nscc

Student Wellness Champion Program

September 2024 - April 2025

Program Goals

This report represents year 3 of a program that began in 2022–23 with two campuses, expanding to five, and currently eight campuses.

Goals of the Wellness Champion Program:

- **Increase** awareness of campus supports, HealthyMindsNS, and other online/community resources
- **Reduce** mental health stigma
- **Educate** students on health-promoting topics and activities
- **Increase** diversity, inclusion, and sense of belonging
- **Contribute** to a campus culture of wellbeing
- **Provide** meaningful employment to NSCC students

Why the Wellness Champion Program?

The Wellness Champion Program supports key frameworks that guide NSCC's commitment to student wellbeing. It aligns with:

- Mental Wellness Strategy
- The National Standards for Post-Secondary Student Mental Health & Wellbeing
- Okanagan Charter
- Sustainable Development Goals
- NSCC Strategic Plan

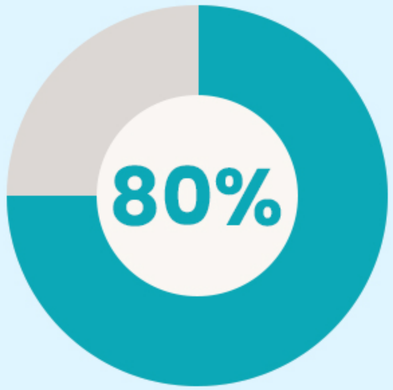
Mental health is essential for academic success and a thriving student experience. Peer-to-peer connection—students talking to students—is a powerful way to raise awareness and support positive change on campus.

Wellness Champion Events Overview (2024-2025)

A year of activities promoting mental health, physical, emotional, and social well-being

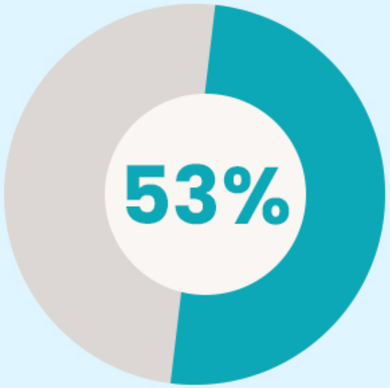
- Wellness Resource Share & World Mental Health Day
- Eat For Less
- Healthy Workplace Awareness
- Stress Management & Sleep Hygiene
- Communication Skills
- Random Acts Of Kindness
- Multiculturalism Week
- Men's Health Awareness
- National Addictions Awareness Week (NAAW)
- Holiday Hot Drinks
- Wellness Resource Refresher
- African Heritage Month Celebration
- Get Energized & Reconnected
- ED Awareness & Body Neutrality
- Wellness Week Event: Selfcare Strategies
- Beat The February Blues
- Self-Love
- International Women's Day Celebration
- International Day of Happiness celebration
- Neurodiversity
- Trans Day of Visibility & Pride

NSCC Canadian Campus Student Wellbeing 2023 Results



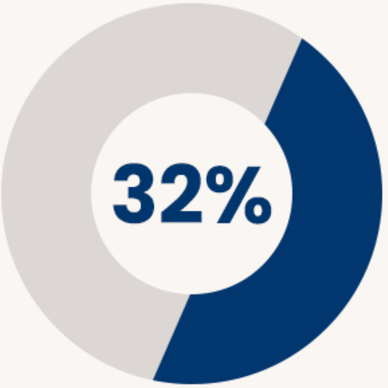
80% of students indicated that they strongly agree or agree that they felt they belonged on campus.

89% agreed that NSCC values diversity.



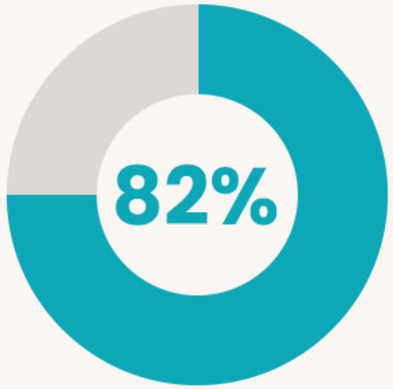
53% indicated either low or very low food security.

Mental Health in Focus:

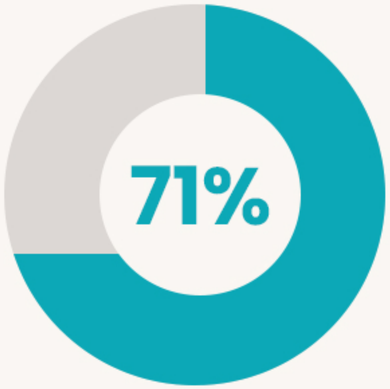


of NSCC students reported experiencing severe mental distress, showing the importance of continued support and wellness initiatives across campuses.

