

# ASSET IMPACT REPORT

2023 - 2024

North Campus

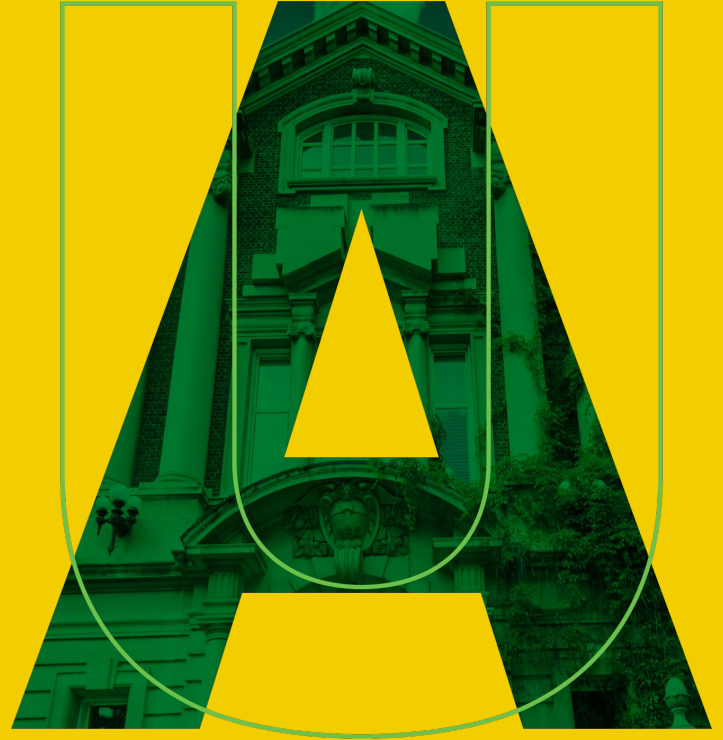
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UNIVERSITY  
OF ALBERTA



ALUMNI



**How  
are you  
doing?**

**Well,  
actually...**

If you need to talk,  
**we're here to listen.**

**The Alumni Student Support and Engagement Team (ASSET)** is a group of alumni that are here to support students. Volunteers receive training in mental health support so they are equipped to support students effectively.

