

# Student Wellness and Recreation

UASU/CCR survey, October 20–November 8, 2021 (n=375)

Prepared by: UASU Department of Research and Advocacy

## Platform and Sample

### Software and Distribution

This survey was built in SurveyMonkey, a commonly used tool that meets thresholds for data privacy. The UASU distributed the survey through mention in a semi-monthly newsletter.

> Convenience sample collected through newsletter content.

### Survey Overview

The intent of this survey is to explore student usage and priorities relative to UAlberta Campus and Community Recreation programs, services, and facilities. The UASU co-developed this survey with CCR. The survey reached 375 unique points of contact: 352 undergraduates, 17 graduate students, and six other members of the campus community. 94% were primarily associated with North Campus.

> 375 respondents, primarily undergraduate students.

### Demographics

The survey collected several demographics of interest: Year of study; gender (64.7% women, 27.2% men, 4.4% non-binary or other); transgender identity (2.6% identified as transgender); LGBTQ2S+ identity (26.5% identified as LGBTQ2S+); disability (7.4% identified as disabled); international student status (5.9% international); and race/ethnicity. These proportions align with larger surveys. **Due to the small sample, cross-tabulations should be taken with a large grain of salt, and as a foundation for further consultation.**

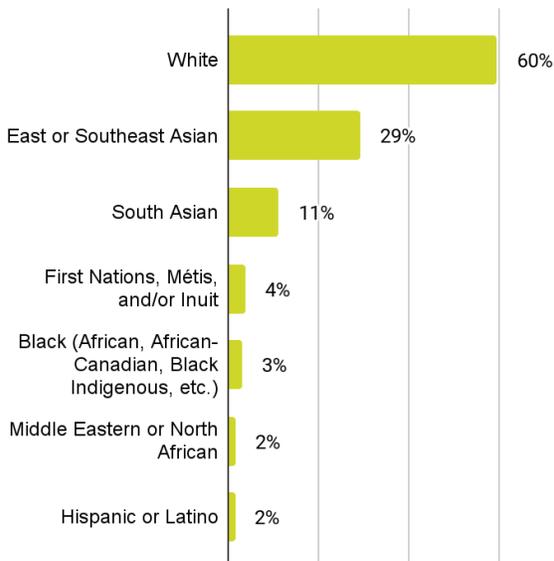
>26% LGBTQ2S+.

> 7% disabled.

> 6% international.

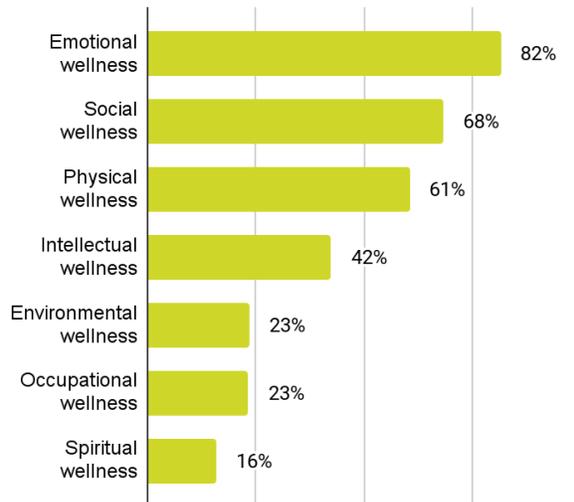
> 3% transgender.

> 40% BIPOC.



## Need for Wellness Support

"Thinking about students like you, where will they need the MOST support for the 2021-22 academic year? (Choose all the components of wellness that apply.)"



> The vast majority of respondents identified emotional and social wellness as areas where they would need the most support.

Proportions varied widely by demographic.

WELLNESS COMPONENT	Cisgender men	Cisgender women	Gender minorities (non-binary and/or transgender)
Emotional	66%	92%	100%
Social	73%	73%	83%
Intellectual	62%	41%	17%
Spiritual	16%	18%	8%
Environmental	27%	26%	17%
Physical	65%	69%	42%
Occupational	32%	22%	17%

> Extreme variation by gender (e.g. emotional wellness support a priority for 92% of cisgender women and 100% of gender minority students, but only 66% of cisgender men).

