



News You Can Use: Bulletin for StFX Students

May 20, 2020

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For the most recent information concerning Academic Classes and Alternate Delivery, please check the StFX website [here](#).

DEPARTMENTAL SERVICE UPDATES

OFFICE of INTERNATIONALIZATION

The Office of Internationalization will be hosting an online '**Post-Graduation Work Permit Info Session**' for all graduating international students. The session will be held through Zoom on Tuesday, May 26th, from 1-2:30 p.m.

Further details and the registration link to the above session have been sent out to international students via StFX email. Please contact International Student Advisor [Donald Rasmussen](#) for more information.

STUDENTS' UNION – STUDENT FOOD RESOURCE CENTRE

Please note that the StFX Student Food Resource Centre (SFRC) is now **open Wednesdays** from 11 a.m. to 7 p.m. The SFRC is also open for donations from anyone during these times. The centre is located through the back of MacKinnon Hall.

StFX RECREATION – ESPORTS SURVEY

StFX Recreation is exploring the potential of Esports as a competitive gaming program and we are looking to determine the interest level among our student population. We have had discussions with Sports & Entertainment Atlantic and they are looking to gather information on the interest around Esports gaming within Atlantic Canada and the university student population. We are hoping to have StFX students complete the following brief survey by May 21st. To access the survey please [CLICK HERE](#).

HELPFUL STUDENT RESOURCES

Canada Emergency Student Benefit (CESB)

The CESB provides support to students and new graduates who are not eligible for the Canada Emergency Response Benefit or Employment Insurance or unable to work due to COVID-19. Eligible students making \$1,000 a month or less will be able to receive \$1,250 per month until the end of August, and students with recognized disabilities or with dependents under 12 are eligible to receive \$2,000 a month, which is an increase of \$250 a month from the previously announced \$1,750 for students with disabilities or dependents.

The **application process opened Friday, May 15th** and students can apply [ONLINE](#). To help manage the volume of applications, applicants will be asked to apply over four days beginning Friday based on their month of birth. Those born in January, February or March will be able to apply Friday, May 15; those born in April, May or June can apply May 16 and so on. Students can expect their payment in three to five business days from when they were deemed eligible if they're using direct deposit.

More details on who is eligible for the CESB and how to apply, including the link to the Canada Revenue Agency application page, are available through the [Government of Canada webpage](#).

COVID-19 INTERPERSONAL & SOCIAL COPING STUDY

Researchers from Acadia and St. Francis Xavier Universities are seeking participants for an online study exploring how people are coping and responding to the COVID-19 pandemic. The study consists of two elements, and you may participate in one or both. The first part is a 30-40 minute online survey about your experiences, social connections, views of COVID-19, and how you are coping. When this survey is done, you'll have the option to sign up for the second part, which consists of a daily diary study. Participants will get to keep a copy of their diary at the end of the study. The

researchers are particularly interested in hearing from StFX students and LGBTQ+ individuals, but the study is open to anyone, anywhere so long as they are 18 years of age or older. There are draws open to study participants, with prizes including Amazon gift cards and a stay at Lake Louise Inn in Lake Louise, AB (voucher valid until 2022). To learn more and to join the study, please visit [HERE](#). This study is approved by the Research Ethics Boards of Acadia University (REB 20-26) and St. Francis Xavier University (24636).

HUMAN RIGHTS & EQUITY - DEALING WITH STIGMA

Material courtesy University of Guelph, Office of Diversity & Human Rights

Stigma Definition

Stigma is a negative stereotype; discrimination is a behavior that results from the negative stereotype (source: CMHA).

Stigma and discrimination can occur when people associate COVID-19 with a specific group, ethnic community or nationality. These narratives can be manifested in forms of racism or xenophobia. Stigmatized groups may be subjected to hurtful and harmful comments, different treatment in social services like healthcare, or even physical violence. These stigmatic behaviours can have a significant effect on the mental health of affected individuals. Stigma affects us all. It creates fear or anger towards people instead of the virus. It's important for all of us to stand up and refute these narratives.

Possible Stigma Associated with COVID-19

- Wrongly implying that particular racial or ethnic groups are more susceptible to viruses.
- Wrongly assuming that some racial or ethnic groups are spreading the disease more than others, instead of recognizing that this is a global pandemic with community spread.

What Should I Do If I Experience a Microaggression?

- ***Protect your physical safety and emotional health***—It's up to you to decide if and when you want to respond. If it's too much emotional labour, it's ok to walk away.
- ***Surround yourself with community***—Connect with peers, community organizations, or even online networks to share your experiences.
- ***Seek Support if You Need It*** – if you're a StFX student, faculty, or staff, the Human Rights & Equity office is here to help. We can help with alternative resolution or a formal human rights complaint.

What Should I Do If I Notice Problematic Behaviours?

- ***Model Appropriate Behaviour*** – Step in to reframe comments in the moment to an appropriate response.
- ***Give someone the chance to repeat or reframe what they said*** – Sometimes we notice our mistakes and need a chance to correct ourselves. Other times, we might need some education.
- ***Focus on Yourself***— Don't try to interpret what other people might be feeling or thinking. Focus on why or how it made you upset or insulted you.
- Be supportive of people who are from hard hit areas and are worried about friends or relatives in the affected regions.

What Should I Do If I Got Something Wrong?

- ***Be reflective and don't argue*** – recognize that everyone makes mistakes, and it's not a sign of bad character that you did something wrong.
- ***Offer a genuine apology***—Reflect on what you said and apologize for the harm that was caused.
- ***Commit to do better in the future and avoid engaging in the same problematic behavior again.***

COVID-19 LINKS

StFX University Resources: <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. This email will be monitored 9 a.m. – 4:30 p.m., Monday to Friday.

Province of Nova Scotia Resources: <https://novascotia.ca/coronavirus/>

Government of Canada Resources: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

ONLINE MENTAL HEALTH SUPPORT



YOU ARE NOT ALONE.

OUR ONLINE HEALTHYMINDSNS SERVICES ARE HERE FOR YOU 24/7.

HEALTHYMINDSNS.CA

THE EVOLVING NATURE OF COVID-19 CAN CAUSE DISTRESS AND ANXIETY, BUT YOU DO NOT HAVE TO FEEL ALONE IN MANAGING THESE EMOTIONS. HEALTHYMINDSNS ONLINE MENTAL HEALTH SERVICES ARE HERE FOR YOU 24/7. REACH OUT ANYTIME FOR SUPPORT.

YOUR MENTAL HEALTH IS IMPORTANT.



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