**27**

**Volunteers**

**296**

**Training Hours**

**581**

**Volunteer Hours**

**877**

**Total Volunteer  
Hours**

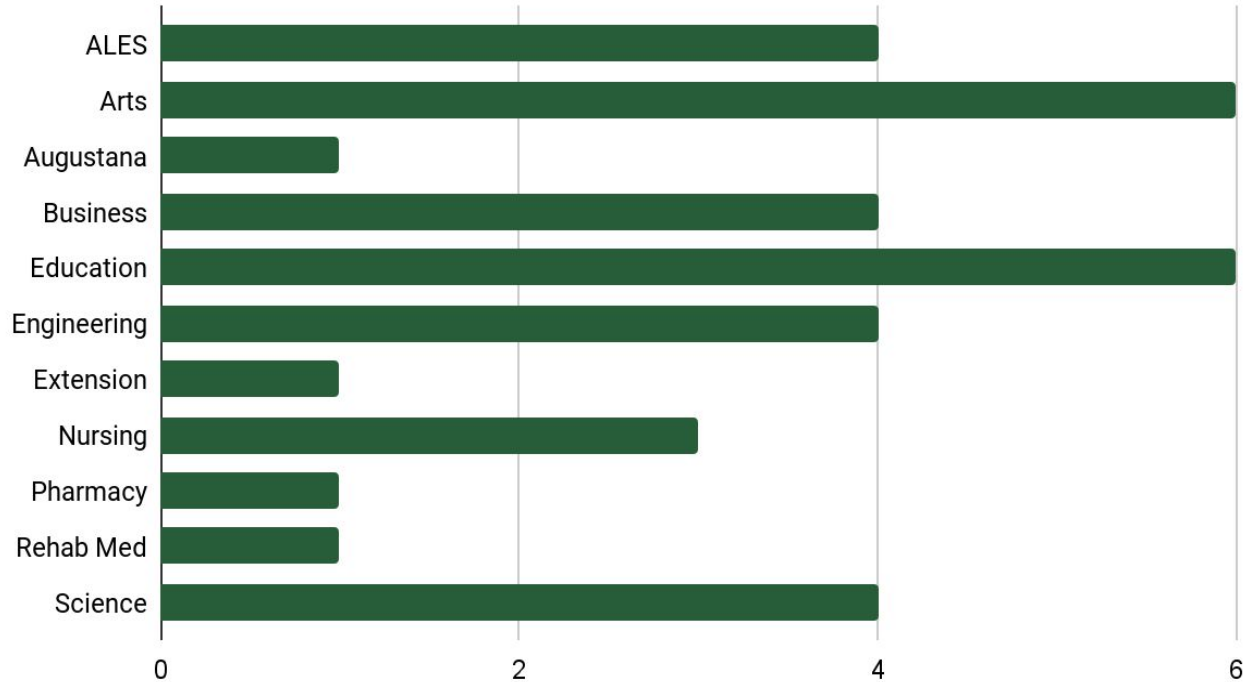


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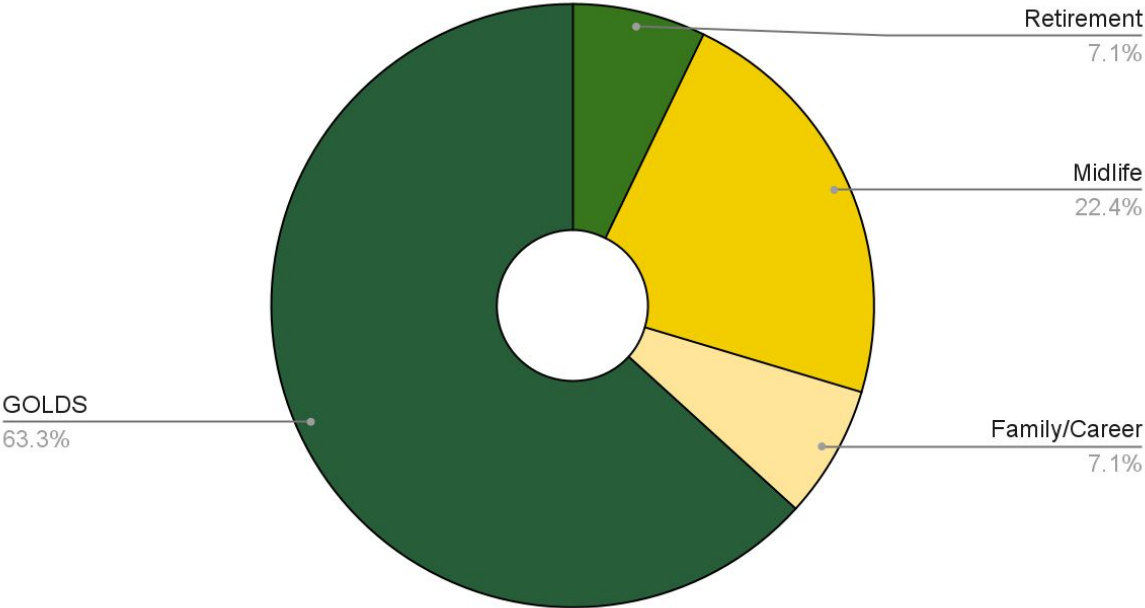
# Volunteer Statistics

## Volunteer Faculty Representation



# Volunteer Statistics

Volunteer Life Stages



*“[I loved] All the students smiles and gracious appreciation when offering and handing out the snacks”*

**2023 - 2024 ASSET Volunteer**

\*Grads Of the last decade (GOLD)

# Goal #1 : Foster Connections Between Students and Alumni



**9000+**

Connection points  
with students

*“Every volunteering activity was meaningful in different ways. I especially enjoyed the Unwind Your Mind snack handout and the Student Exam Support. Seeing how grateful the students were was really uplifting!”*

*ASSET Volunteer (2023 - 2024)*

ASSET attended  
**60+** events

ASSET aims to support students throughout their academic journeys. With a diverse offering of skills, talents and experiences, ASSET volunteers also know the challenges and stresses of being a student.

ASSET volunteers offer support for students at events and various activities on North Campus.

# Goal # 2: Collaboration

Rather than duplicate efforts, ASSET works with others to fill gaps in current services. This allows professional staff, such as counsellors, to focus on what they do best. This approach engages campus communities and creates mutually beneficial relationships.



*"I loved partaking in the Unitea collective tea times! It was so heartening and meaningful to connect with a small group of students over the course of an hour."*

*ASSET Volunteer (2023 - 2024)*

**Partners include:**

Wellness Supports, Days of Action, WTJ podcast, Career Services, Graduate Students Association, Unitea, English Language School, Office of the Registrar and Campus Community Recreation (CCR)





# Goal #3: Have a Positive Impact on Student Well Being

*The U of A is committed to developing strong institution-wide health and wellness strategies and increasing access to supports. Having a positive impact on student well-being is ASSET's ultimate goal.*

## **Top 6 Student Impacts (as noted by ASSET Volunteers)**

- ✦ Increased feeling of social connection
- ✦ Opportunity to engage in discussion & ask questions
- ✦ Increased connection to resources
- ✦ Increase in networking skills
- ✦ Increased confidence
- ✦ Opportunity for skill building



# Goal #4 - Utilize Alumni Talent & Skills

ASSET volunteers worked individually or as part of a team to design workshops and events for students, drawing on their individual skills and talents. This allowed them to showcase their unique abilities and interests, bringing diverse and enriching experiences to the student audience.



*I really enjoyed our plant and paint workshop! It was a great opportunity to work with other fellow volunteers and be creative.*

- ASSET Volunteer (2023- 2024)



*Volunteer led workshops in Winter term 2024 with on topics including studying, finding a job, crafting, gaming and celebrating International Mother Tongue day.*





# Goal #5 Deepen Alumni Engagement

With a focus on deepening/enriching relationships with alumni, ASSET volunteers receive valuable training, use their skills in meaningful ways and stay involved longer. ASSET is a prime example of engaging alumni as valued volunteers.

## Top 4 Personal Impacts (as noted by ASSET Volunteers)

- ✦ Increased feeling of social connection
- ✦ Increased confidence in supporting others
- ✦ Decreased feelings of stress
- ✦ Increased satisfaction with being able to help others

*"Most students reciprocated with a warm and friendly smile. It reminded me of the importance of human connection and "being seen".*

- ASSET Volunteer  
(2023 - 2024)