WELLNESS COMPONENT	International student	Domestic student
Emotional	81%	86%
Social	69%	73%
Intellectual	56%	45%
Spiritual	19%	17%
Environmental	19%	26%
Physical	63%	66%
Occupational	25%	24%

> International students were more likely to feel a need for intellectual wellness support.

WELLNESS COMPONENT	LGBTQ2S+	Not LGBTQ2S+
Emotional	97%	80%
Social	75%	73%
Intellectual	48%	39%
Spiritual	14%	18%
Environmental	22%	26%
Physical	56%	70%
Occupational	19%	25%

> LGBTQ2S+ students were more likely to feel a need for emotional and intellectual wellness support, and less likely to feel a need for physical wellness support.

WELLNESS COMPONENT	Disabled	Not disabled
Emotional	90%	85%
Social	75%	72%
Intellectual	50%	45%
Spiritual	20%	17%
Environmental	20%	26%
Physical	60%	67%
Occupational	35%	23%

> Disabled students were more likely to feel a need for occupational wellness support.

WELLNESS COMPONENT	White	Black	FNMI	All BIPOC
Emotional	87%	88%	90%	83%
Social	74%	63%	90%	71%
Intellectual	44%	75%	60%	49%
Spiritual	17%	13%	30%	18%
Environmental	25%	25%	40%	27%
Physical	62%	88%	70%	73%
Occupational	24%	25%	20%	26%

> BIPOC students, broadly defined, were more likely to feel a need for physical wellness support.

> Black students were more likely to feel a need for intellectual and physical wellness support.

> First Nations, Métis, and/or Inuit students were more likely to feel a need for social, spiritual, and environmental wellness support.

## Service Usage

"Which of these campus health and wellness services have you visited/used? Choose all that apply."

- Counselling & Clinical Services (UAlberta)
- Peer Support Centre (UASU)
- The Landing (UASU)
- Campus & Community Recreation programs, facilities, or services, e.g. Intramurals, HFLC, Club sports, group exercise (UAlberta)
- None
- Other (please specify)
  - ACCESS, Ombuds, Decima Robinson, SAC

SERVICE	Cisgender men	Cisgender women	Gender minorities (non-binary and/or transgender)
CCS	9%	22%	33%
PSC	3%	8%	25%
The Landing	4%	6%	33%
CCR	27%	36%	8%
None	65%	49%	33%

> Extreme variation by gender; cisgender men were less likely to have visited Counselling and Clinical Services or the Peer Support Centre, and more likely to answer 'none.'

SERVICE	International student	Domestic student
CCS	31%	19%
PSC	19%	6%
The Landing	0%	8%
CCR	25%	33%
None	44%	52%

> International students were more likely to have visited Counselling and Clinical Services or the Peer Support Centre, and less likely to have visited The Landing.

SERVICE	LGBTQ2S+	Not LGBTQ2S+
CCS	36%	12%
PSC	13%	5%
The Landing	18%	3%
CCR	32%	32%
None	39%	58%

> LGBTQ2S+ students were more likely to have visited Counselling and Clinical Services or the Peer Support Centre, and far less likely to answer 'none.'

SERVICE	Disabled	Not disabled
CCS	50%	16%
PSC	20%	6%
The Landing	10%	7%
CCR	50%	31%
None	20%	55%

> Disabled students were more likely to have visited Counselling and Clinical Services, the Peer Support Centre, or CCR facilities and services, and far less likely to answer 'none.'

SERVICE	White	Black	FNMI	All BIPOC
CCS	20%	50%	40%	19%
PSC	6%	25%	0%	10%
The Landing	8%	0%	10%	8%
CCR	33%	25%	40%	32%
None	50%	25%	40%	54%

> Black and Indigenous students were more likely to have visited Counselling and Clinical Services.

> Black students were more likely to have visited the Peer Support Centre.

> Indigenous students were more likely to have visited CCR services/facilities.

