



# UniVenture

## ONE SIZE DOESN'T FIT ALL

A unique, personality-based program designed to help you reach your long-term goals

# WHAT IS THE UNIVENTURE PROGRAM?

UniVenture is a wellness program designed for university students modelled after an existing, successful, and internationally recognized and utilized program called PreVenture.

## UniVenture

is designed to deliver specialized workshops to help students learn and develop useful skills for managing challenging situations in the transition to university (e.g., academic struggles, emotional distress, substance-related harms), set long-term goals, and channel their unique personality toward achieving those goals.

“Univenture is a research partnership with the goal to test, adapt and share an effective, sustainable targeted wellness program”

## THIS PARTNERSHIP

involves social science experts, university Student Affairs, student-led organizations, and other partner organizations. These partners bring together the necessary scientific and practical knowledge, expertise, lived experience, and knowledge sharing capacity to tackle this critical social issue in a manner that no one group could do alone. Additionally, UniVenture is partnered with national mental health organizations to help spread the word about the results.

The UniVenture program is a 5-year, multi-site, controlled study involving first and second year undergraduate students aged between 18 to 25 years at five representatively diverse Canadian university sites (Dalhousie University, St. Francis Xavier University, Université de Montréal, York University, and The University of British Columbia-Okanagan).



## WHO CAN PARTICIPATE?

This is an opportunity for eligible 1st and 2nd year undergraduate students to learn more about their unique personality type and to potentially gain new personality-specific skills for goal setting, and for managing challenges common in the transition to university. The program launches in September 2021.

## HOW DOES IT WORK?

**Stage 1** consists of a baseline campus wellness survey to gather information about students' academic success, mental well-being, and experiences with the pandemic. This information may be used by student affairs units to develop and strengthen campus resources, and by the researchers to identify students who are eligible to participate in Stage 2.

**In Stage 2** eligible students will have the opportunity to participate in two customized UniVenture workshops based on their personality type. These workshops are either face-to-face or online consisting of up to 10 participants, 90 minutes long and led by a trained facilitator. Students who participate are

assigned to the workshops or a usual services comparison group will then be invited to complete a 6 month and a 12 month follow up survey to gather the same information as at the baseline survey.

“ *The UniVenture workshops provide participants the opportunity to learn more about their unique personality and how they can channel it toward setting and achieving wellness goals.* ”

## WHY IS THIS IMPORTANT?

Participation in this study will assist researchers in evaluating the success the UniVenture Program has on students' academic achievement, mental health and substance-related harms.

A successful UniVenture Program may influence university policies by helping partners appreciate the effectiveness of a targeted and personalized program.

## HOW WILL YOU BE COMPENSATED?

Participants will receive a \$20 Amazon gift card or 1 SONA credit point for psychology students (if relevant) for completing the Stage 1 baseline survey (45-60 minutes). If eligible to move forward to Stage 2, students will have the opportunity to earn an additional \$40 in Amazon gift cards or 2 SONA credit points (if applicable) for completing two more follow-up surveys. If you participate in both follow up surveys, you will be entered in a bonus draw to win a \$100 Amazon gift card. Four such draws will take place each term.

## CONTACT US

For more information on the program or how to get involved, please contact us at:

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Or scan this QR code to access our website:

