

A Conversation with Vidita S.

Date: August 25, 2023

[Silent white screen fades into title card with a photo of Vic, that reads: A Conversation with Graduate Vidita S.]

[Transition to a blue title screen that reads: A Career in Helping People]

[Alumni: Vidita speaking in a classroom]

Vidita S. [00:00:08] Currently, I am enrolled in a full time masters of social work program, but I am also working full time at a youth homeless shelter,

[Information card comes on screen that reads: Vidita S. – Completing a Master of Social Work, York University – Graduated 2022]

Vidita S. helping youth find permanent housing, supporting them with counselling. We're low barrier and we are housing first, so we try and make it as easy as possible for them to get that housing and feel supported in whatever way we can offer. Like when you're working with these youths and you can make a connection with them and they feel safe enough to talk to you about things, especially when they've lived through very traumatic, you know, upbringings, childhoods, or experiences. The fact that you can connect with them is just something that I've never experienced in any other type of work.

[Transition to a blue title screen that reads: An Education in Community Social Services]

[Alumni: Vidita speaking in a classroom]

Vidita S. [00:00:54] I think the Community Social Services program prepared me for my career because it provided me with a lot of hands-on experience when it came to working with the communities, I was interested in. How to work with people that were experiencing trauma; whether that was like post-traumatic stress disorder, severe mental health diagnoses. And my professor also used very real examples from their own practice, and I found that it was really helpful with just reflecting on the kind of social service worker I wanted to be in the future, and also the things that I maybe needed to improve on. So once I left, I was able to actually use that knowledge and experience in my school, my education and my work now.

[Transition to a blue title screen that reads: The Guelph-Humber Difference]

[Alumni: Vidita speaking in a classroom]

Vidita S. [00:01:41] One of the main reasons they chose the University of Guelph-Humber, was because of the practicum experience they got in the Community Social Services program. So I really liked that hands-on component, in addition to the classes that I was taking. I felt very supported when I was here and even after I left, I can still stop by and visit professors that I connected with or made up friends that maybe are working here now. So I found that it's a really great place to be if you want to feel connected, supported, and to make friends.

[Fade to end card: white screen with University of Guelph-Humber logo with Toronto, ON (University location) in the bottom right corner of logo]