

## David G. Smith Award Nomination Form

Thank you for your interest in the David G. Smith Memorial Award for undergraduate and graduate students (full or part-time) at Saint Mary's. Information provided within this submission is private and will only be viewed by the selection committee members. All applicants will be notified of the outcome of their application by email. This award, in memory of David G. Smith, is designed to identify students who endeavour to reduce the stigma often associated with mental illness and/or mental health concerns, through lived experience, support, advocacy, and/or celebration of others.

**Note:** Students may nominate themselves or be nominated by someone else. Both types of nomination are given equal consideration, so there is no need to seek out a nominator or include multiple nominators. The nominator option exists to allow individuals—such as faculty, staff, or peers—to recognize and encourage students to apply, but all applicants must complete their own submission.

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### Section A: Student Nomination

#### Student Information

Name:  
Email:  
A#:  
Date:

#### Nominator Information (if applicable)

Name:  
Date:  
Signature:

I am nominating myself for this award  
 I am nominating someone for this award

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### Section B: Reflection Statement

Please select one of the following to write about in a Reflection Statement below (maximum 500 words):

1. Reducing Stigma: Share how you've helped reduce stigma around mental health. This could include supporting others, advocating for mental health awareness, or celebrating people with mental health concerns—whether socially, personally, professionally, or through volunteering.

**OR**

2. Personal Growth: Reflect on your own mental health journey, including what you've learned about yourself. Share only what you feel comfortable with to protect your well-being.

Reflection Statement (max 500 words):

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## **Section C: Consent & Acknowledgment**

### **Optional Consent:**

The selected recipient may be invited to be featured in a SMU news story to celebrate their achievement and promote mental health awareness. Participation is entirely optional and will not impact the selection process in any way.

### **Acknowledgement:**

I acknowledge that by submitting this form, my application will be reviewed by the award committee for consideration.

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## **Next Steps**

1. Email this completed application form to [counselling@smu.ca](mailto:counselling@smu.ca) with the subject line: "David G. Smith Memorial Award 2026". The deadline to apply is Sunday, March 1 by 11:59 p.m. Atlantic Standard Time.

Questions? Email The Counselling Centre at [counselling@smu.ca](mailto:counselling@smu.ca).