"You mentioned that you have not visited campus health and wellness services. Is there any particular reason?" [Text field]

- I'm too busy: 31%
- Don't really need: 25%
- Nervous: 13%
- Unsure how to find/use resources: 13%
- Intimidating/bad reputation/experience: 12%
- I'm not on campus/not close enough: 10%
- Using other services: 5%
- They're not for students like me: 3%
  - Most of these responses were from mature students with families.
- Didn't occur to me: 1%
- Don't think it would be helpful: 1%

> Top reasons for not visiting (other than not needing or being too busy): nervousness, lack of knowledge around finding/using resources, finding them intimidating, or having a bad experience of some kind.

Looking specifically at the responses coded 'intimidating/bad reputation/experience,' we see the following verbatim responses:

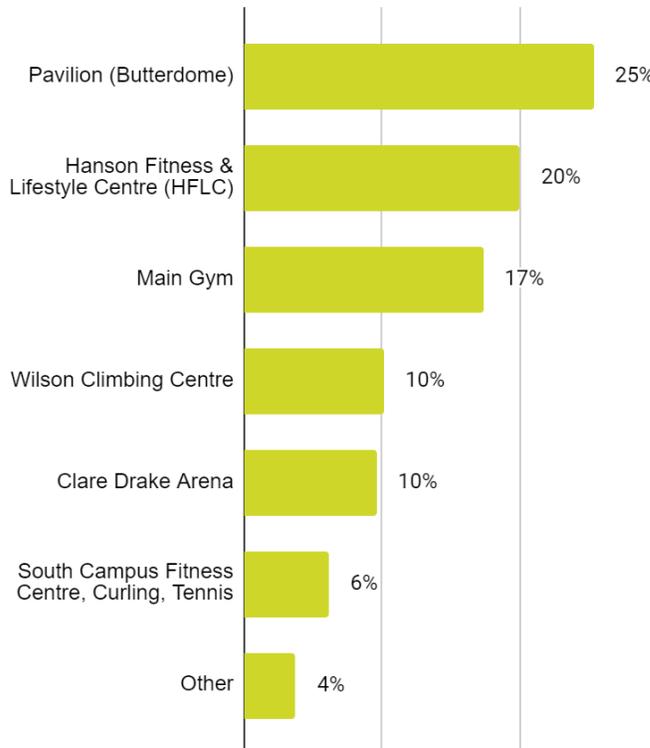
- *Bad experience w the counselling*
- *Getting help is intimidating, especially as a student who hasn't used those services before*
- *haven't heard good things*
- *I am trying to get in contact with the counselor at First Peoples House but it's been a week with no response yet.*
- *I found counselling services outside of campus because I was told that everything was quite busy.*
- *I have not been brave enough to visit. I also heard from friends that it is not that helpful. I have always thought I am not in a bad enough state to go to counselling, even though I believe it may help me.*
- *I have visited services at another university in the past, when my mental health was much worse than it is now and I was contemplating some terrible actions, and they suggested I join a "mindfulness" group therapy session across campus once a week, instead of individual counselling like I suggested. Not to mention that I was later diagnosed with ADHD, so the mindfulness sessions would not benefit me in any similar way to NT people. I think most university wellness services are just lip service,*



*and do not have must benefit to their students, and are usually a waste of time and effort I could use on getting myself to catch up on work.*

- *I just haven't really felt comfortable to*
- *intimidated*
- *it's all booked up or i haven't had the time or my depression has been keeping me in bed different reasons for different services*
- *negative comments on reddit and long waiting list*
- *Peer support centres aren't really needed for me. However, CCR have too many judgmental students. that students would avoid going there.*
- *Some people are condescending or you can visibly tell they just want you out the door as fast as possible.*
- *They told me that the counselling services were full.*
- *Time management and feeling as though my concerns are invalid*
- *Too hard to book an appointment at CCS.*

**"Which of these Campus & Community Recreation (CCR) activities or services have you participated in or visited? Choose all that apply."**



> One in four respondents had visited the Butterdome; one in five had visited the HFLC; one in six had visited the Main Gym.

