



### CWL Authentication

Login to continue to LFS Canvas

Login Name:

Password:

**Recover your CWL login or Reset your CWL password via Email**  
 Enter the email address associated with your CWL account you can either:  
 **Recover my CWL login**  
 **Reset my CWL password**

**Protect Your CWL account**  
 **Verify your device** (optional) that associates an Android or iOS device with your CWL login name and password.  
 **Protect your CWL account** (optional) for your CWL login name and password.  
 **Link your device** (optional) to your CWL login name and password.  
 **Link your device** (optional) to your CWL login name and password.

[Learn about the CWL Terms of Use >](#)

1. Enroll in Course
2. Go to the Course
3. View Course Calendar
4. Find Appointment
5. Select Course (LFS Wellness Check-In)
6. Select from available dates/times
7. Reserve
8. Schedule will show your reserved date/time
9. To un-reserve select reserved appointment, click un-reserve in pop-up box

<https://canvas.ubc.ca/enroll/KJED9R>

**1**

Enroll in LFS Wellness Check In

You are enrolling in LFS Wellness Check In

Account  
Dashboard  
Courses  
Calendar  
Inbox  
History  
Help

**2**

Enroll in LFS Wellness Check In

You have successfully enrolled in LFS Wellness Check In.

Go to your Dashboard **Go to the Course**

Account  
Dashboard  
Courses  
Calendar  
Inbox  
History  
Help

**3**

BEWELL > Modules

Home  
Zoom  
Discussions  
Grades  
People  
Pages  
Files  
Syllabus  
My Media  
Media Gallery  
Library Online  
Course Reserves  
Chat  
Course Evaluation

No modules have been defined for this course.

To Do  
Nothing for now

Recent Feedback  
Nothing for now

**4**

Today Dec 2, 2020

No events after this date.

Find Appointment

Shelly Small  
LFS Wellness Check In  
Priority and Information Security Fundamentals Part 1  
T-Ray Training

UNGATED  
Calendar Feed

**5**

Today Dec 2, 2020

No events after this date.

Select Course

LFS Wellness Check In

**6**

Today Dec 2, 2020 - Dec 9, 2020

Mon, Dec 7  
10:00am BEWELL - Available  
11:00am BEWELL - Available

Wed, Dec 9  
10:00am BEWELL - Available  
11:00am BEWELL - Available

Appointments  
Close  
CALENDARS  
Shelly Small  
LFS Wellness Check In  
Priority and Information Security Fundamentals Part 1  
T-Ray Training

UNGATED  
Calendar Feed

**7**

Today Dec 2, 2020 - Dec 9, 2020

Mon, Dec 7  
10:00am BEWELL - Available  
11:00am BEWELL - Available

Wed, Dec 9  
10:00am BEWELL - Available  
11:00am BEWELL - Available

BEWELL

Dec 9, 11am - 12pm  
Calendar LFS Wellness Check In  
Location virtual  
Details Academic progress and wellbeing

Comments

**8**

Today Dec 2, 2020 - Dec 9, 2020

Mon, Dec 7  
10:00am BEWELL - Available  
11:00am BEWELL - Available

Wed, Dec 9  
10:00am BEWELL - Available  
11:00am BEWELL - Reserved

Appointments  
Close  
CALENDARS  
Shelly Small  
LFS Wellness Check In  
Priority and Information Security Fundamentals Part 1  
T-Ray Training

UNGATED  
Calendar Feed

**9**

Today Dec 2, 2020 - Dec 9, 2020

Mon, Dec 7  
10:00am BEWELL - Available  
11:00am BEWELL - Available

Wed, Dec 9  
10:00am BEWELL - Available  
11:00am BEWELL - Reserved

BEWELL

Dec 9, 11am - 12pm  
Calendar LFS Wellness Check In  
Location virtual  
Details Academic progress and wellbeing

**9**

Today Dec 2, 2020 - Dec 9, 2020

Mon, Dec 7  
10:00am BEWELL - Available  
11:00am BEWELL - Available

Wed, Dec 9  
10:00am BEWELL - Available  
11:00am BEWELL - Reserved

Appointments  
Close  
CALENDARS  
Shelly Small  
LFS Wellness Check In  
Priority and Information Security Fundamentals Part 1  
T-Ray Training

UNGATED  
Calendar Feed

**At the day/time of your scheduled appointment:**

Sign into Canvas (canvas.ubc.ca) and go to your Dashboard. Select **BEWELL** under ToDo list. Click on **BEWELL-Reserved** for pop-up window with Zoom details.

The screenshot shows the Canvas dashboard interface. On the left is a navigation sidebar with icons for Account, Dashboard, Courses, Calendar, Inbox, History, and Help. The main content area features three notification cards:

- Don't Forget to Set Your Time Zone in Canvas**: A message reminding users to update their time zone in Canvas.
- Apply for your UBCCard**: A message providing instructions on how to apply for a UBCCard, including a list of requirements (CWL username, UBC student number, and a digital photo).
- UBC Vancouver Examination Hardships and Clashes**: A message regarding Senate Policy J-102 and procedures for exam hardships.

On the right side, there is a 'To Do' list with a red circle around the entry: **BEWELL** (LFS Wellness Check In, Dec 3 at 11:30am). Below this is a 'Recent Feedback' section showing 'Nothing for now' and a 'View Grades' button.

This screenshot shows the Canvas calendar view for 'Today' (Dec 3, 2020). The calendar entry for 'Thu, Dec 3' at 11:30am is labeled 'BEWELL - Reserved' and is circled in red. A pop-up window titled 'BEWELL' is open, displaying the following details:

- Calendar**: LFS Wellness Check In
- Location**: virtual
- Details**: <https://ubc.zoom.us/j/5657089495?pwd=M3lXNW9ub1k4b2p3Y05LbmlEC> (circled in red)
- Meeting ID**: 565 708 9495
- Passcode**: 469033