UNSW SYDNEY | Australia's Global University

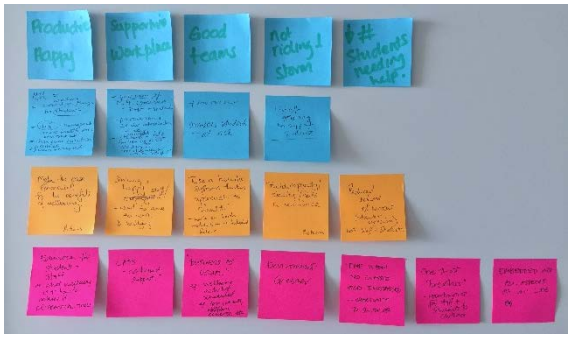
SCIENTIA EDUCATION ACADEMY

SUMMARY FROM WORKSHOP (FEBRUARY 2019)

Healthy University

1. WHAT DOES A HEALTHY UNIVERSITY LOOK LIKE?

Group 1 - Productive - Happy - Supportive - Good teams - Not riding one storm - Lowering the number of students needing help	**Group 2** - Curriculum design for students - Staff to create a healthy work environment - Clear communication (open and accepted) - Awareness of mental health concerns (staff and students) - Prevention, early intervention is key - Is special consideration working? Relationship with staff - Overseas students at risk - Staff training to support students
Group 3 - Make the case (financial) for the benefits of wellbeing - Smiling, happy staff - Want to come to work, decreasing bullying - Take a holistic system thinking approach to "health" - Work with both institution and individual factors - Building capacity/ability/skills is resilience - Reduce volume of burnout (exhaustion, cynicism) for both staff and students	**Group 4** - Education for both staff/student (what wellbeing is and how to achieve it) – practical tools - Continuous support - "business as usual", scheduled wellbeing activities (e.g. yoga, concerts, mindfulness exercise) - Greener environment - Time when no classes are timetabled, opportunity to switch off - One that breathes - Embedded in all aspects of university life.