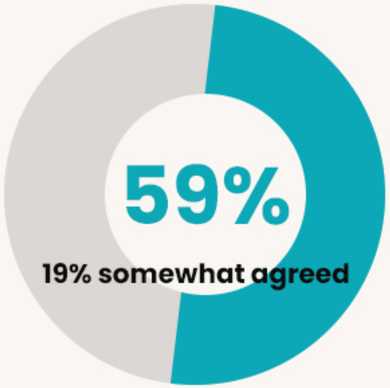
Supportive Environment:



of students agreed that NSCC provided a supportive place for learning.



believe that students' mental health and emotional wellbeing is a priority at the college.



agreed that NSCC has a strong support system in place for students facing challenges

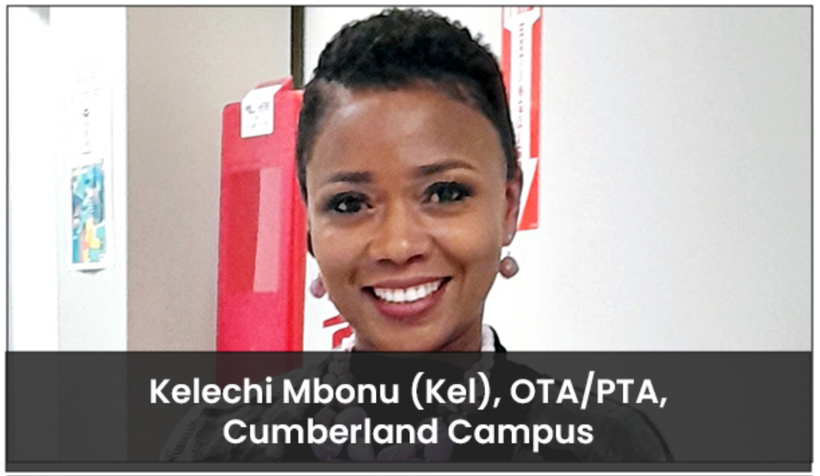
Role of the Student Wellness Champion

The Wellness Champion is responsible for planning, developing and hosting weekly events to encourage student engagement and interaction on the themes of mental health, wellbeing, diversity, inclusion and belonging.

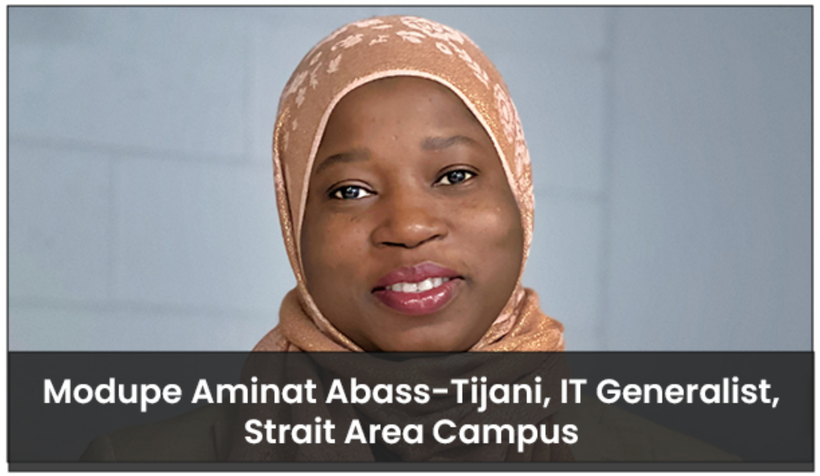
The Wellness Champion is friendly, informed, prepared and approachable.

The Wellness Champion is an alley to students. They respect diversity and individuality of fellow students and staff members.

