



**STUDENT
SUPPORT**

Writing Aid
Mental Health Support
Job/Personal Skill Development

Progress Report

Data from Sept 1, 2022 -> Nov 30, 2022

Highlights

64%

of students registered
via email sent by SSMU

86%

of respondents reported that
having access to these services
has had a significant positive
impact on their life

7,293+

Students registered =
36% usage rate to date

Writing Aid

On Nov 22nd alone, students at McGill University:

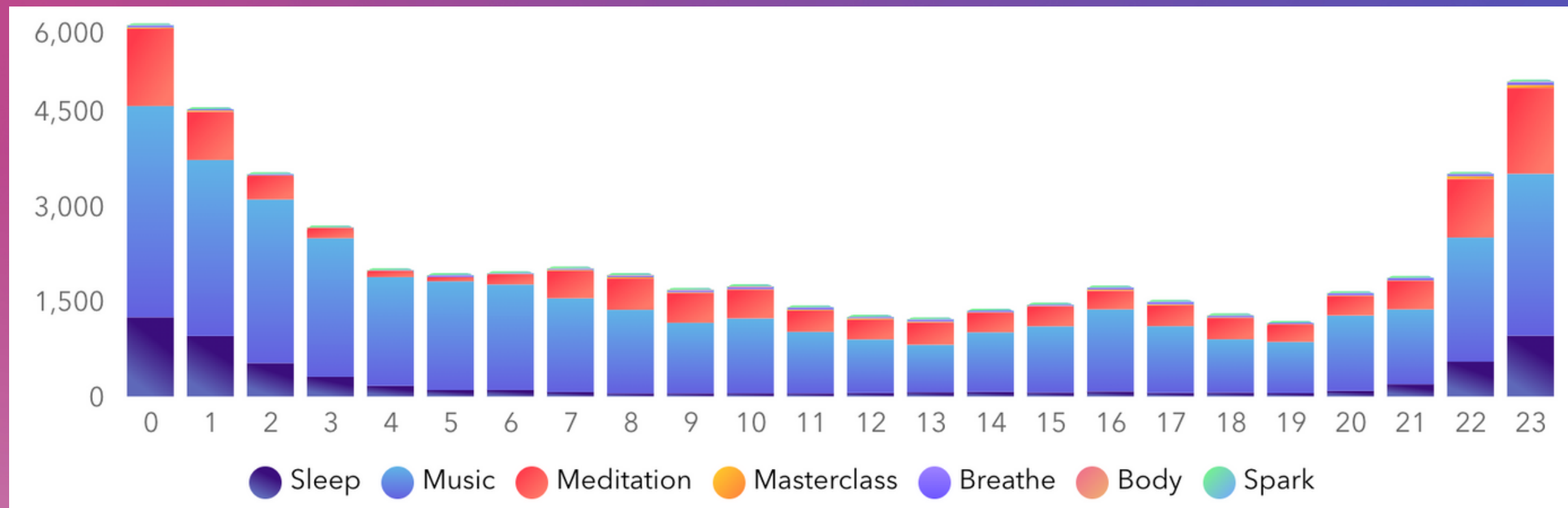
- processed over 135M words
- improved communication by 50%



Students have processed over 3 billion words and saved 22,000+ hours of editing since Sept 1st.

Mental Wellness

Here's how students are using Calm throughout the day



50,000+ sessions to improve sleep and reduce anxiety since Sept 1st

Sleep, Music, & Meditation are the most used features

Job Skills & Personal Development

1,439+ hours

Time spent learning new skills since Sept 1st

7.8%

of time spent learning
business skills

Top business skills:

- Digital Marketing
- Leadership
- Forex
- CFA

80.8%

of time spent learning
technology skills

Top tech skills:

- Web Development
- Data Science
- React JS
- Python

11.4%

of time spent learning
personal development

Top personal skills:

- Language Learning
- Personal Growth
- Arts & Creativity
- Health & Fitness

From our Survey

96%

of Calm users reported improvements in at least one of the following areas: reduced anxiety, improved focus, reduced negative thoughts and/or feelings, improved overall mental health, better sleep

99%

responded Yes to "Do you want all students to have continued access to Student Support services next year?"

65%

of respondents said they would value English writing workshops

44%

of respondents received incorrect suggestions from Grammarly

85%

of respondents want more in-depth analysis how to improve writing

How We Can Improve

- Working with more clubs to encourage the use of services
- Improve the sign-up process by integrating with McGill SSO
- Work with service providers to improve features and offerings
- More frequent email communication directly to students to encourage more sign-ups

What Students are Saying

I've been using Calm for a couple of months, and it is a significant part of my journey to find mental peace.

The courses I've been able to access for Udemy have been extremely helpful and have led to professional opportunities opening up for me.

I listen to the sleep meditations and it's incredibly relaxing.

I have begun meditating and thinking more about my mental health with calm, Grammarly has been very helpful for proofreading my essays and I haven't used Udemy yet but I hope to use it to help me with language learning!

I use them everyday. It has made my life easier. I am participating in this survey to show my appreciation.

All three services are awesome, especially Calm.

Grammarly and Udemy are powerful versatile tools that can be applied to any course or otherwise academic activity. They're simple, but very effective, and have helped me both save time and improve my skills.

Udemy has allowed me to develop skills McGill doesn't offer courses for.