Students, staff, faculty, and community members collaborate to take action toward a campus culture that supports mental wellbeing.
How it all started...

February 2011
1st Mental Health Symposium
This Year...

...we will explore the connections between mental well-being, building community, increasing intercultural understanding, and challenging a culture of unhealthy academic competition at UBC.

Vision
Change the culture of unhealthy academic competition at UBC by building community and promoting intercultural understanding.

Objectives
1. Target broad UBC population.
2. Change beliefs surrounding mental health and increase mental health literacy.
3. Provide opportunities and resources for attendants to take initiative.
4. Discuss the value of community and intercultural mindset to foster a culture of collaboration, thus addressing feelings of isolation.
This Year...

Registration, Networking Breakfast and Opening

Keynote and Catalyst Panel
- Community Building
- Intercultural Understanding
- Academic Pressure and Competition
- (TBC) Wellness in the Flexible Learning Classroom

Community Building
Intercultural Understanding
Academic Pressure
Flexible Learning

Lunch

Opening and Breakfast  Keynote and Catalyst Panel  Exploration Breakout Sessions  Lunch and Networking
This Year...

Open Space
Resources and Skills Workshops
Regroup for Revisions
Pitches and Feedback
Closing
Our supporters 😊

- AMS – $750
- AMS Services – $100
- AMS Speakeasy – $100
- AMS SASC – TBC
- AMS Clubs
  - MHAC – $1000
  - Yoga Club – $100
  - SpeakBOX – $100
- Student Health Services – $1000
- Kaleidoscope - $100
- Michael Krausz - $100
Thank you!

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