

PRESIDENT'S REPORT TO THE BOARD OF GOVERNORS

April 2010

President's Report

Reports received from academic and service units are included below. An update of the President's activities for the month of March will be presented at the meeting.

Graduate & Research Studies (Yvon Dandurand, Associate VP)

University Lecture Series 2010

Darryl Plecas presented on *Successful Crime Reduction* at the March 10 lecture. The lecture discussed the efforts and the research designed and implemented in B.C. to apply the concepts, basic principles and practices adopted in the UK (United Kingdom) that saw crime fall by 40 percent within a decade.

Student Research Day - March 26

This year UFV Student Research Day was held in Room B121 on Friday, March 26. Student researchers from throughout UFV had the opportunity to present their work in a poster, or table-top format, or as an oral presentation. Students were on hand between 1 and 3 p.m. to answer questions or discuss their project. Displays were viewed, judged, and prizes were awarded. On the same day, science students from TRU (Thompson Rivers University), TWU (Trinity Western University) and UBC-O (University of British Columbia-Okanagan) will be participating in the annual Science Student Research Day hosted by UFV this year.

Undergraduate Research Excellence Awards

Students being nominated by departments for awards for excellence in research will be celebrated at a dinner on June 7. Up to \$20,000 will be awarded. NSERC (Natural Sciences and Engineering Research Council) USRA (Undergraduate Student Research Award) students, AUCC (Association of Universities and Colleges of Canada) student interns and other award recipients will also be recognized.

Students Involved in Development

The Global Development Institute will be launching a project on how to involve students/youth in international development. The two-year project will be funded by a grant from the Canadian International Development Agency.

African Union

Yvon Dandurand has made a presentation on international law and best practices in the prevention of terrorism financing, organized in Algiers, on March 15, by the African Union and the Government of Algeria.

Strategic Research Plan

Consultations on a draft Strategic Research Plan for UFV have been completed and forwarded to Senate for review and approval.

Student Services (Vi Chappell, Director)

(Addendum Attached)

The UFV Counselling department's mission and professional mandate is the promotion and support of all UFV students through the practice of personal, career, student success and crisis counselling and instruction. We fulfill this mission through the practitioner model of clinical counselling and strive to assist students to experience a successful and transformative education in both the academic and self-development arenas. All UFV Counsellors have Masters Degrees in Counselling Psychology and follow the professional development guidelines and ethical requirements as outlined by our provincial and federal governing bodies: the BC Association of Clinical Counsellors and Canadian Counselling and Psychotherapy Association.

UFV Counsellors recognize the uniqueness and intrinsic value each and every student brings to UFV. We have developed an integrated structural model of post-secondary counselling which encompasses, enhances and supports the differing needs of students before, during and after their time at UFV, as well as the services required to impact and enhance student success. This integrated model is designed to assist the Counselling department in our ongoing work to improve and extend services to students. It is presented graphically as an addendum to the President's report and is used to format this submission. Contained within each key area are the specific projects, undertakings and services we currently offer to students, as well as to other members of the UFV community.

Personal and Social Development - Counsellors foster personal and social identity development and promote self-reflection, self-management and autonomy.

The key area of personal and social development for students at UFV involves one-on-one counselling, group and facilitation work for the Counsellors. The Counsellors follow a professional practitioner model. What this means in terms of working with students is that all our clinical Counselling appointments are 60 minutes in length, rather than drop-ins or shorter appointment times used by other Student Services units such as Advising, Financial Aid and Disability Services staff. Over the past eight months, the Counsellors have seen 1900 students in counselling sessions. UFV is similar to all other post-secondary institutions in Canada, in that it is a well documented phenomenon that over the past several years, Counselling departments have seen an enormous increase in student need/demand for counselling, as well as an increase in the severity of mental health issues students present.

In addition to personal counselling services, the UFV Counsellors also support and facilitate the skill development of the Residence Assistance staff in working with residents as they navigate the university system for the first time, train Orientation Leaders in communication skills and lay-counselling and facilitate portions of orientation days for students and for parents.

Learning to Learn through the Lifespan - Counselling faculty work to emphasize self-directed, intentional, critically reflective and transformative continuous learning for all members of the UFV community.