**"Thinking of the wellness services and CCR activities or services that you've visited, which of them have impacted your wellness, if at all?" [Text response]**

- General statement of support/positive impact: 16%
- Gym: 13%
- Fitness classes: 7%
- Club sports and intramurals: 7%
- Hanson Centre: 5%
- Climbing centre: 4%
- Butterdome: 4%
- CCS: 3%
- Skating at the arena: 3%
- Crafting nights: 3%
- The Landing: 3%
- Badminton: 2%
- Yoga: 2%
- Pool: 2%

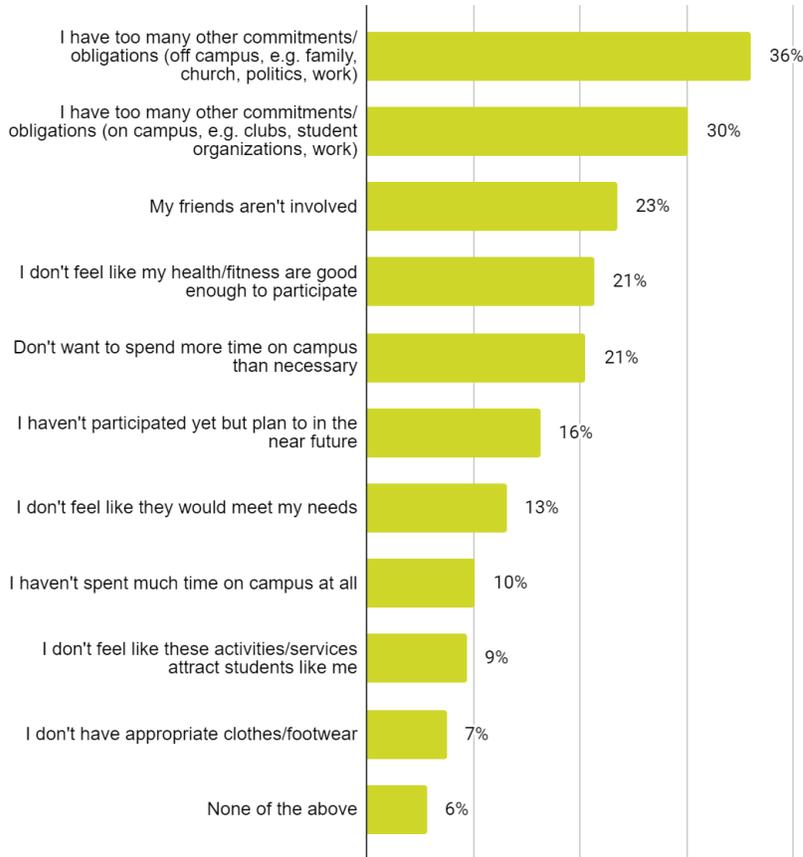
> Respondents often positively cited the gym, fitness classes, intramurals, club sports, and less 'traditional' recreation offerings. (Several respondents appreciated terraria and other crafting nights, for example.)

- South Campus fitness centre: 1%
- Dance: 1%
- Peer Support Centre: 1%

**"Thinking about the CCR activities or services you haven't participated in or visited, what factors (other than COVID-19 restrictions/shutdowns) have been most important? Choose all that apply."**

