

Top 5 Ways for Students to Get Involved in *Change Day Ontario*

As students, you are the future of our healthcare system. You have the power to lead the charge, and to create positive change that's important to you and your healthcare practice. You can get involved by “formally” integrating **Change Day Ontario** into your school and courses, or you can get involved on your own with classmates and friends!

Here are the top 5 ways you can get involved in **Change Day Ontario**:

- 1 Make a pledge at changedayontario.ca – it can be anything important to you and your studies/future career that will improve compassionate quality care in our healthcare system
- 2 Share your inspiring stories and photos on social media using **#ChangeDayON**
- 3 Gather a group of your fellow students and make pledges as a team – you could even tie this into your studies
- 4 Connect with students in another area of healthcare study and set up a challenge to see who can gather the most pledges
- 5 Spread the word to family, friends and classmates; let people know why building a compassionate quality healthcare system is important to you

Need some help thinking of your pledge? Here are a few examples to spark ideas!

I pledge to...

- Learn more about a specific topic related to my healthcare practice
- Connect with a friend from a different area of healthcare study to learn more about what they do
- Find a mentor in my area of study who can help guide me in my career
- Organize a volunteering day with classmates and friends at an institution providing care (e.g., senior's homes or communities)

Thank you for doing your part to support positive change within healthcare across the province of Ontario!