

FAQ's for Thriving in your role as a TA

1. Why was this online training created?

Being a graduate student can be stressful. Balancing demands of graduate school, the role of a TA, and other responsibilities can be challenging. This course will provide information on strategies, tools and resources for supporting your well-being and that of the students you interact with.

2. What will I gain from completing this online training?

This online training will teach you about the different factors that make up resilience and well-being, explain how stress and success can affect resilience, and provide you with free resources that you can use to improve your well-being. You will also reflect upon and explore boundaries of your role in supporting students, how to recognize signs of distress, and refer students to available supports. The online training will wrap up with a brief overview of how you can create conditions for well-being in learning environments.

This can also be included on your co-curricular record (CCR). To learn more about the CCR in general, check out the website [Links to an external site.](#)

3. What would I need to do for each module?

There are four main modules for this online training. Each module in this course invites you to read through the content, complete a self-guided activity, learn more with selected readings or videos, and connect the content with your own experiences through reflection questions.

4. How much time will this online training take?

It may take approximately 1.5 hours to complete thoughtfully. The course can be completed in at your own pace (e.g., one module per day or per week).

5. Who is this course offered by?

The course is offered by Health & Counselling Services' Health Promotion team and was reviewed by various groups.

6. Does this cost money?

No, this course is free for all Teaching Assistants/Tutor Markers (TA/TMs).

7. Will I have access to this online training once I have completed it?

Yes, you can access this until the end of each calendar year (December of each year) regardless of when you started it. You can also keep copies of all the documents/resources provided for future use. If the process for accessing the course changes, you will be notified in advance.

8. Will I lose access to the online training if I don't complete it?

You will only lose access to the online training if you have not completed it by the end of the calendar year (December). As such, once you register for the online training, you will have access to it until the end of the calendar year even if you do not complete all the modules right away.

9. Will I receive university credits for this online training?

No, you will not receive formal credits but you will be equipped with insights that are directly linked to learning and academic success. However, you can apply to get co-curricular record (CCR) recognition for this course by indicating that you wish to receive CCR recognition on the co-curricular record page within the course.

10. Can my peers see if I am enrolled in this online training?

No, only the Health Promotion team will know about your enrollment in the course and this information remains confidential. You can choose to disclose the information to others.

11. How can I provide feedback about the online training?

We are very receptive to feedback and would love to hear what you thought of the course. You can let us know by completing the participant survey quiz within the course or emailing us at health_promo@sfu.ca.

If you have any additional questions which are not answered here, you can email us at health_promo@sfu.ca