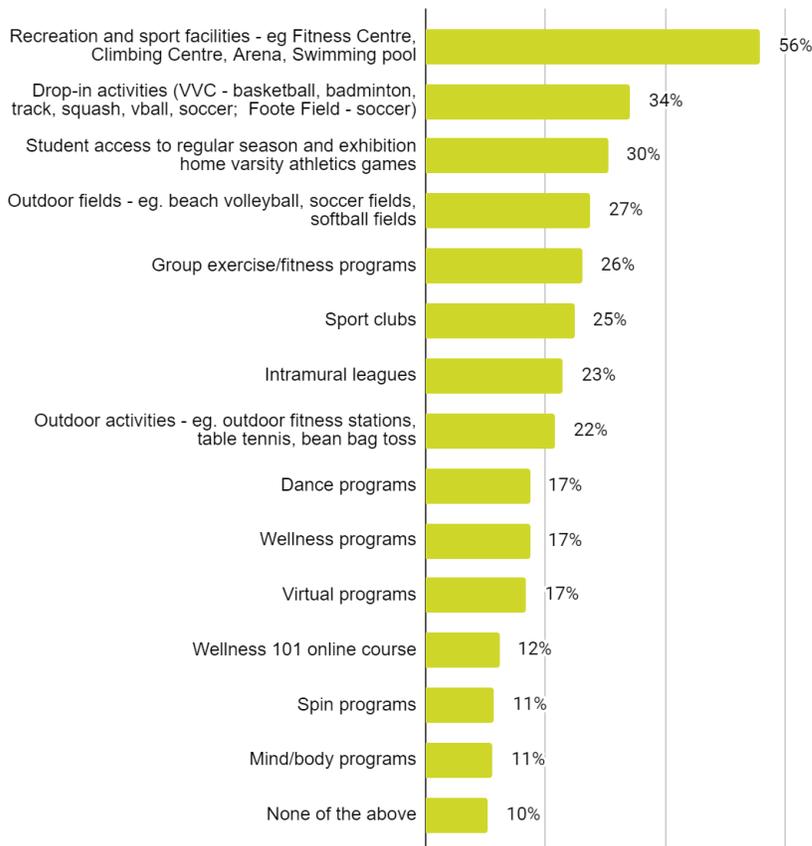
> The most common interfering factors were other commitments or obligations, on and off campus.

> One in five respondents did not feel fit enough to participate.



**"The University's Athletics and Recreation Fee supports the following services/activities. Please select services/activities if you ALREADY KNEW that the A&R fee supported them."**

> Students were most likely to know that the fee supported facilities. Awareness dropped off sharply when considering programming.



**"If you had a strong budget to support wellness on campus, and full creative freedom, what kinds of programs, services, activities, or initiatives would you create?" [Text field]**

Responses of note:

- *A baseball intramural team*
- *A board game café*
- *A competitive manhunt event.*
- *A free breakfast / lunch program*



- *A garden*
- *A pet adoption center*
- *A program where they coach the basic skills of each sport so that people can engage in all the sports that they perhaps didn't have the chance to earlier.*
- *A second gym location on the south side of the city!*
- *Abolish the recreation system and its fees. I would go to a gym franchise and tell them to discount students that way they get their money's worth and only the students who pay for it will use it.*
- *Actively encourage inactive people by telling them it's okay to be a beginner.*
- *Activities that were geared towards those who want to move a bit and also socialize (like maybe provide snacks at the end)*
- *Add free skating time (like not hockey) so I could figure skate close to campus*
- *An adult summer fitness camp (3x a week with a different class each day), a fitness/weight loss initiative where the fees for this activity went primarily to a jackpot to split between folks who increased their fitness (endurance, reps etc) or those who lost weight (though that could be triggering to some folks, so maybe dietitian and trainer sessions would be necessary components?)*
- *An architecture club that specializes on interior design*
- *Animal/nature science therapy! But more than just petting cute animals. Like actually allowing students to be involved in collecting scientific data and being part of that process! For whatever reason I have found that super therapeutic in my studies.*
- *Another gym. Hanson fitness centre is too packed*
- *Archery*
- *Arts and crafts*
- *Basketball league/tournament*
- *Beginners classes for fitness as most people are worried they are not good enough to participate*
- *Better fund club sports*
- *Better hours for the climbing gym.*
- *Bowling*
- *Breakfast program*



