

QUEST LIVING

# STUDENT EXPERIENCE

STUDENT LIFE

QUEST STUDENTS ON CAMPUS

# QUEST LIVING

On campus, students live in modern residences. Each student lives in a private room and shares a bathroom with one neighbour. These spaces are designed to balance quiet and privacy with community and creativity. Each residence building has a peer-elected student Resident Assistant (RA). The RA helps coordinate activities, provides support, and fosters a community atmosphere. Most amenities are available on campus, and while our location is nestled in a serene, quiet town, you don't have to travel far to experience big-city life.

## STUDENT LIFE

There are abundant opportunities to get involved on campus. Students will also have many chances to learn about the Squamish community and get to know the ins and outs of life at Quest.

## QUEST STUDENT ASSOCIATION

The Quest University Students' Association (QUSA) represents student interests on campus, and is behind many exciting programs, student initiatives, grant funding opportunities, events and clubs. QUSA is the voice of students and provides leadership opportunities for those who participate.

## DINING HALL

The Quest Dining Hall keeps our campus energized and fuelled. We offer unlimited dining and the best patio views in town, with floor-to-ceiling windows and a deck overlooking stunning vistas. Joe's Table Cafe is the go-to spot to grab a coffee on campus during class break or while studying in the atrium.



*"A valuable aspect of my Quest experience was being so engaged in my own education, especially by designing my Question and developing my Keystone project."*

- CÉLINE ALLEN '15



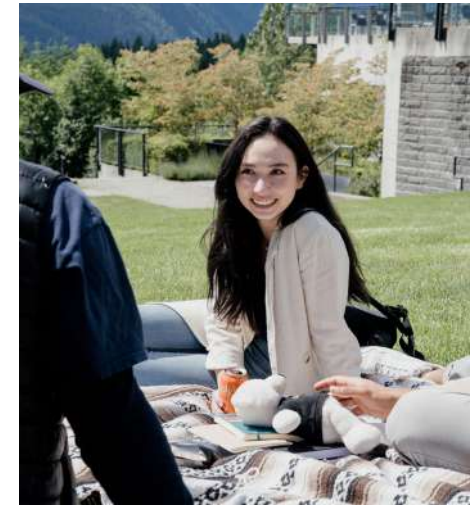
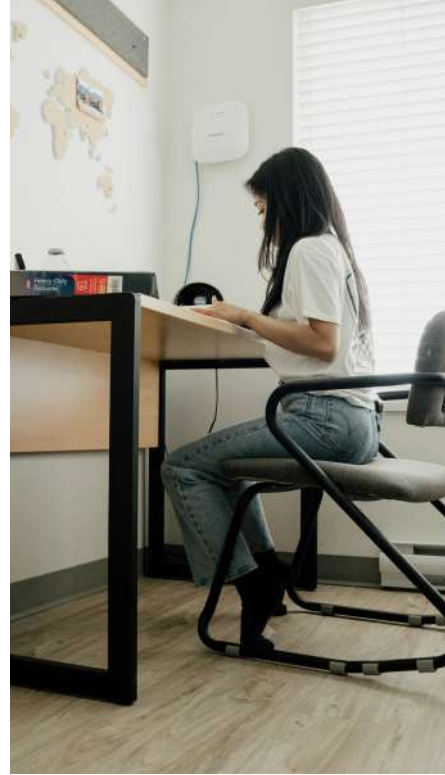
# FIND YOUR COMMUNITY

## CLUBS AND GROUPS

Joining a club or group is a great way to enjoy your hobbies, get involved, hone your skills, and meet new friends.

While our list of active clubs and groups is always growing, here are a few examples of what to expect when you attend Quest:

- 01 Adventure Club
- 02 Beekeeping Club
- 03 Cross-Country Skiing Club
- 04 Improv
- 05 Model United Nations
- 06 Quest Poets' Society
- 07 Run Club
- 08 The Mark (student newspaper)
- 09 Zumba Club
- 10 Quest University Students' Association (QUSA)



# HEALTH AND WELLNESS

When you take care of yourself, it's easier to achieve your goals. Quest has student-centred support services to ensure success in and out of the classroom.

## HEALTH

### COUNSELLING SERVICES

We offer on-campus counselling sessions in the counselling office located on the main floor of the library building. Appointments can be booked through our online portal.

