Umbrella Journal

Campus wellness pilot brief

Give one group of students a private place to reflect during a demanding part of the term. Pick one topic, set a short window, and agree on what to review.

Example: two weeks before exams

A campus wellness team invites first-year students to try brief guided reflections or check-ins. After exams, students can share whether the prompts were easy to use and worth returning to.

Plan, invite, review

01

Choose the focus

Pick exam stress, adjusting to campus, or overload. Name a staff lead, choose a student group, and set start and review dates.

02

Invite students

Explain how to opt in, what stays private, and where to find campus support. Discuss Ella Circles if a small facilitated group fits.

03

Make a decision

Review agreed participation counts and voluntary feedback. Decide whether to repeat, adjust, or end the pilot.

What students use

Private guided reflection and structured check-ins. Students can use them alongside existing campus services.

What the campus can review

Agree on group-level reporting and how to protect privacy in small groups. Campuses do not receive private journal entries or conversation transcripts.

Bring one idea to the walkthrough

Start with a student group, a topic, or a week in the term you'd like to focus on.

Book a pilot conversation **Read the pilot kit**

For student wellness, counselling, and student affairs teams. The pilot supports reflection alongside campus services. It does not provide therapy, diagnosis, or crisis care.