News You Can Use: Bulletin for StFX Students
April 29, 2020

THIS BULLETIN INCLUDES:

Departmental Service Updates
• Office of Internationalization

Online Events
• Students’ Union & Services Survey – Two prize draws of $500 Visa gift cards for participating!
• Statistics Canada Survey - Impacts of the COVID-19 pandemic on postsecondary students
• Xaverian Pen Pal Project
• StFX Psychology Survey - Study on Anxiety during COVID-19 pandemic

Helpful Student Resources
• Bystander Intervention & Community Care Zine
• COVID-19 Tips - Preventing Stigma – Canadian Centre for Occupational Health & Safety
• Assess your Stress!

COVID-19 Links

For the most recent information concerning Academic Classes and Alternate Delivery, please check the StFX website here.

DEPARTMENTAL SERVICE UPDATES

OFFICE of INTERNATIONALIZATION

We are encouraging international students to participate in research conducted through the StFX Department of Adult Education to collect data on which factors influence students’ plans to stay in Nova Scotia following graduation. Students who complete the short survey will be entered to win a $50 Amazon gift card.
We will be hosting/co-hosting two webinars Wednesday, April 29th. An **income-tax info session** will be held at 1 p.m., with a **Canadian immigration info session** following at 3 p.m.

International students are invited to join the second weekly International Students' **Online Hang-Out**, via Zoom, on Friday, May 1st. Come chat and relax with fellow students!

Details and links to the above survey and online sessions have been sent to international students via StFX email. Please contact International Student Advisor **Donald Rasmussen** for more information.

**ONLINE EVENTS**

**STUDENTS’ UNION & SERVICES SURVEY**
Here is your chance to give feedback and input into a range of services available to students. By participating, you will be eligible for a draw for two chances to win a $500 Visa gift card! Please [CLICK HERE](#) to access and complete the survey. This survey will be used to evaluate and improve the services provided to you by the Students' Union and the University.

**STATISTICS CANADA SURVEY**
**Impacts of the COVID-19 pandemic on postsecondary students**
Statistics Canada is gathering information from postsecondary students in order for the Canadian government to make informed decisions regarding students and the fallout caused by COVID-19. In these difficult times, when everyone’s lives are being affected by COVID-19, you can do something important for the student community. You can provide your perspective on the current crisis by letting us know how your studies, financial situation and other aspects of your life have been affected by the pandemic. Please take five minutes to participate in this crowdsourcing data collection on the Impacts of the COVID-19 pandemic on postsecondary students. Please [CLICK HERE](#) to access and complete the survey.

**XAVERIAN PEN PAL PROJECT**
Interested StFX students are encouraged to sign up for the **Xaverian Pen Pal Project**, which aims to bring together students with senior citizens and local students in Antigonish. The project’s goal is to promote positive inter-generational relationships between StFX students and community members, while helping alleviate some of the challenges surrounding physical distancing. So far, response has been fantastic with about 100 participants in the project. All students have to do is click on the “sign up” link and fill out a form to specify who they are, any additional info, and who they’d like
to be paired with. After that, they’re matched with community members and are free to begin writing!

**StFX PSYCHOLOGY RESEARCH SURVEY**

**Study on Anxiety during COVID-19 pandemic**

Researchers at StFX are seeking participants for a study on anxiety during the COVID-19 pandemic. This study aims to look at factors that predict people's level of anxiety and anxious behaviours during the pandemic. If you are interested in participating, please [CLICK HERE](#) to access and complete the survey. The study is open to anyone 18 years or older and should take no more than 20 minutes. All responses are anonymous and confidential. Please feel free to share the survey link and spread the word.

**HELPFUL STUDENT RESOURCES**

**Bystander Intervention & Community Care Zine**

The Antigonish Women’s Resource Centre & Sexual Assault Services Association (AWRCSASA) created a zine, entitled "Bystander Intervention & Community Care During the COVID-19 Pandemic." The zine was written by Johannah Black, Women's Studies, and designed by StFX student Emma Kuzmyk. It serves as an introduction to Bystander Intervention and how to reach out during social distancing to friends or loved ones that you may be concerned about. To access the zine please [CLICK HERE](#).

**COVID-19 TIPS – PREVENTING STIGMA**

**Canadian Centre for Occupational Health & Safety**

There are some great tips on this [WEBSITE](#) for the following:

- Supporting Someone with COVID-19 symptoms, or who is in Quarantine or Self-Isolation
- Coping with Social Isolation, Microaggression or Stigma

**ASSESS YOUR STRESS!**

The Canadian Association for Mental Health (CAMH) has created a hub of mental health resources to provide support through the COVID-19 pandemic available by [CLICKING HERE](#).

Feelings of anxiety and stress are normal responses during unsettling times. Understanding your stress levels can help you make a plan for how to manage your stress and anxiety. When some people experience too much stress, they may feel a loss of control, excessive worry and other negative emotions. By managing our stress and anxiety, we can maintain positive mental health as the pandemic evolves.
The three assessments listed below are available on the CAMH Covid-19 Mental Health Resources Hub. When taken together, the surveys tell you how much stress you are experiencing, if it appears to be getting excessive, and your coping capacity. You can then decide how you want to use these answers to help you cope with the anxiety and fear being caused by this pandemic, social distancing and other situations you are experiencing.

**Perceived Stress Scale (PSS)**
How stressful do you perceive events in your life to be? This scale helps to answer this. For example, people with higher scores on the PSS might be more vulnerable to symptoms. [CLICK HERE](#) to take the assessment.

**Stress Can Drag You Down**
How well are you coping with the stress in your life? [CLICK HERE](#) to take the assessment. A higher score means you are likely handling stress better than those with a lower score.

**GAD-7**
The GAD-7 is a tool that screens for symptoms of anxiety affecting several parts of your life, also known as generalized anxiety. It is not used to diagnose, but to assess the severity of your symptoms. [CLICK HERE](#) to take the assessment.

If you decide that your scores show that you would benefit from seeking professional support, please access the resources available here on the StFX Health and Counselling Centre as a first step.

**COVID-19 LINKS**

**StFX University Resources:** [https://www.stfx.ca/coronavirus](https://www.stfx.ca/coronavirus)

If members of the campus community have questions/concerns that are not covered within our FAQs, please email [Comments&Questions@stfx.ca](mailto:Comments&Questions@stfx.ca). This email will be monitored 9 a.m. – 4:30 p.m., Monday to Friday.

**Province of Nova Scotia Resources:** [https://novascotia.ca/coronavirus/](https://novascotia.ca/coronavirus/)
