



**STUDENT
SUPPORT**

Writing Aid
Mental Health Support
Job & Personal Skill Development

Progress Report

Data from Sept 1, 2022 -> Feb 9, 2023

Highlights

9,754+ Students

Using at least one service = 48% usage rate to date
(based on 20,355 students who did not opt-out)

98,000+

Sessions with Calm to improve sleep, and reduce anxiety/stress

4,937+

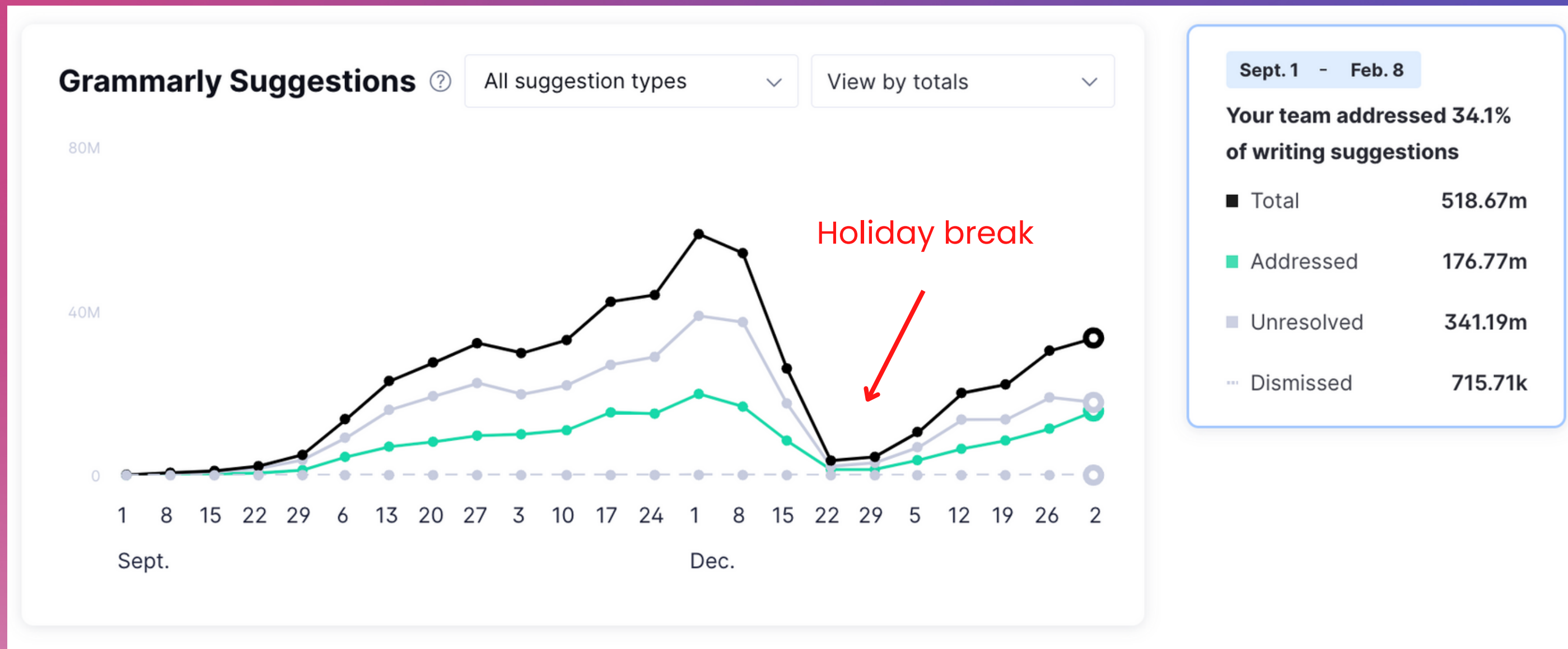
Hours spent learning new skills with Udemy (~205 days)

518M+

Writing/grammar improvements suggested by Grammarly

With ~20-40 new students registering each day, we project minimum usage of 50% by end of the Winter term

