

Dear Students of MATH 100,

We would like to invite you to participate in a survey that will help UBC better understand the student experience of stress, which students report as being a significant issue at UBC.

### **Why You Should Participate**

Student insight and feedback is absolutely essential to understanding the campus community and to making important decisions for the betterment of all individuals. This survey, being done in partnership with the Vice President, Students office, will help to inform programs and policies at UBC.

The survey will take approximately 15 minutes to complete.

Your time is extremely valuable and greatly appreciated. In addition to contributing to this important dialogue, if you **complete the survey and submit your responses by Sunday September 28th at midnight**, you will receive a 0.5% bonus mark on your final grade in your course to thank you for your participation. (You will have another opportunity to complete the second half of the survey in October for another 0.5% bonus mark – total 1% bonus mark on your final grade.)

Some students are being invited to participate in the survey as part of a course and some are being randomly selected. As such, you may receive more than one invitation. **Please indicate if you are participating in this survey as part of a course, and if so, which course on the survey.** Please note that we ask all students to participate only once in September. This means if you hear about the survey in more than one

course you will have to choose which one you would like to participate through. If you participate more than once, we will only use the first set of responses.

To participate in the survey, please click the link below.

[SURVEY LINK](#)

### **About the Survey**

The idea for the survey came from a UBC student, Kimberley Carter, who had personal experience, as well as witnessed the experience of others, with overwhelming stress. She recognized the essential need for direct feedback from students and as such led the creation of the UBC Mental Health and Wellbeing Survey. The ultimate goal of the survey is to work towards creating a mentally healthy campus for all students to thrive and succeed – your contributions will enable us to achieve this goal.

### **Confidentiality and Privacy of Survey Responses**

Your participation in this survey is completely voluntary. At any time if you wish to stop you may do so without any consequences. All responses in this survey will remain confidential. Results of this survey will be reported in a statistically aggregated form only, i.e., no information for one specific individual will be reported. For statistical purposes, information you provide in this survey will be augmented with other information already on file at UBC. No part of your responses to this survey will become part of your UBC student record. No information associated with your student number, email address, or any other personally identifiable information will be released to anyone outside of the Vice-President Students office.

If you have any questions or suggestions please do not hesitate to contact the Project Lead, Kimberley Carter, at [kimberley.carter@ubc.ca](mailto:kimberley.carter@ubc.ca).

Thank you for your time – your insight and ideas are greatly appreciated!

Sincerely,  
Kimberley Carter

UBC Student

Ben Pollard

Director – Vice-President, Students Portfolio Initiatives

Grace Lau

Research Analyst - Student Experience Evaluation and Research Unit, Vice-President,  
Students

Dr. Neil Guppy

Professor – Department of Sociology