### HEALTH CLINIC

Located across from the counselling office in the library building, Quest Health Clinic is open one morning and one afternoon per week. Appointments can be booked through our online portal.

### SQUAMISH GENERAL HOSPITAL

Located 13 minutes from campus, the local hospital is an acute care facility providing general medicine and surgery, laboratory, ambulatory care, emergency, and more.

## FITNESS

### RECPLEX (RECREATION COMPLEX)

Facilities include:

- Weightlifting and cardio area
- Full size basketball court
- FIFA regulation size soccer pitch
- Bike co-op
- Indoor bouldering gym
- Squash court
- Change rooms with lockers
- Dance and yoga studio
  - » You can book the space for yourself, or attend classes taught by students and our health and wellness staff.



*“Not only are we bordered by the mountains and the sea, but the community we have created is one of diversity, adventure, opportunity and collaboration.”*

- ANNA MARIE OBERMEIER '16

88% of Quest students say the institution “substantially” emphasized learning support services (**2017 National Survey of Student Engagement**).

## WELLNESS

### WELLNESS PORTAL (JANEAPP)

JaneApp is our centralized online booking system at Quest. JaneApp allows our community to see what programming and wellness opportunities are available each day; it gives them a chance to reserve a spot so they can plan around their academic commitments.

### LUMEN ROOM

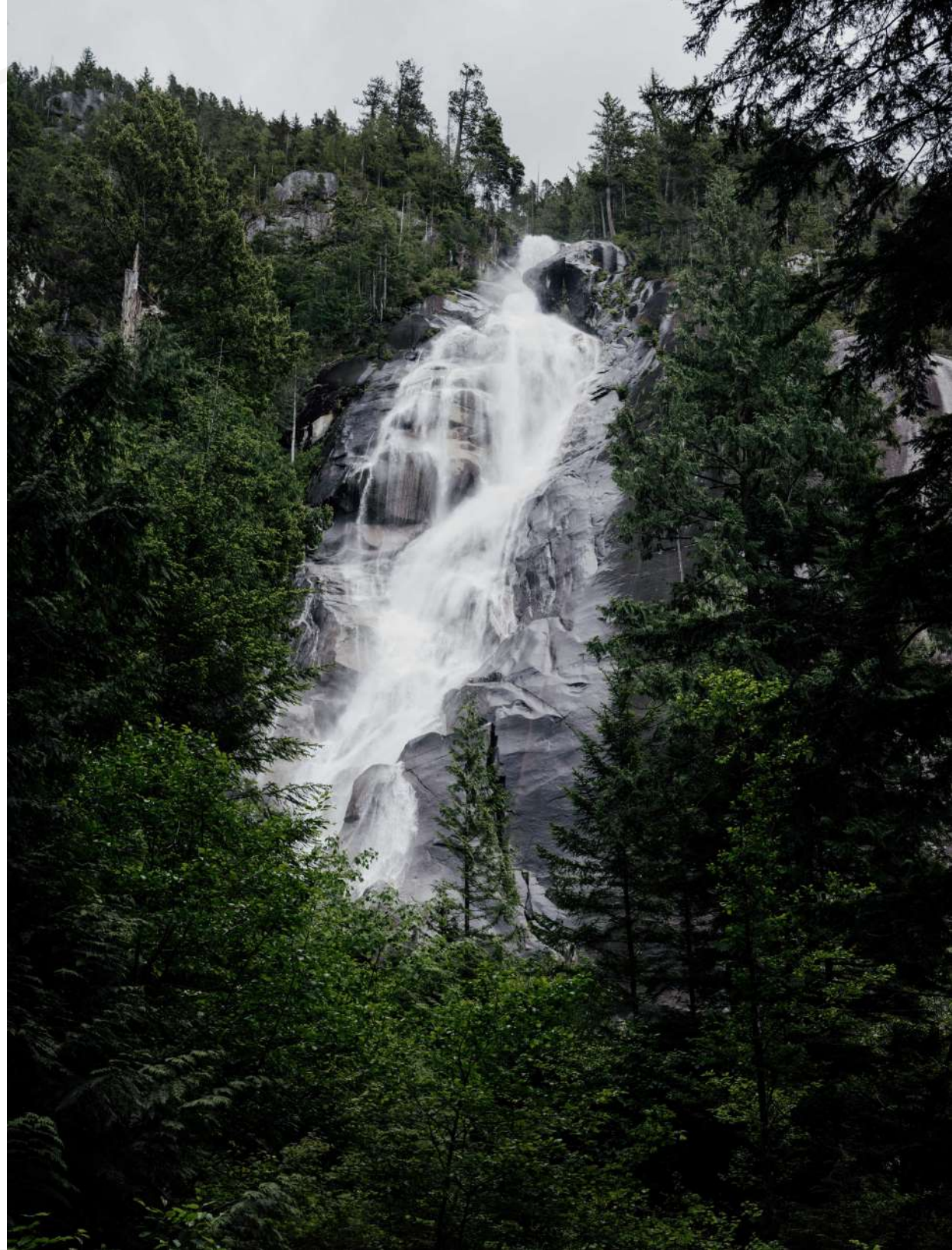
This is an on-campus, peer-organized, gender, sex, and sexuality resource centre. Located on the fourth floor of the Ossa residence.