Meet Our Champions



Kelechi Mbonu (Kel), OTA/PTA, Cumberland Campus



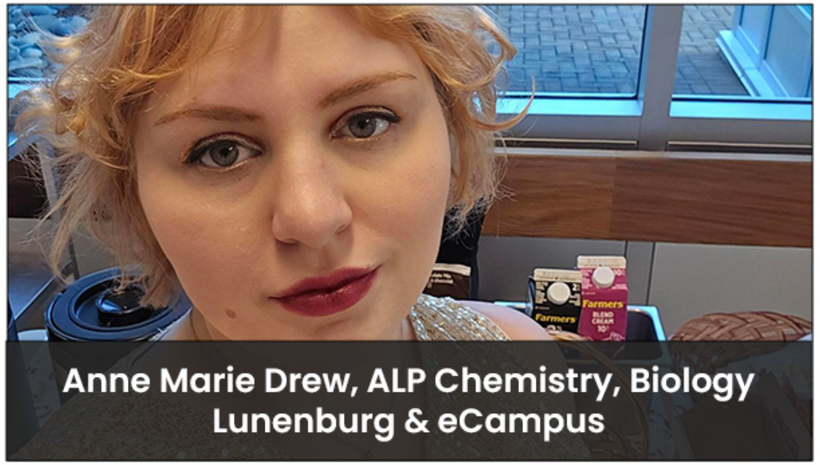
Modupe Aminat Abass-Tijani, IT Generalist, Strait Area Campus

Savanna Williams, Social Services, Burridge Campus

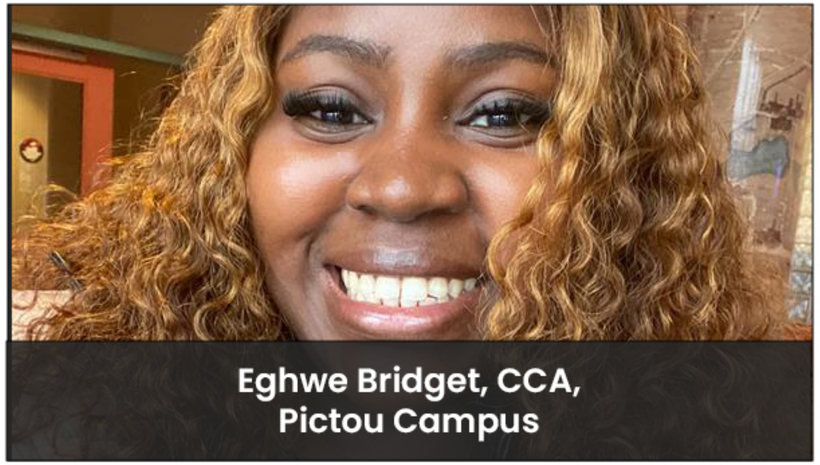
Heartwill Elewosi, Disability Supports & Services, Kingstec Campus

Ryan Mutama, Social Services, Truro Campus

Ismaila Adegboyega Salau, CCA Middleton & COGS Campus



Anne Marie Drew, ALP Chemistry, Biology Lunenburg & eCampus



Eghwe Bridget, CCA, Pictou Campus

Champion Spotlight - Ismaila

Which Events Stood Out For You?

The “Tips for Surviving the Holiday” event stood out most to me. It was co-hosted with the Student Union and had a great turnout. We shared useful survival tips, hosted a fun Word Search Challenge, and offered warm cookies to create a cozy, welcoming atmosphere. The vibe was lively and supportive—one of the most engaging events I’ve been part of.

How Has Your Campus Been Impacted?

Being a Wellness Champion helped foster a stronger sense of belonging across campus. These events allowed students to connect with faculty, share challenges, and access meaningful wellness resources. The program created a space where students felt heard and supported, while also introducing practical wellness tools like stress relief techniques and healthy living tips. Together, we’ve built a culture that values openness, care, and balance in both academics and well-being.

How has being a student wellness champion impacted you?

- Built deeper connections with peers and faculty
- Strengthened empathy and active listening skills
- Gained confidence in public speaking and campus leadership
- Saw firsthand how promoting wellness improves student success

Top 3 Skills I’m Taking With Me

- Communication & Listening – Understanding student needs with compassion
- Leadership & Initiative – Coordinating events and inspiring participation
- Problem-Solving – Adapting to student concerns with flexibility and care

Advice for Future Champions:

- Be a safe space – Listen without judgment. You’re here to support, not fix.
- Take care of yourself too – Your well-being matters just as much.
- Use Student Services – Know when to refer others (and yourself) for more help.
- Small things matter – A simple check-in can mean the world to someone.
- Own your impact – You’re shaping a kinder, more caring campus.

Champion Spotlight - Savanna

Which Events Stood Out For You?

Some of my favourite events were Neurodiversity Awareness, Transgender Day of Visibility, and African Heritage Month — students felt truly represented. One memorable event was Random Acts of Kindness where students wrote thank-you cards. It was well-attended and full of meaningful, joyful energy

How Has Your Campus Been Impacted?

