



# Social Connection

## **LONG-RANGE DESCRIPTION OF SUCCESS**

At UBC, we all understand that social connection is a core human need, and that everyone thrives when they feel respected, supported, and part of a community. UBC encourages all community members to work, learn, collaborate, and build connection in ways that are meaningful to them.

We celebrate diversity and inclusion of individuals, groups, and histories; we share knowledge, listen to each other, and learn from differences. Understanding local Indigenous peoples and their histories deepens everyone's relationships to community and place.

Everyone at UBC feels welcome and see themselves represented. Those who are historically, persistently, and systemically marginalized are treated equitably, feel respected, and belong.

All community members at UBC feel included, connected, and valued.

## **WHY IT MATTERS**

Strong and lasting social and friendship connections are critical to our wellbeing and have a positive influence on our physical wellbeing, mental wellbeing, and longevity.

Conversely, having few or poor-quality social connections has been shown to cause detrimental health outcomes.

In 2012, one-third of respondents to the Vancouver Foundation's "Connections and Engagement" said it was difficult to make new friends in Vancouver, and one in four reported feeling alone more often than they would like. At UBC, just over one-third of Vancouver undergraduate students feel part of their campus community whereas 72% of staff and faculty report similar feelings. Seventy-six percent of staff and faculty feel that people treat each other with respect and consideration in the workplace and 73% of Vancouver undergraduate students feel UBC is a respectful environment.

The opportunity to cultivate strong and lasting connections contributes positively to our capacity for learning and a sense of fulfilment in our working lives.

## TARGETS

## INDICATORS

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### Feel Part of a Community

Community members feel part of a community at UBC:

10% increase for students by 2025\*

10% increase for staff & faculty by 2025\*\*

% students who report they have a group, community or social circle at UBC where they feel they belong

% staff & faculty who feel part of a community at UBC

% 1st year students that visit Collegia at least once a week

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### Inclusive Environment

Community members report that their beliefs, identity and experiences are valued at UBC:

10% increase by 2025\*

% students

% staff & faculty

\*using a 2019 baseline

\*\*using a 2017 baseline

## SAMPLE ACTIONS IN PROGRESS

### New Collegia

Two new Collegia location will open in 2019, increasing opportunities for first-year commuter students to experience this “home away from home.” This will bring the total number of Collegia locations to six on the Vancouver campus and five on the Okanagan campus.

### Enhancing Graduate Student Community

This project – which is a collaboration between the Graduate Student Society, VP Students Office and the Faculty of Graduate and Postdoctoral Studies – aims to explore the feasibility of creating a vibrant Graduate Life Centre at UBC. It also aims to pilot a program to encourage and support enhanced intellectual community within and between graduate programs.

### Honouring Indigenous Histories and Cultures

UBC is increasing supports for students, staff, and faculty to build awareness of Indigenous history and core issues and to work respectfully with Indigenous students, colleagues, and communities.

## ASSOCIATED STRATEGIES AND PLANS

[Focus on People Strategic Framework](#)

[UBC Student Experience Strategic Framework](#)

[Indigenous Strategic Plan](#)

[Valuing Differences: A Strategy for Advancing Equity and Diversity at UBC](#)

[Inclusion Action Plan \(in draft\)](#)