | [RBC Budgeting](#).

Budgeting is at the centre of your finances and these are some trusted apps and websites to help you get started.

FINANCIAL LITERACY



Looking for resources on Financial Literacy?

[10 Online Resources for Students.](#)
[Get Smarter About Money.](#)
[Carleton Financial Literacy Workshops.](#)
[Government of Canada Credit Card info.](#)

AWARDS & FINANCIAL AID



Questions about money? The Department of Awards & Financial Aid can help.

[Out of province student assistance.](#)
[Money Saving Tips.](#)
[Work Study.](#)
[OSAP.](#)

BURSARIES & SCHOLARSHIPS



Learn more about [bursaries](#) at Carleton.

Learn more about [scholarships](#) at Carleton.

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).

RESIDENCE



Residence at Carleton is focused on creating community.

[Resource Hub](#) for Residence Students.
[Get involved](#) in the Residence Community.

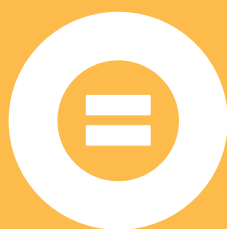
CUSA



CUSA is the undergraduate student association that provides services, hosts events, and offers employment.

CUSA operates 9 [Service Centres](#) on campus. Information on [employment & volunteering](#) opportunities with CUSA.

EQUITY & INCLUSIVE COMMUNITIES



EIC fosters the development of an inclusive and transformational university culture.

EIC offers [Sexual Violence Survivor Support](#). Information about [Discrimination & Harassment](#) on campus.

Educate yourself on all things equity using the [resource hub](#).

CAMPUS SAFETY SERVICES



For on campus emergencies, call 613-520-4444

CSS resources to [protect yourself](#).
CSS resources to [protect your property](#).

SPIRITUAL

wellness

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

SPIRITUALITY CENTRE



Explore your spiritual wellbeing and identity at the spirituality centre on campus.

Check out the [team](#) who works at the centre.

TED TALKS



Listening is a great way to learn.

Check out some Ted Talks on personal growth and take some time to reflect.

MINDFULNESS



Mindfulness can help you foster your spirituality.

Try these [6 mindfulness exercises](#).

TAO



TAO offers counselling, self help and mobile resources.

Carleton students can access [TAO](#) for free.

CAREER & ACADEMIC

wellness

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

CENTRE FOR STUDENT ACADEMIC SUPPORT



CSAS provides many tools for success.

Writing Services can help create an outline structure your paper, and much more.

Learning Support workshops on 19 topics.

Learn about PASS workshops.

CSAS offers online resources too.

PAUL MENTON CENTRE



The PMC is the place to go for students with disabilities who are looking for academic accommodations.

Everything you need to know about registering with the PMC.

Learn about what the PMC offers.

How you can get involved with the PMC.

CAREER SERVICES

Career Services is a hub for anything career related at Carleton.

Check out Your Degree, Your Future to learn about what you can do with your degree.

For job postings, resumes, networking support, check out the Career Services site.

Develop your skills with Career Services programming.

OTHER ACADEMIC RESOURCES

Options for textbook buying/selling include the bookstore and Haven Books & Cafe.

Looking for research help? Check out the MacOdrum Library.

Check out the undergraduate calendar for important dates & deadlines.

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).

FALL ORIENTATION



A week of getting to know Carleton, meeting tons of people, and attending exciting events.

Register for [Centralized](#), [Sprosh](#), or [EngFrosh](#).

CLUBS & SOCIETIES



CUSA Hub

Here, you can find a directory of all clubs and societies on campus.

Hint: try "command + F" or "control + F" and search for something you are interested in.

COMFORT ZONES



What is between your "comfort zone" and your "uncomfortable zone"?

[Learning about your comfort zone](#) might help you make the most out of your time at Carleton.

CULTURE SHOCK



International students, students from small towns, or students from other cities in Canada can all experience culture shock.

Learn about [culture shock](#) and coping. [Culture shock](#) and the student life.

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).

DIETITIAN



Did you know Carleton has a dietitian who all students can access?

Learn more and ask a question on the [Nutrition](#) website.

ATHLETICS



The Department of Athletics has 3 buildings on campus and tons of ways to get involved.

Learn about additional [memberships](#) and [personal trainers](#) at Carleton. Find a [leagues or intramural team](#). [Go Ravens](#) - Varsity teams at Carleton.

CANADA'S NEW FOOD GUIDE



[Canada's Food Guide](#) was recently revised and is based on scientific evidence.

Get [tips](#) on healthy eating. Try out some new [recipes](#).

PARTICIPACTION



ParticipACTION provides ways to integrate movement into every aspect of your life - [leadership](#), [work](#), and more.

[Download the app](#) for motivation, programming and virtual content.