Students have shared how much they appreciated the weekly events and giveaways. One even told me it brought learning and joy to their day. Having a Student Wellness Champion on campus reminds students that their well-being matters

How has being a student wellness champion impacted you?

Being Burridge Campus's Wellness Champion for 2 years has meant so much. I've connected with students, staff, and faculty while raising awareness around mental health and inclusion. This experience taught me that relationships matter—and showing up for others makes a difference

3 Skills I'll Take Away

- Organizing and facilitating events
- Communicating and collaborating
- Active listening with empathy

Advice for Future Champions:

Keep diversity and inclusion at the heart of your events — make sure no one feels left behind. Be open to learning, stay consistent, and collaborate with others on campus like the SA, ISA, or Student Services

Champion Spotlight - Aminat

Which Events Stood Out For You?

Multiculturalism Week stood out the most. I partnered with the International Student Ambassadors to celebrate and uplift diverse communities on campus. We organized a fun Kahoot game, handed out prizes like gift cards and pizza, and created a space where people felt seen and celebrated.

How Has Your Campus Been Impacted?

Wellness events boosted social interaction and helped build a stronger sense of community. They also raised awareness of on the mental health resources available, making it easier for students to find support when needed. Even small events created space for connection, conversation, and inclusion.

How has being a student wellness champion impacted you?

This role helped me grow in confidence and connection. Engaging each week strengthened my communication skills and reminded me of the importance of mental health. I felt proud to play a part in creating a welcoming campus environment where others could feel safe and valued.

Top 3 Skills I'm Taking With Me

- Time management – balancing events with school and other commitments.
- Creativity – designing engaging setups and materials.
- Communication – connecting with students and collaborating across campuses

Advice for Future Champions:

Plan ahead and choose a consistent time and location for your events—this makes them easier to find and encourages attendance. Collaborate with campus groups or students whenever possible to boost engagement. Keep your events simple, inclusive, and approachable. And don't take it personally if someone declines to participate—they might just be busy or unavailable in that moment.

Champion Spotlight - Heartwill

Which Events Stood Out For You?

The Communication Skills event was especially meaningful. By choosing quieter corners of campus instead of the cafeteria, I created space for deep, personal conversations. One student told me, "Just listening and saying, 'I can only imagine,' was all I needed." That moment reminded me how powerful simply being present can be.

How Has Your Campus Been Impacted?

Taking this approach encouraged students to open up about their challenges. I was able to share campus resources and build trust. These one-on-one connections created a more supportive and inclusive atmosphere.

How has being a student wellness champion impacted you?

This role has made me more self-aware. I've realized that "you can't pour from an empty cup." Being a Wellness Champion helped me grow in empathy, communication, and emotional intelligence—both for others and for myself.

3 Skills I'll Take Away

- Teamwork – Collaborating with Champions and staff toward a shared goal.
- Leadership – Taking initiative and following through on responsibilities.
- Confidence – Speaking openly about mental health and encouraging others.

Advice for Future Champions:

- Take care of yourself—your wellness matters.
- Show up and listen, even if you don't have all the answers.
- Don't be afraid to ask for help.
- Lead with empathy and stay open-minded.
- Be mindful of your words—they carry weight.

Champion Spotlight - Anne

Which Events Stood Out For You?

It's tough to choose, but these stood out:

- Valentine's Day; Cards, treats, self-care draws, and mental health resources.
- Women's Day; Guess Who? game, ribbon giveaways, and vision boards.
- Neurodiversity Event; Sensory bins, fidgets, and take-home resources inspired by my past work in special needs care.

How Has Your Campus Been Impacted?

As Lunenburg's first Student Wellness Champion, I helped launch the role by hosting events that encouraged connection, education, and support. While turnout varied, it was rewarding to see familiar faces and receive positive feedback. The program sparked important conversations around mental health, identity, and inclusion—building a more engaged and informed campus community.

How has being a student wellness champion impacted you?

This role pushed me out of my comfort zone and helped me grow from a shy student to someone confident in planning and leading events. Hearing that my events helped others open up reminded me why this work matters.

Top 3 Skills I'm Taking With Me

- Leadership & time management – managing events alongside school, work, and appointments.
- Creativity – designing setups and materials weekly.
- Communication – engaging students and collaborating with faculty.

Advice for Future Champions:

I learned a lot through trial and error. I recommend hosting events consistently (same day, time, and place) to help build engagement. Create and hang posters early to allow time for planning. Keep events inclusive and brief—students often stop by between classes. Use strong visuals and, if possible, involve students from different programs for broader connection.