### MULTI-FAITH ROOM

We've reserved a space to practice mindfulness and religion in the Ossa residence on the fifth floor.

### COMMUNAL GARDEN

Located behind the services building, you can join the Quest Garden Club, plant your own food, and learn tips and tricks from campus green-thumbs.



# LEADERS IN ELITE ATHLETICS AND PERFORMANCE (LEAP)

While many universities are known for their team sports, Quest University is a recognized leader, emphasizing support and resources for elite individual performance whether in sport, art, or other performance. Our home in Squamish, British Columbia is known as the adventure capital of Canada and is a magnet for high-performance athletes and performers.

Quest University has created an environment that allows elite performers in many disciplines and sports to pursue their career as well as a world-class post-secondary education.

The Leaders in Elite Athletics and Performance (LEAP) program leverages the flexibility and freedom of the Block Plan so student athletes can shift coursework or even take months off to accommodate their training, competition, and performance schedules without falling behind in their studies.

**LEAP**  
LEADERS IN ELITE ATHLETICS & PERFORMANCE PROGRAM

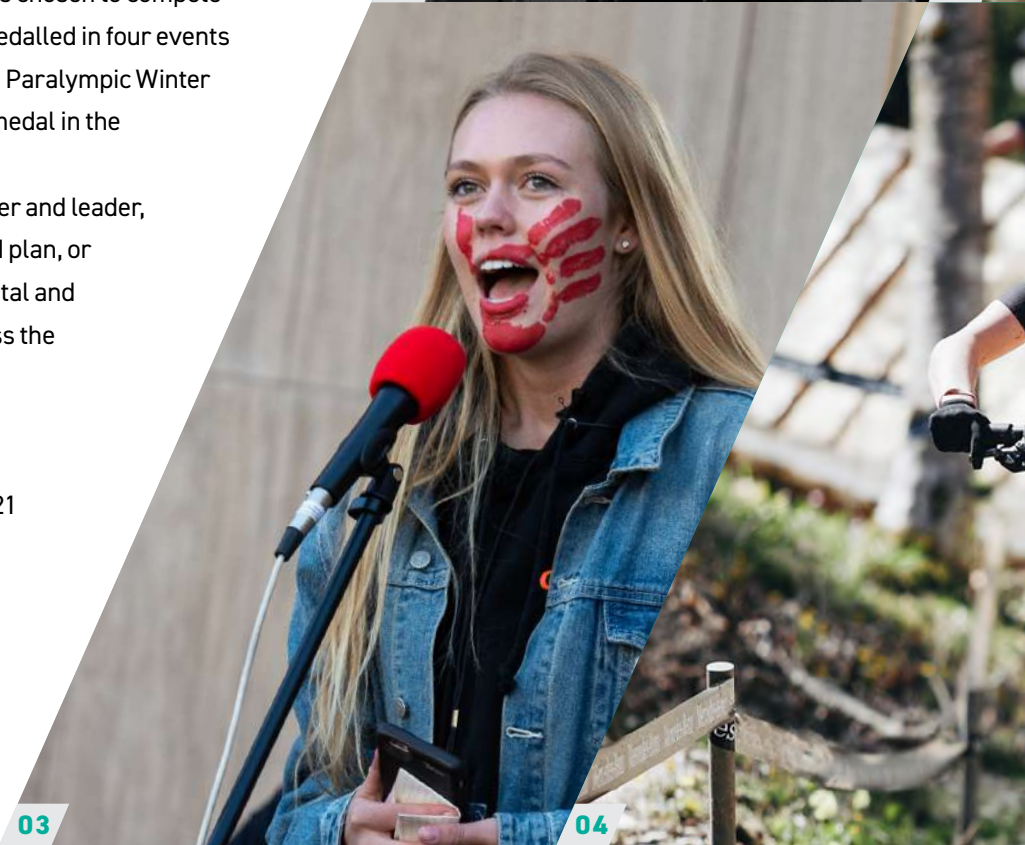
## CURRENT AND ALUMNI FEATURES

- 01 Ajay Friese has held recurring roles in five Netflix Original Series' including *Lost in Space* (2018), *Riverdale* (2017), and *Dirk Gently's Holistic Detective Agency* (2016).
- 02 In 2018, Mollie Jepsen was chosen to compete with Team Canada and medalled in four events at the PyeongChang 2018 Paralympic Winter Games, including a gold medal in the super combined.
- 03 Marlow Baines is a speaker and leader, who has attended, helped plan, or presented at environmental and justice conferences across the United States.
