

**UBC SUSTAINABILITY SCHOLARS PROGRAM**  
**WELLBEING SCHOLARS PROJECT**  
**Summer 2018**

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**Research project title**

Developing a Wellness program for Teaching Assistants (TAs)

**Goal or Operations Plan objective**

TA Wellness

Long Term Goal: Capacity Building around TA Wellness in departments across campus

**Outline scope of project and why it is of value to your organization. Describe how and when the scholar's work will be actionable.**

- Assist in gathering data and analysis concerning the experiences of TAs, especially pertaining to wellness, and what additional wellness support (e.g., Workshops, resources, coaching, training, etc.) could address the specific needs of TAs. This would develop an understanding of wellness grounded in the experiences and understanding of TAs to bring into dialogue with the wider discussion regarding wellness on campus. This data gathering and analysis would include:
  - Environmental Scan
  - Surveys conducted in coordination with departments on campuses
  - Interviews/focus groups with TAs
- Investigate the role of disciplinary culture, and especially how disciplinary acculturation and professionalization might be viewed from a wellness lens, and can be better integrated into professional preparation for TAs.
- Provide recommendations for resources and workshops to be developed or included to support new and returning TAs to integrate self-care and wellness into their overall teaching practice.

**Deliverables**

- Needs assessment results report
- Recommendations for next steps for departments and central units seeking to provide wellness support for TAs grounded in the needs and priorities expressed by TAs, brought into discussion with other perspectives on Wellness. This may include recommendations for workshops, resource design, communications, etc.
- A public facing final report (or executive summary) for the UBC Sustainability Scholars online project library

**Time Commitment**

- This project will take **250\*** hours to complete.
- This project must be completed between April 30 2018 and August 10, 2018
- The scholar is to complete hours between (work hours for your department: 8:30-4:30, and days of week: Monday-Friday), approximately average of 14 hours per week.
- Desk space will be available to the Scholar at the Centre for Teaching, Learning, and Technology (CTLT)

**Skill set/background required/preferred**

- Excellent research and writing skills.
- Demonstrated interest in health and wellbeing.
- Experience conducting stakeholder engagement events, including facilitation skills, is an asset.

**Submit applications here: <http://bit.ly/2DC2jpP>**

- ☒ Familiarity with research methodologies and survey techniques
- ☒ Familiarity conducting focus group research
- ☒ Ability to work independently
- ☒ Deadline oriented
- ☒ Project Management and organizational skills
- ☒ Workshop Design skills

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