Champion Spotlight - Bridget

Which Events Stood Out For You?

The International Women's Day celebration and Wellness Week were the highlights of my time as a champion. I played key roles in both — from organizing and sharing women's support resources to helping lead activities like the non-alcoholic cocktail station, which sparked great conversations on balance and healthy choices. These events deepened my passion for wellness and showed me how powerful community can be in creating positive change.

How Has Your Campus Been Impacted?

This program brought mental health to the forefront on campus — encouraging students to prioritize their well-being and seek support. It fostered a more open, supportive environment where students felt seen and heard. I was grateful to build trust with my peers and help make that happen.

How has being a student wellness champion impacted you?

Being a student wellness champion has been such a privilege. It taught me how important mental health truly is, gave me the chance to grow, and empowered me to be there for others. I also learned so much about the resources available on and off campus.

3 Skills I'll Take Away

- Event Planning
- Active Listening
- Communication

These skills helped me connect with others, organize meaningful experiences, and offer real support.

Advice for Future Champions:

Be patient, proactive, and open-minded. Listen with empathy, collaborate often, and take care of yourself too — your wellness matters. You don't have to have all the answers; showing up and being present makes all the difference.

Champion Spotlight - Ryan

Which Events Stood Out For You?

The Trans Day of Visibility was the highlight for me. In partnership with the Gender and Sexuality Alliance, the event created a welcoming space for students—especially 2SLGBTQIA+ community members—to connect and feel seen. We had a fantastic turnout, shared allyship tips, and gave away cupcakes, candy, bags, and stuffies. It was a vibrant, joyful day filled with meaningful conversations and lots of laughs.

How Has Your Campus Been Impacted?

This program gave students a place to connect their personal identities to the campus. Many used the booth as a space to talk, feel heard, and share stories that mattered deeply to them. Through this initiative, Truro Campus became more inclusive, and students—especially those often underrepresented—felt acknowledged and supported.

How has being a student wellness champion impacted you?

- Built connections through meaningful conversations
- Strengthened my attending and social skills
- Found personal fulfillment in serving my peers

Top 3 Skills I'm Taking With Me

- Event Planning – Strategizing ways to make events fun and purposeful
- Communication – Engaging respectfully with diverse student backgrounds
- Understanding Intersectionality – Supporting individuals with empathy and awareness

Advice for Future Champions:

- Plan ahead – Review programming early to give yourself time to create something great
- Collaborate often – It brings more energy and awareness to your events
- Show up, even if it's small – A single conversation can mean everything to someone

Champion Spotlight - Kelechi (Kel)

Which Events Stood Out For You?

Wellness Week stood out for its mix of education, fun, and connection. Highlights like the clothing exchange, dog therapy, and health sessions brought students and staff together in meaningful ways. The event created a lasting sense of community and showed that wellness can be both impactful and enjoyable. It was the most engaging and unifying experience I've had on campus.

How Has Your Campus Been Impacted?

Wellness Week showed everyone that self-care doesn't have to be boring. It mixed fun with meaning—turning wellness into something exciting and inclusive. Students, faculty, and staff all came together in ways I hadn't seen before. Now, there's a stronger sense of community and care that continues beyond the event.

How has being a student wellness champion impacted you?

Being a student wellness champion has been such a privilege. It taught me how important mental health truly is, gave me the chance to grow, and empowered me to be there for others. I also learned so much about the resources available on and off campus.

3 Skills I'll Take Away

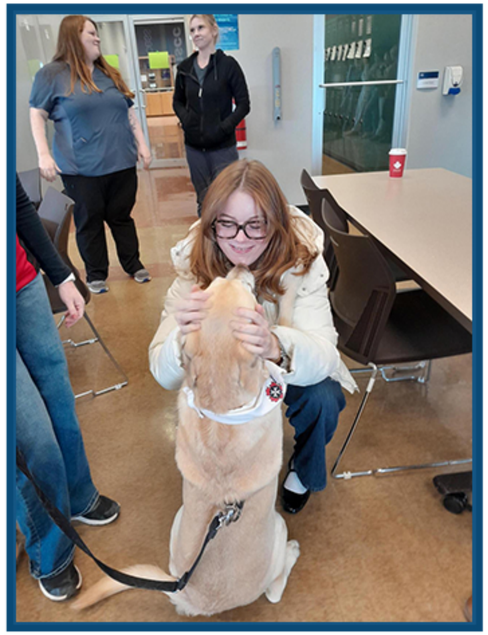
- Gained purpose by supporting student well-being.
- Grew more confident taking initiative and leading.
- Improved communication and collaboration skills.
- Built meaningful connections across campus.
- A truly transformative college experience.

