



Thanks to you, SFU’s three campuses are buzzing with excitement. Every fall, we welcome countless students who may not have been able to attend university if not for supporters like you. Your support provides students with experiences that help them become job-ready and life-ready.

When you look back on your time as a student at SFU, you’ll remember many things. Sampling every food stand possible at the Welcome Back BBQ—cheering on the Football Team with McFogg the Dog at homecoming—or perhaps joining a few too many clubs on SFSS Clubs Day. You might remember the tough times, too—like long nights spent at the library cramming for final exams. Or devouring coffees and cookies at Renaissance while madly writing papers. Or sprinting between classes and your part-time jobs.

Stress can play a large role in the lives of students, and it can sometimes overshadow the many good memories students should be making. **That’s why we are working to support student wellbeing.** SFU Health & Counselling Services works in collaboration with other campus groups to offer a variety of free wellness programs, such as puppy therapy during exam season. In August 2018, we launched a pilot mobile app called MySSP to connect SFU students with free 24/7 counselling services. These initiatives help set students up for success and ensure they can have their best experience at SFU.

SFU students are ready for another exciting year, and it’s all made possible because of people like you. **Thank you for being a generous supporter of the SFU community.**



RETURN POSTAGE GUARANTEED  
PORT DE RETOUR GARANTI

A - 3

Generous Donor Name  
Generous Donor Address  
Generous Donor City, Postal Code

Rummana Khan Hemani  
Vice-Provost, Students & International *pro-tem* & Registrar  
SFU BBA 1989, M.Ed. 2012

SFU

SIMON FRASER  
UNIVERSITY



REMEMBER  
THE FIRST  
DAY OF  
SCHOOL?



HELPING STUDENTS

COME BACK WELL

October 18, 2019

Generous Donor Name  
 Generous Donor Address  
 Generous Donor City, Postal Code

Dear Generous Donor,

Here at SFU, a new school year is underway and once again there are thousands of students experiencing university for the first time.

The excitement of those first few weeks is now behind them, and they are adjusting to life as a university student and the new demands that come with it.

Some students are struggling to cope—and today, you can help make a meaningful impact on the well-being of students at SFU.

Four years ago, Andriana was one of those students. In the enclosed letter, she will tell you a little about the challenges she faced in her first years, and how important SFU Health & Counselling Services are to her.

Andriana became a Health Peer, one of the students that help run SFU Health & Counselling Services (HCS) programs. These programs, combined with her decision to become a Health Peer herself, turned her SFU experience around. More students than ever need these programs—which is why I'm writing to you today.

**Will you make a donation to SFU Health & Counselling Services?** Your gift of \$100 will make a direct impact in students' lives, helping someone who might be struggling with anxiety, depression or stress—by supporting services that have been proven to make a difference.



**SFU HEALTH & COUNSELLING SERVICES**

**My Student Support Program (My SSP)**



A mobile app that easily connects SFU students to instant, 24/7 mental health support.

**Dog Therapy**



Helps students relieve stress during exam periods and add balance to their busy lives.

**Active Health**



An award-winning prescription exercise program for SFU students diagnosed with significant depression or anxiety.

**Community Cooking Workshops**



Helps students gain valuable nutrition skills and build a support system through social interaction.

Continued on reverse >

**Yes, I want to support SFU students!**

Generous Donor Name  
 Generous Donor Address  
 Generous Donor City, Postal Code

E-mail: \_\_\_\_\_  
 Phone: \_\_\_\_\_

**One time gift:**

\$100     \$150     \$200     Other: \$ \_\_\_\_\_

**Monthly gift:**

\$10     \$15     \$20     Other: \$ \_\_\_\_\_

**Please direct my gift to:**

Health & Counselling Services Development Fund  
 Alumni Scholarship & Bursary Endowment  
 Other: \_\_\_\_\_

In 2016, HCS participated in the National College Health Assessment survey, which involved more than 1,000 SFU students. In the survey, 15.7% of students reported being diagnosed or treated by a professional for anxiety, while 12% reported being diagnosed or treated for depression.

**That means 1 in every 6 students needs mental health support—but we know there are many others who haven't asked for help.**

Stress can play a large role in the lives of students, and it can sometimes overshadow the many good memories students should be making. That's why—with your help—we are working to support student well-being.

HCS works in collaboration with other campus groups to offer a variety of great free programs, some of which Andriana describes. These programs help set students up for success and ensure they can have their best experience at SFU—and you can help them grow.

We are so grateful for the support you have already given to SFU this year. Your generosity is making an impact on many students. I hope today you will consider adding your support to these important programs.

Thank you for your support.

