

MONTHLY Splash

HAPPY NEW YEAR, HUMBER!

As we embark on another exciting year filled with possibilities, let's embrace the fresh start of a new year! It's time to refuel our ambitions, set new goals, and embark on a path of growth and success. Let's carry forward the lessons learned, the experiences cherished, and the memories created to strive for excellence, support each other's endeavours, and create a vibrant, inclusive community that thrives on diversity and collaboration. Here's to a year of learning, discovery, and growth and making 2024 an unforgettable chapter in our college journey together!

HIGHLIGHTS FROM LAST SEMESTER

PEER WELLNESS

FREE Starbucks gift card \$10 value
limited to students

PEER ACTIVE LISTENING PROGRAM

Last Fall, Peer Wellness Services launched the Peer Active Listening Program, 1-to-1 45-minute sessions for students to connect with a peer and vent about current stressors. Nearly 57 learners have accessed the program and reported that the service enabled them to have a **meaningful connection with staff** and supported their sense of belonging! Services will continue in winter.

Source: Data reported from Calendly, December 20, 2023.

WELL-BEING AT HUMBER: BE THERE FOR YOURSELF AND OTHERS

Since its launch this year, 391 students have completed the Well-being at Humber: Be There for Yourself and Others, a mental health response training for students. Staff and Faculty can schedule this workshop by completing [this request form](#).

Source: Data reported from Eventbrite and SWEL workshop database, Dec 20, 2023.

WELL-BEING AT HUMBER: BE THERE FOR YOURSELF AND OTHERS

Join this 90-minute session to learn tools to manage your stress and identify when a peer is experiencing mental health difficulties or distress. Apply strategies for having a supportive conversation and refer to on-campus resources.

ONLINE WORKSHOP	Thurs. October 5 12pm Teams Wed. November 22 5pm Teams
LAKESHORE CAMPUS	Thurs. November 2 12pm B307 Mon. November 20 11am C108
NORTH CAMPUS	Mon. October 16 11am D239 Tues. October 31 12pm H407

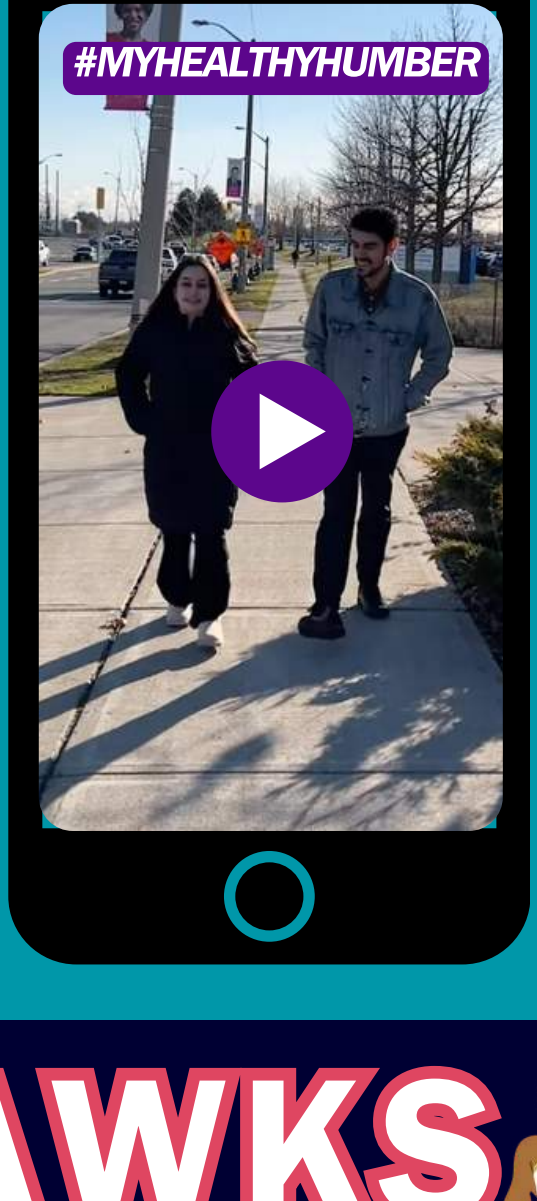
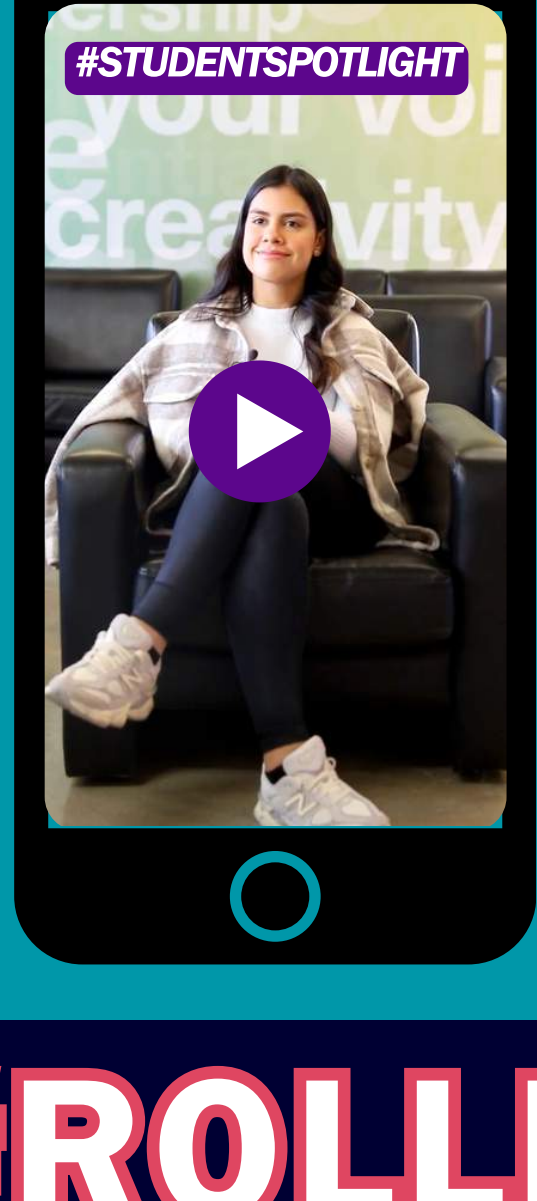
NOTABLE EVENTS