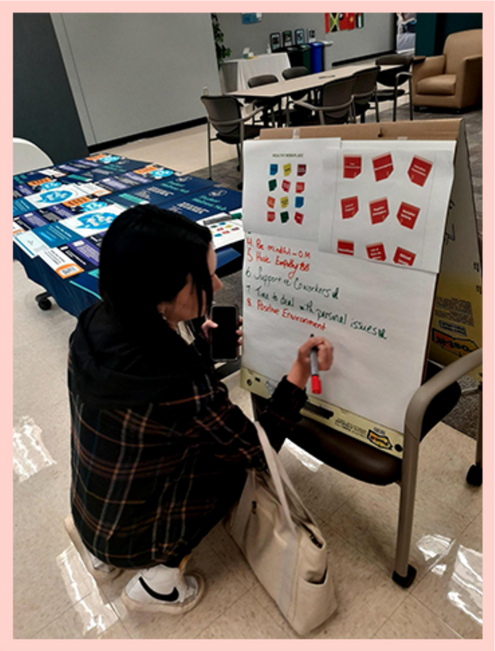
Advice for Future Champions:

Take initiative, but don't be afraid to ask for help. Collaboration is where the magic happens. You don't have to carry it all alone—and you're not meant to. Trust your instincts, lean on your team, and always remember: "The positive change you're helping create is worth every challenge." - Kel

Moments of Wellness Across Campus

Student Wellness Champions led inclusive and creative events that encouraged connection and community - from mental health booths to cultural celebrations





HAPPY VALENTINE'S DAY!!!
4 STRATEGIES FOR SELF-LOVE & SELF-COMPASSION
If I want to change myself, I can. But I don't have to change in order to love myself.
Rather than worry what others think, I choose to live my life for me.
I accept every part of myself --the good, and the bad-- unconditionally
LOVE YOURSELF FIRST!!!

Orange Cranberry
Cinnamon Raisin
Student Wellness Hub
Cheddar Chive

cube
CELEBRATE VISIBILITY
March 24th - 28th
TRANS DAY OF VISIBILITY & PRIDE
ALLY

Worry about your classes, not your health expenses.
Online Mental Health Support
Healthy Minds
CARPOOLING AT NSCC
AWARDS FOR STUDENTS BY STUDENTS
Did You Know?
Your Student Health Plan provides Vision Coverage!
Access it Anywhere in Canada!
Feeling overwhelm
HEALTHY WORKPLACE
TOXIC WORKPLACE
Consent comes first.
I'M PRICELE
Student Wellness Hub