This key area of focus integrates effective academic learning with personal development and career/life goals, and involves the Counsellors in one-on-one sessions, group work, workshop facilitation and program specific lectures and lesson plans. We have been guest lecturers with a focus on study skills and learning styles for Applied Business Technology, Business, Communications, Health Sciences, Trades, English and Science. As with all our work with students, the Counsellors at UFV work to integrate academic learning, experiential learning, personality traits, limitations and skill sets to assist students in achieving their academic and life goals with the best success possible.

For example, the Counselling department is heavily involved with the award winning Supported Learning Groups (SLG), in which Math, History, Business, Computer Science and Kinesiology faculty worked with the SLG program to increase student success in academically challenging courses. In addition, Counsellors are involved with training Career Centre peer helpers in mentoring and coaching skills and offer dedicated "Study Smart" days, where students are able to pick from a variety of free study skills workshops throughout a two-day period every semester.

Career and Life Planning – Counsellors work to ensure that students leave UFV with a comprehensive understanding of and commitment to career / life planning processes throughout their lifespan.

The key area of career and life planning for students and prospective students is offered by the Counsellors through one-on-one sessions and workshop formats. While we collaborate with other members of the UFV community, our work with students and future students is based upon a professional clinical practioner model. This entails full career counselling and life counselling practices, whereby we are trained and qualified to administer and interpret standardized tests, engage clients in their own exploration of their skills/abilities/limitations/values and successfully integrate life plans with educational plans and realistic goal setting for academic endeavors. It is acknowledged in the professional career counselling field that truly valid career counselling always involves personal counselling; this is the tenet for the UFV Counselling faculty. We strive to ensure that each and every person that enters into the career counselling/life planning process leaves that process equipped with the self-awareness and knowledge to clearly and confidently embark upon their academic journey at UFV. Once this process is underway, we collaborate with Advisors and the Career Centre in order to enable students to develop realistic academic timetables and work experience endeavors.

Mental Health and Wellness – Counselling faculty promote, educate, maintain and support mental health for every person in the UFV community.

As professional mental health clinicians and as members of the UFV non-instructional faculty group, we are often called upon to offer expertise and specialized training in all aspects of mental health with regard to students, staff, faculty and the university community in general.

For example, Counsellors have developed a Critical Incident Management for Volunteers program which will teach and support UFV members from all areas to assist the university and the Counselling department in the event of an emergency or critical incident. We also serve on the UFV Critical Incident Response Team, the Abbotsford Mental Health and Addictions Advisory

Committee and each year organize and host the Depression and Anxiety Education Screening Day, sponsored by the Canadian Mental Health Association.

Fellow faculty members often call upon the expertise of the Counselling department when confronted with classroom conflicts, departmental relations issues, concerns around the safety and well-being of specific students and in emergencies.

We have offered support groups and facilitated workshops in the areas of anxiety and mindfulness and would like to offer more to meet the requests and demand for support groups from students and faculty.

Scholarly Activity and Service – Counsellors are extremely active and involved in professional development, research and development of programs and the training of fellow faculty and staff.

The integrated model used by the Counselling department also includes the key area of service and scholarly activity which we implement through support for and collaborative involvement with fellow faculty members, departments and groups on issues pertaining to student mental health, academic success and specific departmental requests for assistance or clinical expertise.

For example, Counsellors have recently been qualified as Certified Trauma Specialists, achieved certification in mindfulness training, played active roles in our provincial governing body, taught full academic courses at UFV, developed a Suicide Protocol for the university, researched and developed a Critical Incident program, researched and implemented intervention programs for 'at risk' students, participated in the research and development of the Supported Learning Groups and fielded many requests for specialized training for individual departments.

One program developed by the Counsellors is the Core Skill Development program, which involves teaching the core skills of communication, lay-counselling, crisis management and professional boundaries. This program has reached 180 faculty and staff at UFV and continues to be in great demand.

The UFV Counselling department's Integrated Model is a seminal part of student retention and success. Informed by this model, Counsellors teach and develop self-management / relationship skills, management of students' unique learning processes, commitment to lifelong career development processes and regulation skills around mental health issues. The work Counsellors embark upon with students contributes to UFV's stellar reputation; while at the same time prepares students to contribute to the UFV community and to Canadian society.

Statistics – May 2009 – December 2009: Five Counselling Faculty Members

- Counselling sessions: Personal, Career, Student Success and Crisis = 1900 hours
- Scholarship/Service to UFV = 1105 hours
- Workshops = 578 hours, with 1912 participants
 - Total Contact Hours = 3583

