



Participant Guide (Jan 2024 Version)

The most up-to-date version of this guide can be found at: <https://mentalhealth.mcmaster.ca/initiatives/professor-hippo/>

Welcome!

Welcome to the **Professor Hippo-on-Campus Mental Health Education Program**.

We hope these modules will be helpful to you in your role as a faculty member, instructor, and/or navigator (i.e., staff helping students navigate through their program and services) at McMaster.

We recognize that this process seems pretty complicated if you've never been through it before. We are using the software platforms available to us right now at McMaster (Mosaic, REDCap and Avenue to Learn) so this is the best we can do for now! We are happy to assist you at any time if you e-mail us at profhipp@mcmaster.ca. Please don't give up if you get frustrated, just get in touch with us!

The 3 software platforms being used are:

- Mosaic <https://mosaic.mcmaster.ca> (anyone with a Mac ID can register for the course)
- Avenue to Learn <https://avenue.mcmaster.ca> (by registering on Mosaic can access A2L course)
- REDCap - (but you need a specific link to get to our surveys, which you get from the module.)

Professor Hippo-on-Campus Microcredential

In order to receive the Digital Certificate of Attendance for the Professor Hippo-on-Campus Student Mental Health Education Program, **you MUST complete the following steps**.

Note: Once you register on Mosaic, it can take up to 24 hours to be enrolled in the course.

The course takes about 3 hours to complete but does NOT have to be done all at once. The completion of the course is signaled by answering the 1 question quiz on Avenue to Learn. You must complete the modules and quiz by the end of the term to receive the Digital Certificate of Attendance. If you haven't completed them on time, you can register again for the following term.

What are the benefits? In addition to all of the practical skills and knowledge...

- You will receive a Certificate of Attendance for the Professor Hippo-on-Campus program.
- You can request a **printable sign** or sticker, which lets others know you are student mental health supporter - just send us an email to profhipp@mcmaster.ca
- You will be eligible for **future educational opportunities** offered by Professor Hippo-on-Campus
- You will retain **OPEN access** to the most up-to-date set of modules and all of the attached resources on Avenue to Learn, which you can access 24-7-365
- You can have your name shared with McMaster leadership and the McMaster community to let them know you are a student mental health supporter (optional)