

Return of the Ravens

What to Expect and How to Support Them

Let's Welcome our Students Back to Campus

Getting back on campus will be a transition for everyone, and it is important to continue to show patience, compassion and make sure everyone is taking care of themselves!

When planning for students to return to campus, ask yourself:

- What will make this the best experience for everyone?
- Does this foster a sense of belonging?
- Does this encourage the cultivation of relationships and empathy?
- Does this support self-efficacy?¹

1. Self-efficacy is an individual's belief in their capacity to act in the ways necessary to reach specific goals

Who are our Students?

Gen Z, or the generation born between the late 1990s and early 2010s, is the bulk of our student body. They care deeply about social issues and doing something they love.

They value:

- Collaboration
- Stability
- Not settling in their career options
- Self-care
- Diversity and inclusion
- Interdependence but not isolation

The impact of COVID-19

- Students are stressed and anxious, especially when being put into social settings.
- Some students may not know what they want or need.

Before Students Arrive

► Set Expectations

Be clear what your department, faculty or service offers and how to be reached (location, hours, how to contact you, what you offer, etc.).

► Make Processes Clear

What can you share ahead of time that will prevent questions and help alleviate stress?

► Be Clear, Accessible and Informative

After Students Arrive

We will all face different obstacles and experiences once everyone arrives in September. Here are some tips if any questions/concerns come up.

Starting Conversations

Starting a conversation could be difficult for many students returning to campus – here are some tips to share:

- Remind students they are not alone in feeling confused or uncertain
- Give a compliment, offer help or ask an opinion
- Notice something nice
- Look for common ground. For example:
What classes are you in together?
What is your favourite movie?

Tips on Conflict

- Conflict is natural and okay
- Choose a good time and place to talk
- Listen, be calm and analyze
- Know when it's okay to disagree and to walk away

How to Support our Equity Deserving Communities

Along with other university student struggles, equity deserving students face an additional burden due to systemic and institutional oppressions. Fighting against these barriers must be intentional.

Important Tips

- Provide mentorship and networking opportunities for BIPOC students, 2SLGBTQ+ students, neurodiverse students and international students
- Intentionally create a community and build connections
- Support and encourage all forms of self-care

Resources

- Wellness Services
- Equity and Inclusive Communities
- CUSA Service Centres:
 - Gender and Sexuality Resource Centre
 - Carleton Disability Awareness Centre
 - RISE (Racialized and International Student Experience)