TRANSGENDER VISIBILITY

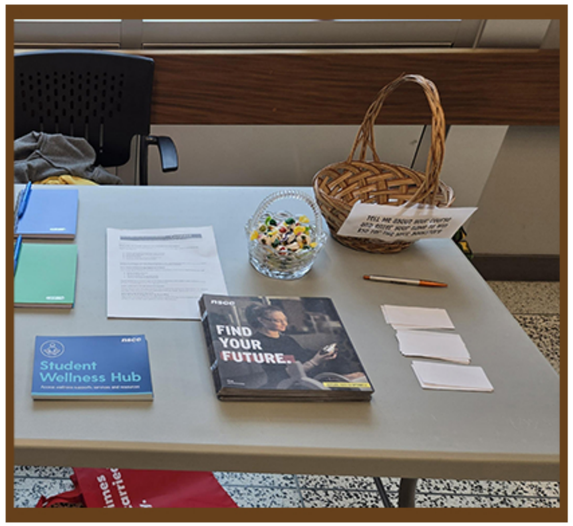
SEEDLIP

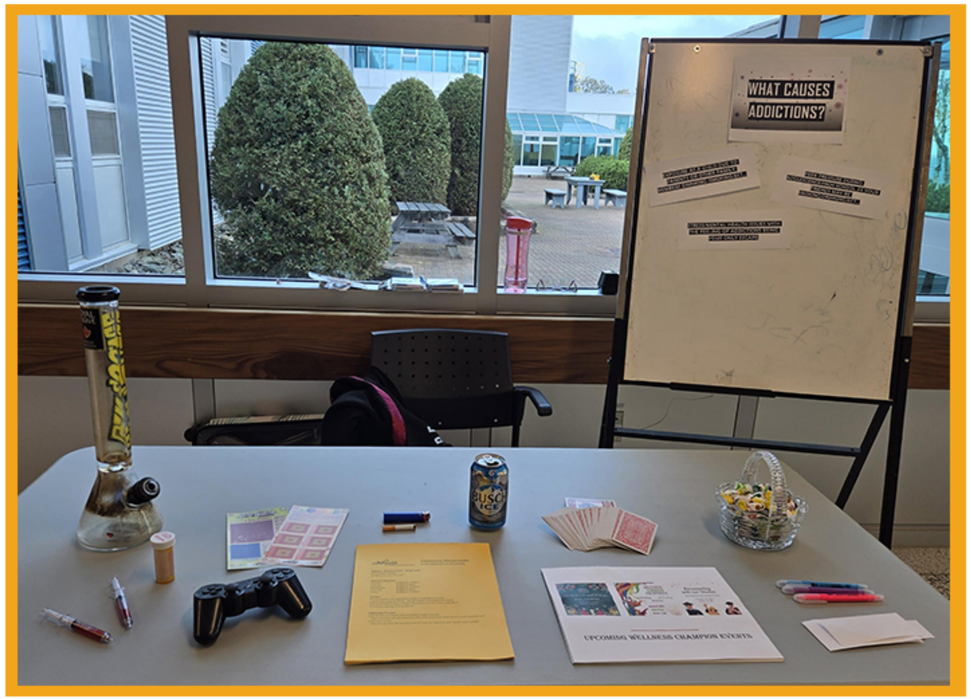
Legal
Name
Change
Workshop

Pride
nscc

nscc
Pride
nscc

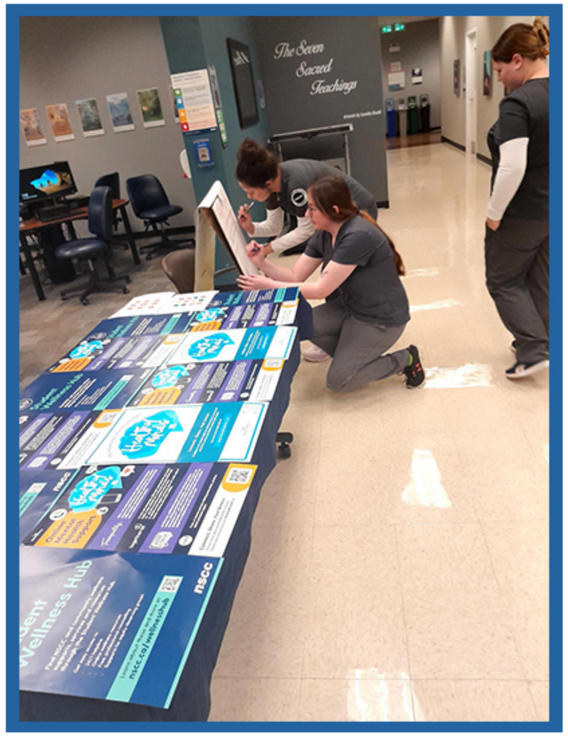
Neurodivergent Expression Penguin

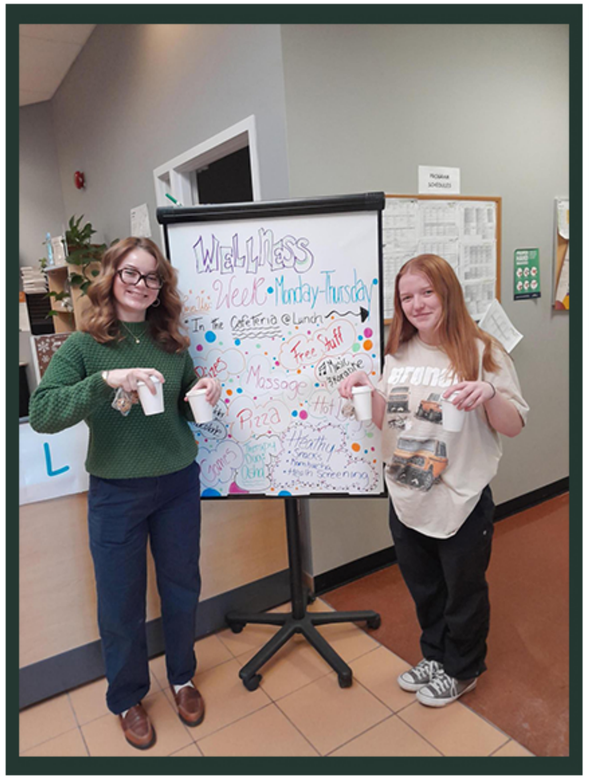

Student Wellness Hub
FIND YOUR FUTURE


WHAT CAUSES ADDICTIONS?
UPCOMING WELLNESS CHAMPION EVENTS

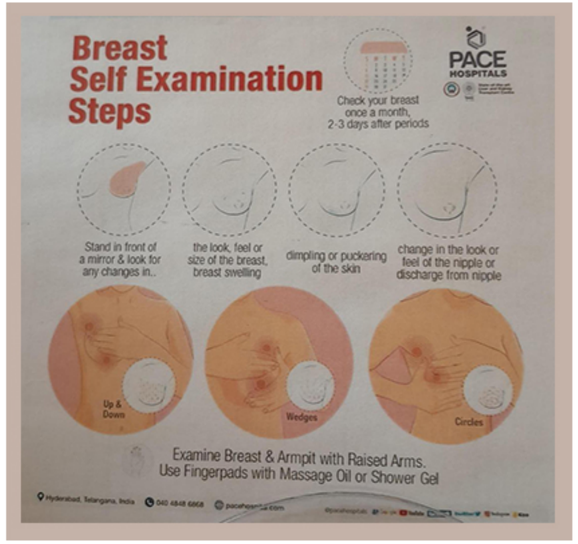
Beat the February Blues
Student Wellness Hub
nscc
BEATING THE WINTER BLUES
Student Wellness Hub
nscc

STRESS MANAGEMENT AND SLEEP HYGIENE
SELF-CARE

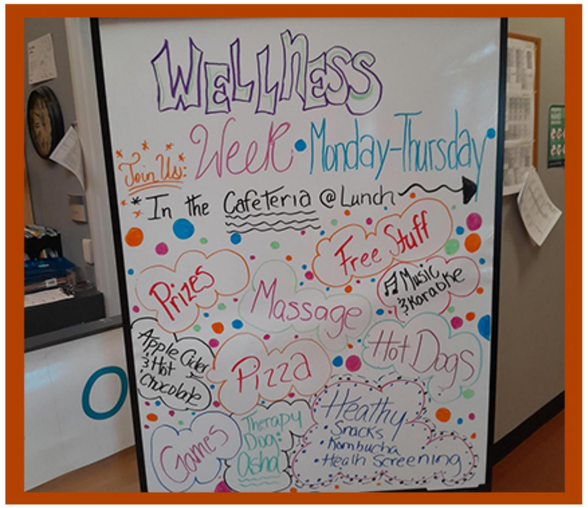

The Seven Sacred Teachings
Wellness Hub
nscc


Wellness
Week • Monday-Thursday
In the Cafeteria @ Lunch
Free Stuff
Massage
Pizza

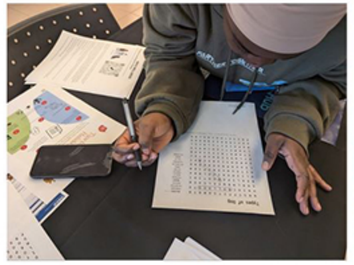
success


Breast Self Examination Steps
PACE HOSPITALS
Check your breast once a month, 2-3 days after periods
Stand in front of a mirror & look for any changes in..
the look, feel or size of the breast, breast swelling
dimpling or puckering of the skin
change in the look or feel of the nipple or discharge from nipple
Up & Down
Wedges
Circles
Examine Breast & Armpit with Raised Arms.
Use Fingerpads with Massage Oil or Shower Gel

How to brush your teeth


Wellness
Week • Monday-Thursday
Join Us:
In the Cafeteria @ Lunch
Free Stuff
Prizes
Massage
Music
Karaoke
Apple Cider
Hot Chocolate
Pizza
Hot Dogs
Games
Therapy Dog
Healthy Snacks
Kombucha
Health Screening

GSA
TRANSGENDER
VISIBILITY



FIRST AID

Walk in the woods
Sleep
Take a LONG NAP
BOXING, YOGA & FRESH AIR
Walk my dog!
Take a time out
STUDY
VACA
WATCH TV
Exercise/Walk
Sleep

28 BARS
APPLE VALLEY
oatmeal recipes

Thank you to our program sponsors and campus supports

- NSCC Foundation
- Gallivan Student Health and Wellness