

Workshop Series Application

Important information about the Workshop Series:

- SANQC will host specific funded workshops of their choice (includes the cost of registration, supplies and food)
- Application will be available in office and online; deadlines apply.
- Eligible applicants will have their application package completed by deadline, submit a statement of marks or an unofficial transcript showing a minimum 65% (or 2.0 GPA), will be Students' Association members in good standing and sign the consent and release forms.
- If selected, you will be contacted via e-mail with an approval letter and will be required to submit a signed copy, with deposit, to the SANQC Office by the outlined date on the letter.
- Deposit to hold your place is \$25 per person for each workshop you are approved for.
- Deposit is refundable if you attend the full workshop and submit your feedback evaluation by the designated deadline on your approval letter.
- Space is limited; priority will be given to individuals who have not taken previous Professional Development Workshop training.
- Applications are scored based on completeness by a sub-committee of Students' Council.
- There will be an information session to learn about the application process, how to make your application competitive and receive the deadlines.
- Individual sessions may have additional criteria, please see each workshop to determine if you would like to attend.

Submit completed application to the SANQC Office (1-114).

APPLICATION DEADLINE: Jan 31, 2019

Workshop Series Application

General Information

I am applying **Independently** **With a Friend(s) (up to a maximum of 3 people)**

Applicant 1

Name (print): _____

Program: _____

Email: _____

Phone: _____

Student ID#: _____

Applicant 2

Name (print): _____

Program: _____

Email: _____

Phone: _____

Student ID#: _____

Applicant 3

Name (print): _____

Program: _____

Email: _____

Phone: _____

Student ID#: _____

Workshop

Which workshop are you interested in attending? Select only one workshop per application.

- The Inquiring Mind (Monday, Feb 11 & Tuesday, Feb 12 – 3 PM to 5 PM)**
- Mental Health First Aid (Saturday, Mar 16 & Sunday, Mar 17)**
- Question, Persuade, Refer *suicide prevention* (Saturday, Mar 23)**

For a description of each session please see attached page.

Acknowledgement

By signing this application you acknowledge:

- You and/or your group are available for the above selected workshop and you are able to pay the deposit if selected.
- You meet all of the eligibility requirements.
- You are able to provide your own transportation to the workshops (within the City of Edmonton)
- Any additional expenses are not covered by SANQC.
- You may be required to complete a screening for readiness to finalize your eligibility for the session.

Signature(s): _____ / _____ / _____

Date: _____

Scoring Applications

SANQC Support Sub-Committee will grade all applicants. Attached to this application package you must include the following. Missing item will be counted against you in a competitive scoring process.

Application check list:

- Statement of marks or unofficial transcript (for each person)
- Personal letter outlining your expectations for this workshop. Please include how this specific professional development workshop will enhance leadership skills, grow your learning and make an impact in your life. **Limited** to one single page.
If you are applying independently please submit your letter independently.
If you are applying as a group, please write your letter collaboratively (as one)

Workshop Descriptions

Mental Health First Aid (MHFA)

MHFA is intended for an adult audience whose primary focus is working with individuals 14+. This course focuses on the most common mental health disorders including substance related disorder, mood related disorders, anxiety and trauma related disorders, and psychotic disorders. You will be especially equipped with information about suicide intervention and strategies around supporting a person who is suicidal. There are two additional sections on eating disorders and deliberate self-injury. Participants who take this course are well prepared to interact confidently about mental health with the people in their lives, including at schools, extra-curricular activities, social services, family, friends, and communities. The two day certification program is designed by the Mental Health Commission of Canada and recognized nationwide.

Question, Persuade, Refer (QPR)

The NorQuest College Centre for Growth and Harmony is presenting a four hour training session on suicide prevention. Question, Persuade, Refer (QPR) provides innovative, practical and proven certified suicide prevention training. Through this QPR course you will learn the warning signs of suicide, know how to offer hope, and how to get help to an individual in need. Through this training, our campus community will become stronger and more able to help provide support to one another.

The Inquiring Mind

Spend a few hours learning more about College student mental health, stigma and discrimination on Campus. Participants will learn about resources and information to help themselves and to help others who may be trying to manage these issues. You'll walk away with tools you can use for the rest of your life.