

PROJECT TITLE: SP0322 Plants for wellness in the Nursing PhD Office

Please answer the following questions and return the completed form to the [SPF Staff](#) via e-mail.

Final Report prepared by Aimee Castro

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Questions

1. Please describe the key successes and challenges of your project.
Unlimited characters, suggested minimum 2 paragraphs.

The key success was accomplishing exactly what we set out to do: namely, beautify our PhD students' office space for mental and physical (air quality) well-being, by creating a green relaxing, reading, and socializing area that was not at our computers/desks. Please see the pictures shared in the prior email, to confirm the beauty of our new space.

The key challenge was finding time where my PhD colleague, Sonia Castiglione, and I, had time to use her car to go pick up the plants! But, we finally managed it, and the corner looks beautiful.

Thank you! I think this initiative will encourage more of our PhD students to work in the office, rather than from home. In doing so, we'll be able to better support each other and our own mental and physical well-being, through the known beneficial health effects of indoor plants.

SPF Key Success Indicators	Actual
# of people hired using SPF funding for the project	0
# of volunteers directly or indirectly engaged in the project	3
# of people (student, staff, or other) trained in the context of the project	0
\$ raised for project activities subsequent to SPF funding	0
# of tons of GHG emissions reduced by your project	0
# of partnerships or collaborations developed between the project team and other McGill administrative units, student groups, community groups, other universities, and/or other groups/organizations	0

Please list the groups that you counted in the last Key Success Indicator. You may elaborate on any other Key Success Indicators here.

Sorry - the document isn't allowing me to change the number. However, I suppose there are 2 key groups for our project who will benefit: the PhD students in Nursing, and the Master's students who this summer, will be using our office space for their summer research projects. The room looks much happier, and already, in the past few days since buying the plants, at least 5 students have enjoyed their lunches by the plants and windows (rather than having a sad desk salad), and at least 1 student (myself) has taken a siesta by the plants on the couch.

2. Will this project continue in the future? If so, how do you envision the future of the project / how will your purchased items be maintained?
Unlimited characters, suggested minimum 1 paragraph.

Yes - we already have a plan to "sign off" on the watering schedule, to keep these plants alive and well for future students.

3. Please rate your project team's overall satisfaction with the support provided by the **SPF Staff**.

- Very Dissatisfied Dissatisfied Neither Satisfied Nor Dissatisfied Satisfied Very Satisfied

Please provide any feedback or recommendations regarding your team's experience with the SPF Staff.

Helpful, prompt, and encouraging feedback - thank you for approving our project!

4. How likely are you to recommend the SPF Tiny Stream to others?.

- Not at all likely Not so likely Somewhat likely Very likely Extremely likely

Please provide any feedback or recommendations regarding your team's experience with the SPF.

5. Since starting your SPF project, has your team improved its **knowledge of sustainability**?

- Yes No Prefer Not to Share

If you would like to elaborate, please use the field below.

6. If there is additional information you would like to share about your project, please use the field below.
Unlimited characters.

THANK YOU FOR COMPLETING YOUR FINAL REPORT!

Please e-mail your report to the [SPF Staff](#) attaching any additional information that you would like to share (e.g. other reports, research, documents, photos, etc.). Please note that this Final Report will be shared with the SPF Governance Council.