



Self-Care Resource for Admissions Committee: Reading About Experiences of Sexual Violence

This resource provides helpful self-care strategies for members of Admission Committees who, while reviewing applicant profiles, may read about experiences of sexual violence and/or sexual harassment.

The [Sexual Violence Prevention and Support Centre](#) (SVPS Centre) at the University of Toronto is available to support members of University Admission Committees who may be impacted by what they read. *Please note that we cannot advise on the assessment (ex. to accept or reject) of an application.*

When Reviewing Applications:

1. Recognize your limits

- Reading about sexual violence can be difficult. We understand that committee members may be survivors of sexual violence themselves and find some profiles activating.
- Your well-being comes first. If you choose to withdraw from participation in the work of the committee, your decision will be handled with discretion and sensitivity.
 - ◊ Reallocation of one or more profiles may be possible if you find the content overwhelming. If you are unable to process a profile, we encourage you to contact the appropriate staff or faculty member responsible for coordinating the committee.

2. Take regular breaks to practice self-care and relaxation techniques

- If you can, review profiles in an environment where you feel comfortable and safe.
- Reading about experiences of sexual violence can be very activating. [Sometimes you may want to take on another's pain as your own, or you may become disconnected, numb, or try to avoid reading about someone's pain.](#) Recognize if this is happening to you, practice self-compassion and non-judgement with yourself, and practice self-care to stay balanced in the boundaries of your role as a member of an Admission Committee.
- Be mindful and gentle with yourself. Schedule regular pauses when you're reviewing submissions to look after yourself emotionally and physically. Here are some self-care activities you could try:
 - ◊ Going for a walk.
 - ◊ [Doing deep breathing exercises.](#)
 - ◊ [The 5-4-3-2-1 ground exercise.](#)
 - ◊ A call/chat with someone you trust.
 - ◊ A full list of additional self-care, relaxation, and grounding techniques is [available from Women's College Hospital.](#)



3. Seek support from SVPS Centre

- We understand that receiving disclosures and dealing with the impacts of sexual violence is not easy. You are not alone. Help is available to you.
- SVPS Centre is available to current students, staff, faculty, and librarians at the University of Toronto.
- People from all gender identities, expressions, and sexualities have access to SVPS Centre, and will be welcomed by our highly skilled and compassionate team. [Contact us to set-up an appointment.](#)

How to Contact SVPS Centre

Confidential, non-judgmental consultations are available by phone, e-mail, and video conferencing. Please [contact us](#) to request an appointment. You may also refer a member of the UofT community with their explicit consent. Call or email us to learn more or make an appointment.

- **Phone: 416-978-2266**
- **Email: svpscentre@utoronto.ca**

Learn more about SVPS Centre by visiting svpscentre.utoronto.ca

For more information about on- and off-campus resources, [click here.](#)