



VIU'S THRIVE CCR CREDIT

Get Credit for Prioritizing Your Wellness!



WHAT IS CCR CREDIT?



CCR stands for 'Co-Curricular Record' and it is your non-academic transcript. Throughout your degree you may take part in activities and learning that happens outside of the classroom; your CCR allows you to have an official record of these activities that you can later share with future employers or grad schools. Your CCR is where you would record your internship or your lab position with your Professor. It is a way of officially showing how awesome and engaged you are, outside of the classroom!

WHY GET CREDIT FOR WELLNESS?



Research has shown that student well-being is vitally linked to academic success, so making your own wellness a priority can help you be a better student! At VIU, we care about student well-being and we want to help you make wellness a priority in your life. The Thrive CCR Credit is VIU's way of giving you credit for all the things you do to help keep yourself well! If you successfully complete the requirements, you will receive official credit on your Co-Curricular Record.

HOW DO I GET INVOLVED?



The first step to get involved is to check out the [Seven Dimensions of Wellness](#) - these can help guide your personal wellness journey. Then you will want to check out the [Campus Events Page](#) and the [CCR app](#) for all the great VIU events and activities that can contribute to your well-being. Simply pick the events that interest you, and get involved!

HOW DO I GET CREDIT?



To be eligible for the Thrive CCR Credit you need complete 15 hours of wellness activities in the academic year that meet the following criteria:

- You must have activities from at least 4 of the [7 dimensions of wellness](#)
- You cannot claim more than 5 hours from any one dimension
- All activities/events must be connected to VIU
- You cannot claim activities/events that you already get academic or CCR credit for

After completing your hours, you will submit them for approval using [VIU's CCR app](#).

LEARN MORE AT:
VIU.CA/THRIVE