



## SUMMER SYNERGY SCHOLARSHIP 2017 SCHOLARSHIP FOCUS: MENTAL HEALTH

The College Housing Olds Corp. (CHOC) Summer Synergy Scholarship was established in 2016. The goal of this scholarship is to provide financial support and recognition to a young leader participating in the Summer Synergy program. This year we are utilizing the scholarship to showcase youth in agriculture by exploring their thoughts on mental health and self-care as an innovative approach for personal achievement and development.

Twenty percent of Canadians will suffer from some type of mental illness. This scholarship seeks to increase awareness and reduce the stigma of mental health which affects so many of us either directly or indirectly. One of our mandates at CHOC is to provide a supportive environment where students can transition into independent living in a successful and healthy way. We do this by supporting and educating students on self-care as well as offering program initiatives such as animal therapy during exams.

The scholarship will be awarded to one (1) outstanding applicant. The \$1000 cash award will be paid directly to the individual with the intention that they use these funds to support their journey into post-secondary.

### Criteria

1. Students must be enrolled in post-secondary no later than September 2018.
2. Students must submit an entry that demonstrates what mental health and or self-care means to them.

### Entry Outlines

Please be as creative as you want to be with your submissions. Examples of entries include but are not limited to:

- Video (minimum 3 minutes long)
- Brochure/Portfolio
- Visual Art
- 1000 word essay

### Submissions

The deadline for submissions is Thursday, June 15, 2017. All entries should be sent to:

College Housing Olds Co.  
4501 - 53 Street  
Olds, AB T4H 0E8  
e.giugovaz@choc.ca

Submissions should be clearly marked as: Summer Synergy Scholarship Entry. The winner will be announced at the Evening of Excellence on Thursday, July 13, 2017. Good luck to all participants!