- *Campus wide team events open to everyone (capture the flag...)*
- *Create a large scale hydroponics farm (personal favorite) for fresh produce and volunteer opportunities.*
- *Dances*
- *Department specific activities so that people who usually don't participate themselves can start with fellow department members.*
- *Don't know*
- *Drop in stretching sessions in main study areas on campus. Like in an open space in SUB that you don't need gym clothing for. Guided nature walks*
- *Educational programs that help prevent academic burnout.*
- *Equipment giveaways*
- *Expansion of fitness centre, reduce pricing or even eliminate pricing of lockers and equipment rentals*
- *Fitness classes and programs, sports clubs, counseling services*
- *Free Chegg accounts*
- *Free intramurals ! we already pay huge fees*
- *Free intro to gym/weightlifting/rock climbing. Lots of friends and myself are scared of injuring ourselves so this would really lower the activation energy of participating in a healthy activity. More outdoor things, like the new ping pong table but maybe basketball courts etc.*
- *Free, covid safe recreation opportunities on campus and virtual (and a good marketing campaign)*
- *Freedom to work/study at your own pace*
- *Friend skating events*
- *Funded sports teams that practice together*
- *Group activities are cost-effective but can be a deterrent to students who are shy or socially-anxious. Individualized services (access to private meditation rooms maybe?) may attract a broader audience.*
- *Hiking*
- *Hire more counselors. It takes months to see one and when you do, if you aren't an immediate threat to yourself or others, you might not get seen again because they don't have the time/numbers to support us.*



- *Hockey?*
- *I actually have no idea, I can't really appreciate campus facilities when I have no free time*
- *I honestly think the existing services are pretty amazing, people just need to know they exist and feel comfortable using them.*
- *I like games more than sports, because I feel like I'm not good enough to play sports but I have a good time playing games like tag or capture the flag*
- *I think catering to a wide range of skills, abilities and interests is really important. It's crucial that everyone has access to wellness programs, and everyone feels safe and comfortable participating.*
- *I think it would be very cool to have rooms all over campus that would be designated as a place for students who are feeling overwhelmed or just need a break in their day by themselves can go. I struggle with panic attacks and when I get them at school I find it to be very stressful because I don't feel I have a place I can go and isolate myself and calm down. I would have multiple rooms that would have different accommodations so that any student could use them. I would have dimmable lights, cushions, chairs so I could make a space that is comfortable but not distracting*
- *I would have programs to support a free workout plan with the fitness fees already for students who need the support in creating a healthy food as well as fitness plan.*
- *I would initiate walking clubs around campus just to have students take a 5, 10, or 30 minute break from their studies and to get some fresh air.*
- *I would love to see the climbing centre expanded*
- *I would make the activities and events more publicly appealing and not something that only KSR students have the knowledge of. Sports activities like volleyball and basketball. A more interactive games that anyone can join and not something so secretive that nobody knows indoor activities are open for public*
- *I would make a program that would target the more non-athletic students that would feel uncomfortable to*



*participate mainly because they feel like they would be too awkward.*

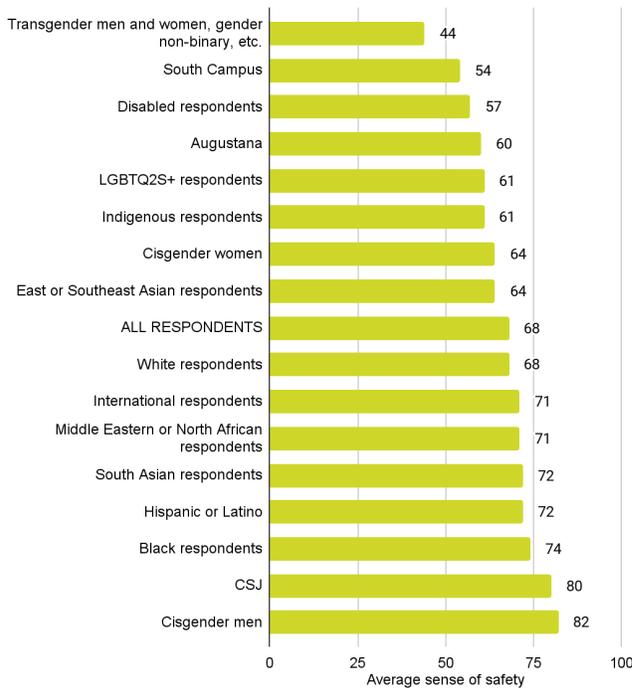
- *I would update the pools so that more people can be in them at the same time and that they're the proper length for swimming laps. I would also try to do more health and wellness challenges between faculties/programs to try to encourage students working together towards healthy living*
- *Improving facilities.*
- *Increase pool times to accommodate student schedules*
- *Just random days where you give out food for free. students like that more than you think.*
- *Knitting groups, intro to crochet class. More online programming.*
- *Laser tag*
- *Long term counseling*
- *Make lockers/towels more affordable.*
- *Maybe a specific U of A app that was user friendly. To be able to sort through all activities and easily register or sign up.*
- *Mental wellness*
- *Mind and body connection*
- *More 1 on 1*
- *More access to one-on-one counselling services, cheaper alternatives for students who wish to pursue formal diagnosis for disabilities (such as ADHD, Autism, etc.), initiatives focusing on advising AFAB students on the different symptoms for mental disorders like Autism, quicker access to accommodation resources & meetings.*
- *More access to the ones we already have (cheaper for students)*
- *More advertising, travel, clubs*
- *More asynchronous help since not everyone can directly ask for help*
- *More bike/skateboard/longboard infrastructure, maybe a playground to play grounders on*
- *More common areas on campus*
- *More counselling services to meet all students' needs*
- *More dance programs of different kinds of dance*
- *More free skating time*



