

Summer 2022 Sustainability Scholars Program Internship Opportunity

The UBC Sustainability Initiative (USI) is pleased to offer current UBC graduate students the opportunity to work on funded sustainability internship projects. Successful candidates work under the mentorship of a partner organization, and are immersed in real world learning where they can apply their research skills and contribute to advancing sustainability across the region.

- Visit the [Sustainability Scholars Program website](#) to learn [how the program works](#) and to [apply](#).
- Be sure to review the [application guide](#) to confirm your eligibility before applying.

Applications close at midnight on Sunday January 30, 2022.

Project Title: Promoting health equity and inclusivity in wellbeing at UBC: Research and engagement with equity-deserving groups

Project Background & Overview

At UBC, we recognize the foundational importance of wellbeing to our success as individuals, as a university, and as a community. We aspire to support our people to achieve their full potential in teaching, learning, working, and research by making wellbeing a priority that guides our daily interactions, decisions, policy planning, and program development.

UBC Wellbeing is a collaborative effort to make the University a better place to live, work and learn through a systems-wide approach to wellbeing across our campuses. The work of UBC Wellbeing is guided by the Okanagan Charter, a shared call to action for partners, leaders, and community members to make campuses become health-promoting institutions; as well as UBC's Wellbeing Strategic Framework, our commitment and approach to embedding wellbeing across our university culture and leading action and collaboration locally and globally.

UBC Wellbeing is focused on six priority areas including, Collaborative Leadership, Mental Health & Resilience, Food & Nutrition, Social Connection, Built & Natural Environments, and Physical Activity, that were identified through consultation with our community and informed by research. Across our campuses, departments, units, and faculties, we are collaborating to address challenges and enact meaningful change in each of these areas.

Within each priority area, Priority Area Committees and key partners work together to advance progress towards UBC's Wellbeing Strategic Framework. The project work will support the Mental Health & Resilience Committee & Physical Activity Committees achieve the following targets from the Wellbeing Strategic Framework's Mental Health & Resilience, Physical Activity and Social Connection priority areas:

- **Inclusive Environment:** Community members report that their beliefs, identity, and experiences are valued at UBC: 10% increase by 2025

SUSTAINABILITY SCHOLARS PROGRAM

- **Mental Health Literacy:** Community members have access to opportunities to develop mental health literacy: 10% increase for students, staff, and faculty
- **UBC Cares:** 10% increase in community members who feel mental health is a UBC priority by 2025
- **Move More:** 10% reduction in the prevalence of physical inactivity for UBC community members by 2025
- **Diverse Community, Diverse Programming:** 10% increase in UBC community members' satisfaction with recreation facilities and programs by 2025

In service of these goals, this project will help inform UBC's approach to embedding inclusive wellbeing practices and services across UBC's university culture and lead collaborative action.

Project description

The purpose of this project is to understand the gaps in the mental health and physical activity programs and services that are available to equity seeking groups on campus (students, faculty, and staff), and to identify opportunities to thoughtfully improve and extend these services across both UBC-V and UBC-O. The focus of the research will be on intersectional approaches to mental health and physical health literacy with key considerations for health equity and the social and environmental determinants of health. This project directly moves the committee's work forward while incorporating climate justice and Indigenous concepts of interrelatedness and balance. Indigenous knowledge will be embedded as the evaluation framework for this project.

Key questions this project will address:

- What are the existing mental health literacy best practices and services for equity-deserving groups in higher educational institutions in North America?
- What are the existing physical activity and recreation best practices and services for equity-deserving groups in higher educational institutions in North America?
- What are the perspectives and needs of equity-deserving groups at UBC (UBC-V and UBC-O students, faculty, and staff) on mental health, resilience and physical activity – and by extension, climate anxiety and climate justice – resources, programs, and services?
- What are the highest impact resources, programs, and services to serve the needs of multiple strategic frameworks (including the Climate Emergency Engagement Final Report & Recommendations, Wellbeing Strategic Framework, Inclusion Action Plan, Indigenous Strategic Plan), task force recommendations (including the UBC Anti-Racism Task Force, Gender Diversity Task Force, Scarborough Charter), and those with lived experience and perspectives?
- How can Indigenous and decolonizing evaluation frameworks be incorporated in wellbeing/health promotion evaluation at the systems level?

Project scope

- Review the UBC Anti-Racism taskforce recommendations, National Anti-Asian Racism Taskforce, Scarborough Charter, In Plain Sight, and other relevant reports/recommendations and summarize the mental health, wellbeing, sustainability, and belonging components

SUSTAINABILITY SCHOLARS PROGRAM

- Conduct a scan of mental health, physical activity/recreation and wellbeing programs and services for equity-deserving groups in a minimum of 3 to 5 higher education institutions across Canada and the US
- Develop a list of equity-deserving groups (undergraduate and graduate student, faculty and staff) and their formal/informal groups, plus folks doing this work across both campuses
- Environmental scan (including expert interviews) on intersectional approaches to mental health, physical activity and equity-deserving groups, including the impacts of climate on mental health (complementing existing literature review on intersectional approaches to mental health)
- Based on collected scan and information gathered, make recommendations for actionable programs and services that could be implemented at UBC
- Time permitting: develop and deliver a workshop/information session sharing the findings to serve equity-deserving groups

Deliverables

- A final report containing a summary of the work completed to guide future work in this area)
- Summary presentation to be provided to the Mental Health & Resilience and Physical Activity Committees, as well as Office of Wellbeing Strategy Community of Practice and/or Strategic Support Team as part of the work to achieve the Social Connection target
- A final report (or executive summary) for the online public-facing [Scholars Project Library](#).

Time Commitment

- This project will take 250 hours to complete.
- This project must be completed between May 2, 2022 and August 12, 2022
- The scholar is to complete hours between 9 am and 5 pm, Monday to Friday, approximately 17 to 20 hours per week.
- Attend Mental Health & Resilience Committee monthly meetings, when possible

Required/preferred Skills and Background

- Excellent research and writing skills
- Demonstrated interest in sustainability
- Community engagement experience
- Strong analytical skills
- Ability to work independently
- Deadline oriented
- Project management and organizational skills
- Working knowledge and understanding of issues that impact personal and professional wellbeing, an asset.
- Understanding of or lived/work experience on issues related to health and wellbeing, mental health, anti-racism, and equity, diversity, and inclusion.
- Demonstrated commitment to removing barriers for equity-deserving groups, demonstrated ability to work respectfully with people who hold a range of worldviews.

SUSTAINABILITY SCHOLARS PROGRAM

Applications close **midnight Sunday January 30, 2022**

Apply here: [Click here to apply](#)

Contact Karen Taylor at sustainability.scholars@ubc.ca if you have questions

Useful Resources

We are holding a special **resume preparation workshop for prospective Scholars** on January 19. [Click here for details and to register.](#)

Below are some links to useful resources to help you with your resume and cover letter (there are many more online). Some of these resources also provide information on preparing for your interview.

<https://students.ubc.ca/career/career-resources/resumes-cover-letters-curricula-vitae>

<https://www.grad.ubc.ca/current-students/graduate-pathways-success>

<https://www.grad.ubc.ca/cover-letter-cv-resume-templates-ubc-career-services>