Gratefully,

Rummana Khan Hemani  
Vice-Provost, Students & International *pro-tem* & Registrar

P.S. Student life is challenging, but for some it can become overwhelming. **Make a gift to SFU by November 30th**, and you will directly help students experiencing distress—and give them the tools they need to succeed.

P.P.S. Sometimes just the right words can make all the difference—you can include a note of encouragement for a student with your donation, by using the enclosed card.



## SFU HEALTH & COUNSELLING SERVICES

### Make Space for Well-being



Weekly outreach program providing students with tools to manage their physical and emotional health.

### Mindfulness Meditation



Weekly workshops providing tools to help students reduce stress.

### Meet, Greet, Eat



Weekly activities providing an opportunity for students to connect, de-stress, and develop healthy self-care habits.



## THANK YOU for your gift!

Please indicate your preferred payment method:

I have enclosed a cheque payable to Simon Fraser University (If you are making a monthly gift, please provide a VOID cheque.)

Please charge my credit card:  Visa  Mastercard  Amex

CARD NUMBER

EXPIRY DATE (MM/YY)

CARDHOLDER NAME

SIGNATURE

You can donate online at [give.sfu.ca/HCSFund](https://give.sfu.ca/HCSFund)

Please send me information about making a donation in my will.

SFU issues tax receipts by e-mail. To receive a hardcopy receipt instead, please check this box.

To receive your tax receipt, return this form in the enclosed envelope or mail to:

SFU Advancement & Alumni Engagement:

2118 Strand Hall, 8888 University Dr  
Burnaby, BC Canada V5A 1S6

Phone: 778.782.7250 | Email: [annual\\_giving@sfu.ca](mailto:annual_giving@sfu.ca)

At Simon Fraser University, your privacy is our priority. We adhere to all legislative requirements with respect to the University Act to administer our Advancement & Alumni Engagement program and fundraising campaigns. For more information, visit [give.sfu.ca/privacy](https://give.sfu.ca/privacy)

Your monthly donations will be processed on the 15th or 30th of each month. You'll receive a consolidated tax receipt for your donations in the calendar year each February. You can change or cancel your monthly donation by contacting the SFU Annual Giving team at the contact information listed above. Charitable Business # 118520725RR0001

Dear <<Salutation>>

Every September, when I see all the new students on campus, it always takes me back to my own first year, and how hard I found it to adjust to university life.

Perhaps you had the same experience? It's such a big jump and it can be so hard to cope. But until you open up to someone, you don't realize that so many of your fellow students are feeling the same way.

My name is Andriana, and I'm in my last semester as a health sciences student at SFU. I wanted to tell you a little bit about my experience as a Health Peer, so you can see how your support will make a meaningful impact on the well-being of students at SFU. 🌸

For most of my time at SFU, I've sat through a long commute to attend classes, which made it difficult to get involved with anything on campus. I lived on campus for a short period but even then, when your classmates are commuters, it's hard to connect with others.

Do you remember what it was like sitting in your first few lectures? 🌀

I found it so overwhelming. When you're in a room with hundreds of other students, you can feel like you're just another number. That no one sees you.

The high school environment is controlled and people tell you what to do. Once you are at university, you have to explore and figure things out on your own. Sometimes I had moments of panic, where I wondered if I was in the right building. The transition was really difficult.

Getting involved with Health Peers turned my experience at SFU around. Working with others towards a common good was so rewarding, as was being able to help students going through similar situations to my own. I wish I had heard about it earlier.

There are so many ways that you will help students, simply by supporting SFU Health & Counselling Services. ★



Keep reading...



Health Peers like me plan a variety of free programs that benefit students. For example, every week we host Make Space for Well-being, a table-style outreach session where students can come and talk directly to one of us. We are trained to provide information and advice on many aspects of self-care, from healthy sleep to managing stress.

We host community cooking workshops—a great space for students to connect in a safe environment. Sometimes students have a hard time asking for help, and these workshops often allow them to open up and build a support system. As an added bonus, these workshops are a great place to admit you need some help learning how to boil an egg!

High levels of stress are now part of the student experience. There is so much pressure to get everything done. Students feel guilty if they take time out for themselves, and there is still a stigma around self-care.



How can we help students cope?



Perhaps the most important role Health Peers fulfill is to act as a bridge to SFU's counselling services. Often students in distress aren't ready to contact them directly. It's less intimidating to talk to a peer. I've spoken to many students who are struggling, and it's been so rewarding to see students who have learned to take care of themselves and flourish.

Please join me in making a positive impact on students at SFU by supporting SFU Health & Counselling Services.



Thank you.