- *More funding to the drama department to bring festivals and performances. Also working with other faculties such as music and art to come together. Art and performance are very important to wellness as a form of connection, entertainment, and holding space for voices.*
- *More group classes*
- *More inclusive/body positive groups*
- *More intramural leagues and sports programs*
- *More intramural-type events (red eye, campus cup, etc) to get students involved. If we had a strong budget, maybe a fitness reward program? Like if you attend fitness centre/classes/intramurals/workshops you get perk points or something idk*
- *More lanes in the pool*
- *More mental health resources/counselors available on campus. I've been trying to book a consultation since the first week and it's always full.*
- *More mindfulness services*
- *More online support*
- *More psychiatrists*
- *More tournaments and large scale events to bring students together.*
- *Music activities!!!*
- *Ones which attract more than just the fit students.*
- *Out of the box activities for students to explore.*
- *Personal trainers in the gym at low cost/free for students, opportunity for students interested in sport to practice being a personal trainer.*
- *Physiotherapy, and a low stakes, very low expected fitness level, program to help people who are not active at all get some movement in their week.*
- *Pole dance studio*
- *Pole dancing/fitness*
- *Random non sign up activities*
- *Recreational bowling nights, rollerblading/ice skating lessons, archery sessions; any kind of fun thing aimed at those who aren't naturally good or even naturally bad at physical activity.*
- *Rock climbing*
- *Running club, dance 360*

- Slots for beginner sports
- Social exercise
- Sports requiring less physical stamina, like archery.
- Try obscure sports night. (Like I'm always hit with volleyball, basketball, soccer, badminton, but there are lots of others out there that I'd like to try but don't know how, or maybe don't want to commit/have time, like rock climbing, curling, fencing, more niche activities).
- Tutors free, more places like Decima Robinson.
- Weekly social groups in Main Quad (drop in)
- Well first I'd hire a student therapist for long term therapy, maybe two if it was warranted. Then I'd start a bunch of different kinds of ways to stay active: dance classes, gyms etc. I'd also do a bunch of mini programs to help students with mental health, self awareness, body positivity, etc.
- Women's only section at the gym and a sauna.

**"Do you tend to feel safe when accessing campus recreation facilities (e.g. gym, pool, change rooms)?"**



> The following groups were less likely to feel safe when using campus recreation facilities: gender minorities, disabled students, LGBTQ2S+ students, Indigenous students, women, East or Southeast Asian students, and students who spend most of their time at South Campus or Augustana.

DEMOGRAPHIC	Average (1-100)	Median (1-100)	Standard Deviation
ALL RESPONDENTS	68	70	24
International students	71	77.5	28
Augustana	60	45	35
CSJ	80	75	18
South Campus	54	53.5	26
Cisgender men	82	87	29
Cisgender women	64	66	22
Gender minorities	44	41	29
LGBTQ2S+ students	61	64	25
Disabled students	57	62	25
Indigenous students	61	64.5	24
Middle Eastern or North African students	71	70.5	12
South Asian students	72	75	25
East/Southeast Asian students	64	70	23
White students	68	70	23
Black students	74	89	39
Hispanic or Latino students	72	73	29