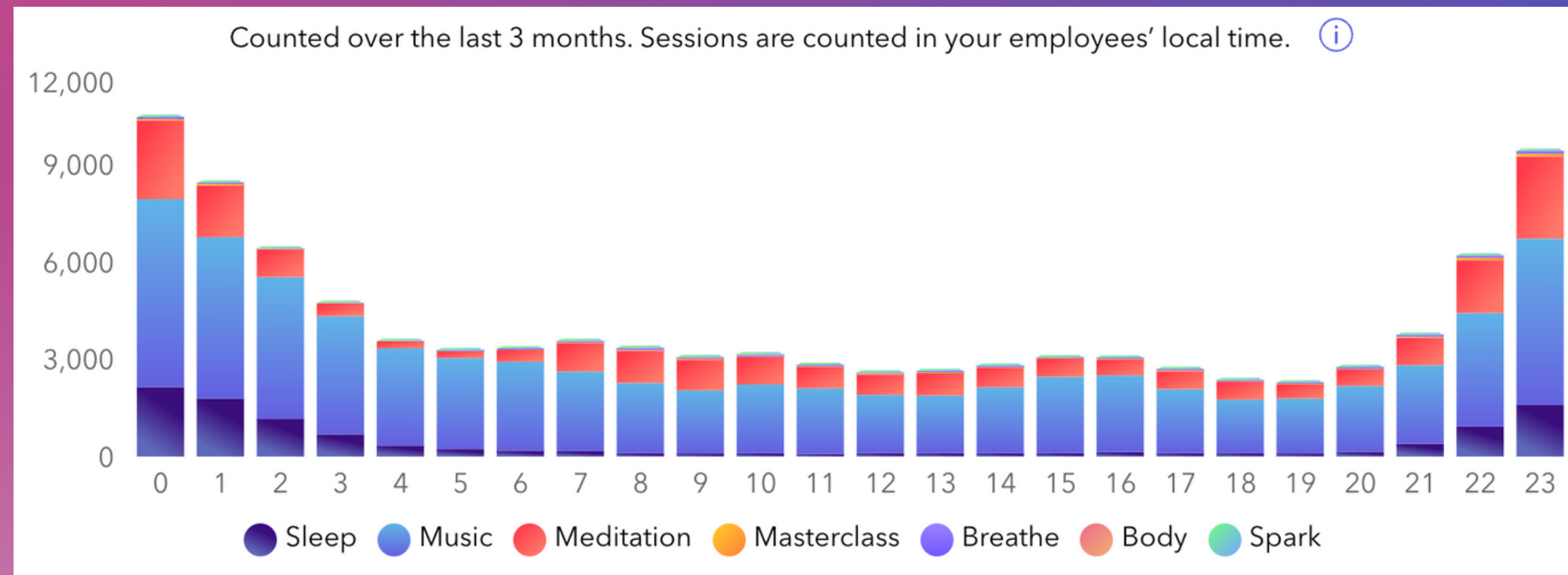
Writing Aid



Grammarly has provided students with over 518M suggestions to improve their writing

Mental Wellness

Here's how students are using Calm throughout the day



98,000+ sessions to improve sleep and reduce anxiety since Sept 1st

Sleep, Music, & Meditation are the most used features

Job Skills & Personal Development

4,937hr 43min

Time spent learning new skills since Sept 1st

6.8%

of time spent learning
business skills

Top business skills:

- Digital Marketing
- Leadership
- Forex
- CFA

85.5%

of time spent learning
technology skills

Top tech skills:

- Web Development
- Data Science
- React JS
- Python

7.7%

of time spent learning
personal development

Top personal skills:

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

The Motion

- **Within the last week, we have negotiated with service providers and can now reduce the fee to \$10.29 (3% increase)**

How We Can Improve

- Work directly with SSMU to formulate new survey questions
- Improve opt-out visibility by including the Minerva opt-out link directly at the top of future email communications
- Improve the sign-up process by integrating with McGill SSO
- Negotiate with new service providers to add new services at no additional cost to students

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.

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

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

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.

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 have began 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!

All three services are awesome, especially Calm.

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