2024 WINNER OF THE GREATER TORONTO'S TOP EMPLOYERS

Humber College was recently named a 2024 Winner of Greater Toronto's Top Employers. To share how the college creates this work atmosphere, **The Globe and Mail** interviewed our very own Health Promotion Specialist, Ewnet Demisse! [Read more here!](#)

TOP VIDEOS

MOST VIEWS, AND CREATING THE BIGGEST BUZZ ON CAMPUS!



#ROLLHAWKS



#QUOTE OF THE MONTH

“ Success is not final. Failure is not fatal. It's the courage to continue that counts. ”

-Winston Churchill

JANUARY EVENTS

*EVENT LINKS HYPERLINKED WHERE AVAILABLE

WELCOME NEW STUDENTS!

ORIENTATION EVENTS HERE

SAVE THE WEEK!
HUMBER LET'S TALK: CONNECTION
JAN 22 - 26

NORTH

9	ALL ABOUT BSSE MIXER 1:00 pm - 2:30 pm LRC 2123	11	BSSE X IGNITE BOD TALK 1:00 pm - 2:00 pm LRC 2123
12	WINTERFEST CARNIVAL 10:30 am - 2:30 pm Gymnasium	15	BSSE KARAOKE 3:00 pm - 4:30 pm LRC 2123
16	FYE STRONG START WORKSHOP SERIES BEGINS All dates/times here.	17	FYE WELCOME EVENT 12:00 pm - 1:30 pm E CONCOURSE
17	2SLGBTQ+ MIX N' MINGLE 1:00 pm - 3:00 pm E140	18	WELCOME TO IE&E 2:30 pm - 4:30 pm LRC 2137
24	SIP & CHILL CAFE 12:30 pm - 1:30 pm E140 No registration required	24	2SLGBTQ+ ORIENTATION QRAFTY 1:00 pm - 3:00 pm E140
30	BLAQ COLLECTIVE MIXER 1:00 pm - 3:00 pm LRC 2123	31	APA ESSENTIALS: MASTERING THE ART OF ACADEMIC WRITING 1:00 pm - 2:30 pm LRC 2030

LAKESHORE

9	ALL ABOUT BSSE MIXER 1:00 pm - 2:30 pm A168	11	BSSE X IGNITE BOD TALK 3:00 pm - 4:00 pm A168
15	BSSE GAMES NIGHT 3:00 pm - 4:30 pm A168	15	BSSE KARAOKE 3:00 pm - 4:30 pm A168
17	FYE STRONG START WORKSHOP SERIES BEGINS All dates/times here.	17	2SLGBTQ+ MIX N' MINGLE 1:00 pm - 3:00 pm WEL211
18	FIRST YEAR EXPERIENCE WELCOME EVENT 2:00 pm - 4:00 pm G COMMONS	24	2SLGBTQ+ ORIENTATION QRAFTY 1:00 pm - 3:00 pm WEL211
25	EMBRACE & EMPOWER: STUDENT JOURNEY & FIRESIDE CHATS 12:00 pm - 2:00 pm IGNITE STUDENT CENTRE- LAKESHORE (K COTTAGE)		

ONLINE



APA ESSENTIALS: MASTERING THE ART OF ACADEMIC WRITING
1:00 pm - 2:30 pm
Microsoft Teams (links will be provided upon registration)

INTERESTED IN SHARING YOUR HIGHLIGHTS & EVENTS IN OUR NEWSLETTER?
Email us at tannaz.barati@humber.ca