Adriana

Andriana

SFU student and Health Peer

# The right words can make all the difference.

This exam season, you can go the extra mile to support students by including a message of encouragement with your donation. **Please write your message on the reverse and send it by November 15<sup>th</sup>** so we can share it with students before exams begin.





**My advice to students...**

---

---

---

---

---

---

---

---

---

---



SIMON FRASER  
UNIVERSITY

**Thank you**



FOR SUPPORTING THE  
WELL-BEING OF SFU STUDENTS

Simon Fraser University  
Strand Hall 2118  
8888 University Dr  
Burnaby, B.C. V5A 1S6



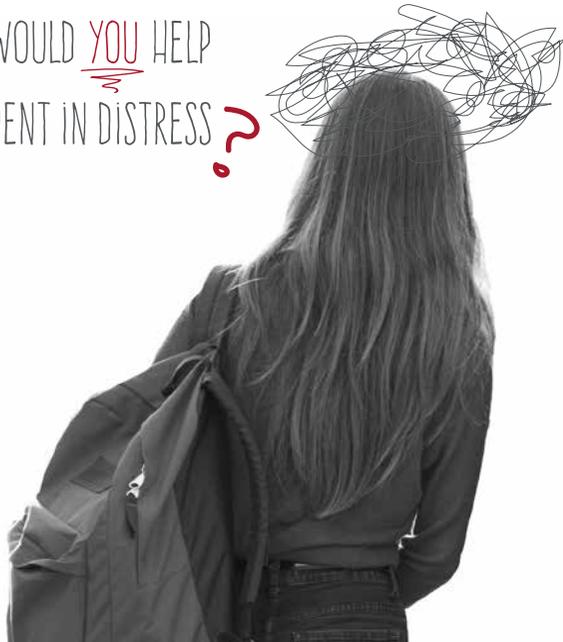
RETURN POSTAGE GUARANTEED  
PORT DE RETOUR GARANTI

SFU

SIMON FRASER  
UNIVERSITY

ADVANCEMENT &  
ALUMNI ENGAGEMENT  
2118 Strand Hall,  
8888 University Drive  
Burnaby, B.C. Canada V5A 1S6

HOW WOULD YOU HELP  
A STUDENT IN DISTRESS?



Generous Donor Name  
Generous Donor Address  
City of Donor, Country  
Postal Code



RETURN POSTAGE GUARANTEED  
PORT DE RETOUR GARANTI



SFU

SIMON FRASER  
UNIVERSITY

ADVANCEMENT &  
ALUMNI ENGAGEMENT  
2118 Strand Hall,  
8888 University Drive  
Burnaby, B.C.  
Canada V5A 1S6

**THANK YOU  
FOR SUPPORTING  
STUDENTS AT SFU.**

SFU

SIMON FRASER  
UNIVERSITY



WHAT DID YOUR  
TYPICAL DAY  
AS A STUDENT  
LOOK LIKE?



# ON HER FIRST DAY OF CLASSES, KELLY WAS UP BY 6:30AM AND ON THE GO UNTIL MIDNIGHT.

Kelly is a high-achieving third-year undergraduate student. She maintains a high GPA and is active in many groups and organizations. This has earned her scholarships and academic awards—financial support that has been made possible by SFU’s generous alumni community.

The support of alumni like you means ambitious students like Kelly can pursue a full and rewarding education—setting them on a path to be future leaders. You help relieve the burden of financial worry and make it possible for students to follow their dreams and become job-ready and life-ready during their time at SFU.

It’s amazing to watch Kelly fit everything into her day! She put together a short video to show you what her first day of school was like.

“Despite my busy schedule, I feel lucky. Because I have financial support through scholarships and fellowships, I’m able to have days full of activities that will benefit my future”

TODAY'S SCHEDULE	
6:30	Wake up
8:00	Commute to Burnaby Campus
8:30	Work - article due tomorrow for The Peak
10:30	Political Science 201 Lecture
11:30	Political Science 201 Tutorial
1:30	Meet with the club to plan for the first event of the semester
3:00	Meet Alia for coffee 
4:00	Commute to Downtown Campus
5:00	Political Science 222 Lecture
8:00	Commute home
8:30	Study Sociology 150 
12:00	Sleep

- To-do List 
- Book semester's events for Model UN Club
  - Complete action items from last Women in International Security Meeting
  - Brainstorm new article ideas for The Peak 
  - Prep for tomorrow's day at work



[give.sfu.ca/DayInTheLife](https://give.sfu.ca/DayInTheLife)

SEE YOUR SUPPORT IN ACTION:  
[give.sfu.ca/DayInTheLife](https://give.sfu.ca/DayInTheLife)