- 04 Haley Batten has always dreamed of being a pro mountain biker and in 2021 she began competing at an elite level with Trinity Racing while also studying at Quest.



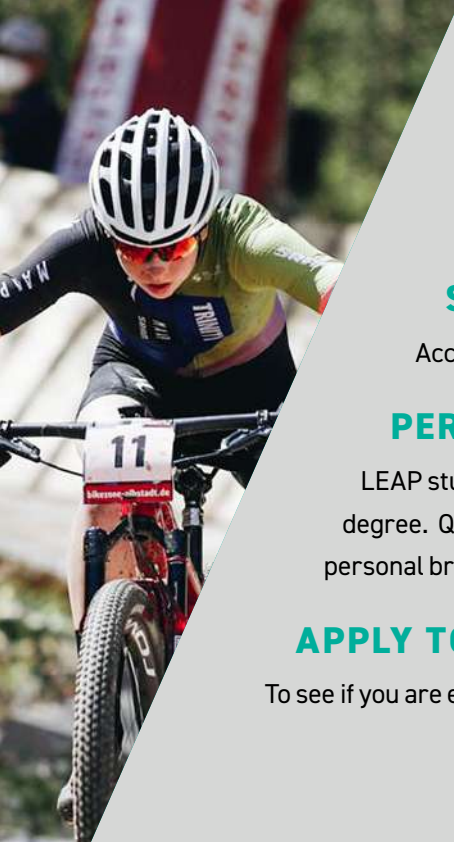
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LEAP students and alumni include Olympians, Paralympians, world champions, State and Provincial champions, film actors, fashion models, and successful recording artists. Sports that have been represented include skiing, snowboarding, mountain biking, cycling, climbing, sailing, and more.

## FLEXIBILITY

Because of its flexibility, the Block Plan is especially well suited to athletes and performers. Take months off for training or competition without missing a full slate of classes like you would at a conventional university. For example, a winter athlete can take courses in the fall, spring, and summer months, leaving the snow season open to train and compete. A musician can take a month off to record in the studio, missing only one course instead of four or five.

## SCHOLARSHIP

Accepted and active LEAP students can receive an annual scholarship.

## PERSONAL BRAND MANAGEMENT

LEAP students uniquely balance a growing career with the responsibilities of earning a degree. Quest University invests into LEAP students with professional coaching to provide personal brand management and development to the career that has already begun.

## APPLY TODAY

To see if you are eligible for the LEAP program, go to [questu.ca/LEAP](https://questu.ca/LEAP).



## LEAP STUDENT BENEFITS

- 01 Dedicated Scholarship
- 02 Priority Class Registration
- 03 Longer Add/Drop Deadlines for Courses
- 04 Preferential Block-Leave
- 05 Billing Flexibility
- 06 Personal Brand Coaching and Development
- 07 Training on How to Secure Sponsorships

When compared with the finest educational institutions in Canada, Quest rates significantly higher in 80% of engagement indicators (**2017 National Survey of Student Engagement**).