# Workshop Series Application

**Important information about the Workshop Series:**

o SANQC hosts fully-funded workshops (includes registration, supplies and food) for students
o Application will be available in office and online; deadlines apply.
o **A Deposit of $40 per person is required to submit an application.**
o Eligible applicants will:

  ➢ have their application package completed by deadline

  ➢ submit a statement of marks or unofficial transcript showing a minimum 65% (or 2.0 GPA)

  ➢ be Students' Association members in good standing and;

  ➢ sign the consent and release forms.

o If selected, you will be contacted via e-mail with an approval letter.
o Space is limited; priority will be given to individuals who have not taken previous SA workshops
o Applications are scored based on completeness by a sub-committee of Students' Council.
o Some sessions may have additional criteria, please see each workshop for details

**Deposit Details**

o If you are submitting applications for multiple workshops this term only one $40 deposit per person for the term is initially required.
o If selected to attend a workshop you will have your deposit refundable if you attend the full workshop and submit your feedback evaluation by the designated deadline on your approval letter.
o A refundable deposit will be rolled over to cover all workshops in the term if applicable.
o If selected to attend a workshop and you do not attend the full workshop then your deposit will not be refunded. (And an additional deposit will be required to attend any other sessions in the term.
o If you are not selected to attend a workshop you will be notified and a deadline will be provided for you to pick-up your application deposit.

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

**APPLICATION DEADLINE: October 9, 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.

**Mental Health First Aid (Sat, Oct 19 & Sunday, Oct 20)**

**The Inquiring Mind (Wed, Oct 23 - Evening Class)**

**Question, Persuade, Refer *suicide prevention* (Sat, Nov 2)**

**First Responder to Sexual Assault and Abuse Training (Sat, Nov 16 & Sun, Nov 17)**

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 submitting the required deposit.
- 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:
$40 Deposit
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)*

# Consent and Release Form

**THIS PERMISSION** is unconditionally granted to The Students' Association of NorQuest College for educational and related purposes deemed appropriate by The Students' Association of NorQuest College, both internal and external to the Institute.

**I HEREBY** give The Students' Association of NorQuest College permission, with respect to any photographs, written information and comments, taped interviews or digital images that it has taken of me to:

**OR**

Any materials written or otherwise produced by me to:

(a)     use, re-use, publish and re-publish the same in whole or in part, individually or in conjunction with other photographs, interviews or images in a publication, print ad, electronic media (e.g., CD-ROM, Internet, World Wide Web) or other form of promotion;

(b)     use my name in connection therewith.

**I  HEREBY** waive any right of approval of the finished product or copy that may be used with the information or the image that has been reproduced.  The Students' Association of NorQuest College shall not be required to pay any consideration for the usage of my photograph, image or information.

**I AGREE** to hold harmless, indemnify and release The Students' Association of NorQuest College and NorQuest College, its employees and representatives, from all claims, actions, and costs with respect to the release and use of my photograph, image or information.

**I AM** of the legal age and have read the foregoing and fully understand the contents thereof.

**THIS CONSENT AND RELEASE** is granted to The Students' Association of NorQuest College in perpetuity from this date.

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Name (printed): _____/_____/_____

Signature: _____/_____/_____

Date: _____/_____/_____


Witness (printed): _____/_____/_____

Witness Signature: _____/_____/_____

Date: _____/_____/_____

## 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.

### 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.

### 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.

### First Responder to Sexual Assault and Abuse Training

The Students' Association, along with partners at NAIT are presenting this course developed by the Association of Alberta Sexual Assault Services (AASAS). This training is intended to build the capacity of professionals, paraprofessionals and community members to assess and respond effectively to disclosures of sexual assault and sexual abuse. Survivors who receive safe and supportive responses to disclosures of sexual violence are more likely to reach out for help from medical and counselling services and/or report to police. First Responder to Sexual Assault and Abuse TrainingTM is a comprehensive two day training, inclusive of the full continuum of sexual violence and across the lifespan.