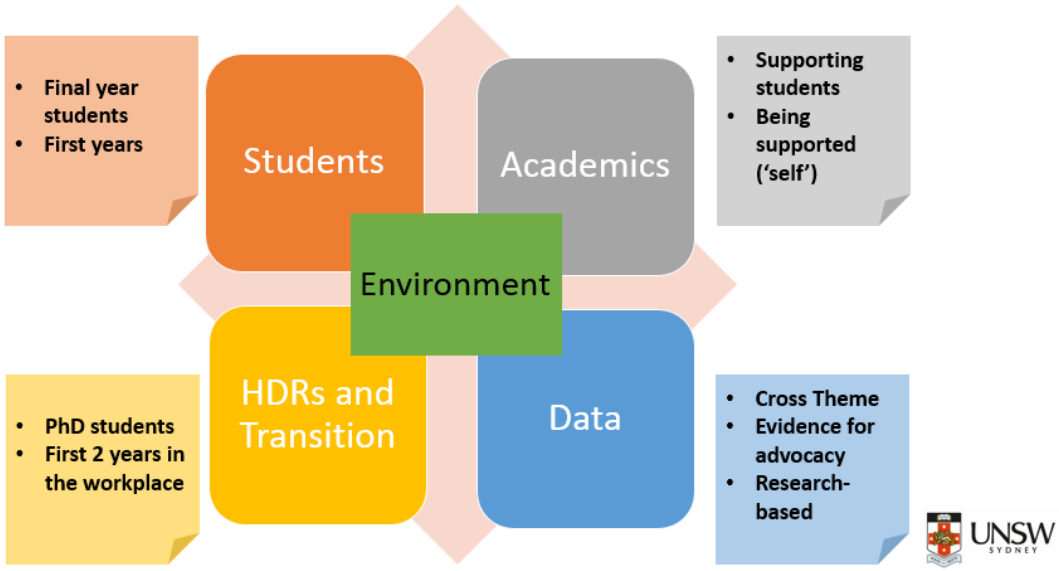


2. WHAT ARE OUR CHALLENGES?

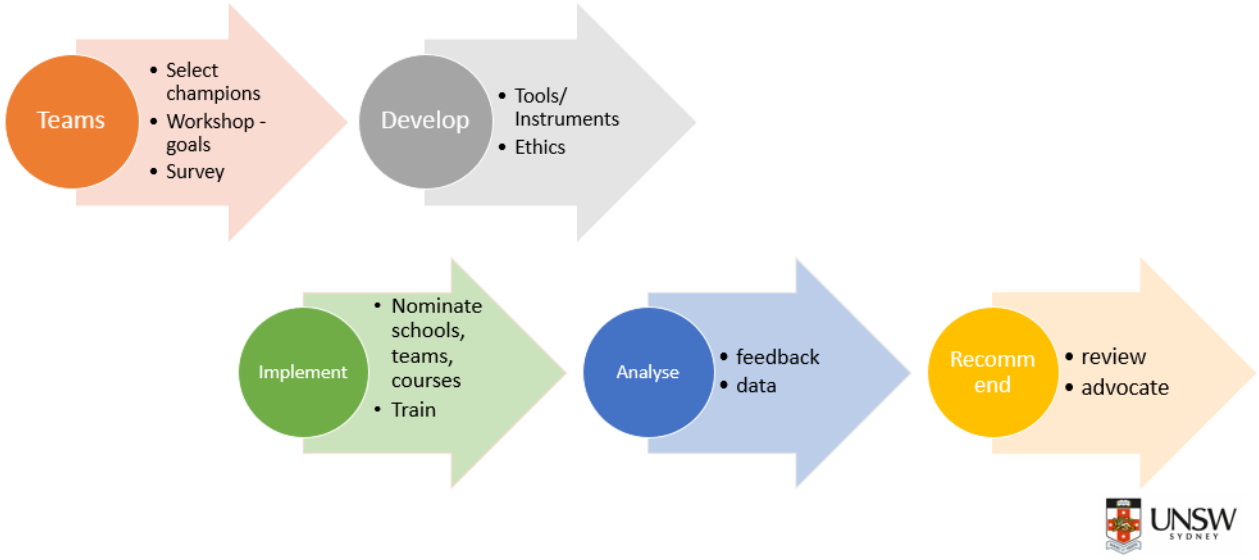
Group 1	Group 2
- Lack of peer support - Moving content online, decrease in face-face contact - Lack of support initiative (money, training, dedicated staff, policies) - Overload (no time to think for both staff and students) - Lack of recognition of wellness/unwellness - Lack of channels to discuss issues - Environment - Time, funding - Lack of leadership commitment to a healthy university	- Turn-up of students and reasons to do so - Seek help from both students and staff - Lowering metrics and increasing understanding - Lack of recognition of the problem - Management and engagement
Group 3	**Group 4**
- Lack of staff training regarding wellbeing - More investment into wellbeing can benefit all faculties (both staff and students) - UNSW priorities (moving students through, more income, is getting bigger better?) - Money - Time - Fatigue (overload) - Lack of time to just "talk" - Reduce stigma - Environment limits interaction with each other. - Difficulty to track problems before they arise - Limiting flexibility	- Quiz fix/band-aid approach rather than wholistic - Overload – staff already overwhelmed by work/culture, why do more? - Too focused on knowledge acquisition rather than learning - Money (understanding the "hidden costs" of the problems/unhealthy) - Students not engaged with their education - Support services not just counselling.

Next Steps

PROJECT THEMES



PROJECT PROCESS FOR TASK TEAMS



SURVEY LINK: [HTTPS://UNSW.AU1.QUALTRICS.COM/JFE/FORM/SV_0JPFLMW6IYDONAP](https://UNSW.AU1.QUALTRICS.COM/JFE/FORM/SV_0JPFLMW6IYDONAP)

Please indicate which themes you are interested in by completing the survey above.