

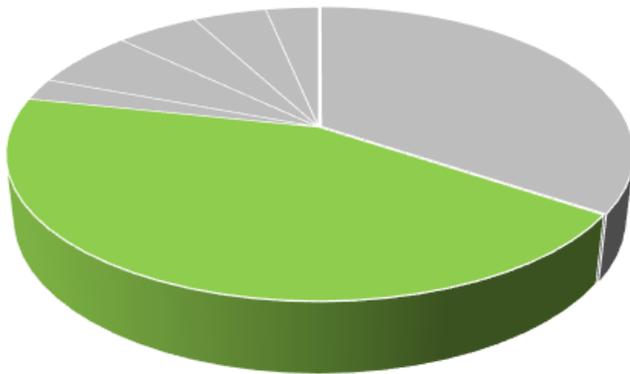
# MENTAL WELLBEING & THE ECONOMIC ENVIRONMENT



DEFINED AS: EMPLOYMENT, FINANCIAL AID, AND THE COST OF FOOD, LIVING, TUITION, AND FEES

## HINDERING

The economic environment was the **most frequently selected** environment by participants when asked what **HINDERS** mental well-being.



*"The costs of tuition and textbooks makes me have to choose between picking up an extra shift to pay for university and studying to pass university."*

(Undergraduate Student)

*"I work 4-5 nights a week in order to have the money to pay for my tuition, which affects my grades/ability to study."*

(Undergraduate Student)

*"Having to pay a registration fee to register for classes, paying nearly \$500 for a "good" parking lot, paying \$150 for a brand new textbook and being offered \$20 at the buy back booth."*

(Undergraduate Student)

## HERE'S WHY:

- Needing a job to pay for school, and then not having enough time to balance work, school, and down time
- The lack of affordable healthy foods on campus
- Increasing tuition prices
- Additional fees (e.g., parking, course registration fees, books, clubs, activities)
- Difficulty in accessing financial aid
- Lack of available scholarships
- Paying more fees but not seeing any changes or improvements in programs or services

*"If I cannot afford my tuition and student loans barely cover it, I am now stressed to make money to survive and do school at the same time."*

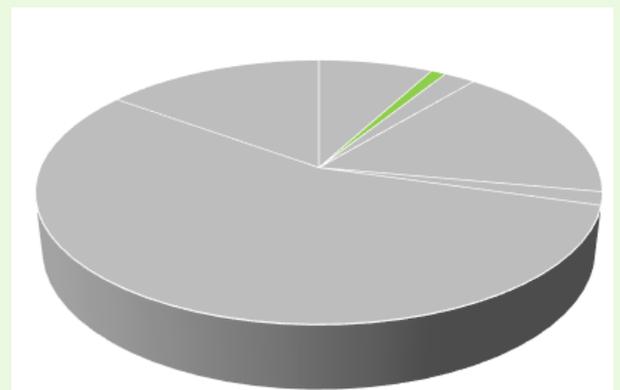
(Undergraduate Student)

*"Tuition increases, food prices, feels like admin doesn't care about employees or students."*

(Staff)

## SUPPORTIVE

**Only 1%** of participants said that the economic environment was **supportive** to mental wellbeing. That is only 38 out of 3872 participants!



## Cost of Food & Living, Tuition, and Additional Fees

The costs associated with being at university were identified by many respondents as very stressful. Respondents pointed to the lack of affordable, healthy food available on campus. Food on campus was viewed as very expensive, and the portion size not reflective of the price paid, especially for healthy foods. Many respondents discussed the yearly increases in both domestic and international tuition rates, in addition to the high cost of parking, textbooks, and additional fees.

Financial aid was identified as important because it increases the opportunity to attend university. However, students viewed financial aid as limited. Some respondents experienced stress due to the complicated system, their ineligibility for financial aid, and not receiving enough to meet basic needs. Many participants discussed their fears about not being able to pay back their student loans.

## Financial Aid

## Employment

For most respondents the need to maintain a job to attend university causes stress, anxiety, lack of sleep, and eventually burnout. Many students reported working a part time or a full time job due to the high costs associated with attending university.



**“ I have no money. It is a mental and emotional burden. It is distracting and exhausting. ”**

(PhotoVoice Participant, Undergraduate Student)

## WHAT CAN YOU DO?

- Share your ideas! - Write a letter to the Deputy Vice Chancellor, or use social media, or write a blog post to share your ideas for change!
- Stay up-to-date on VOICE activities - follow us on Twitter and Facebook!
- Get involved in or start a project, committee, club, or action group!
- Be a student representative on university committees to advocate for change!

**LET'S WORK TOGETHER TO FOSTER WELLBEING ON OUR CAMPUS**



For More Information or to Get Involved:  
<http://campushealth.ok.ubc.ca/>

