



Student wellbeing support during transition and beyond

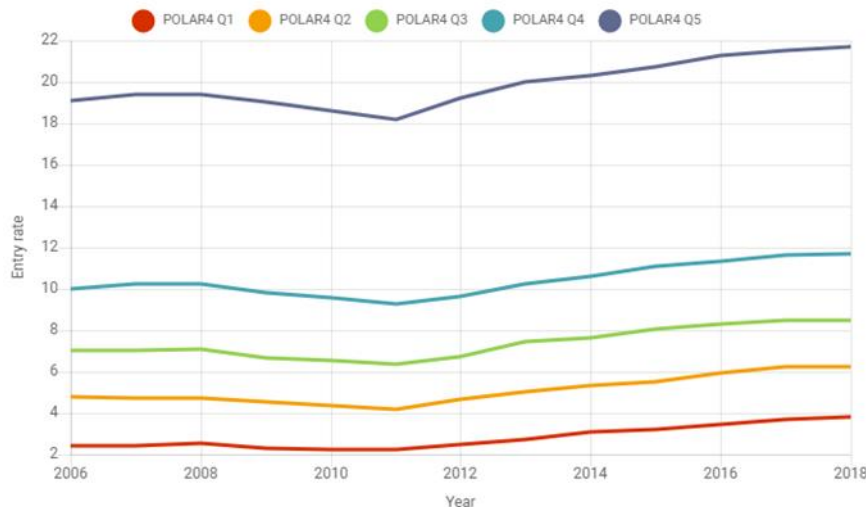
Amanda Bishop – WP Faculty Coordinator (Science, Engineering and Medicine)

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THE UNIVERSITY OF WARWICK



Widening Participation (WP)

Equality dimension: POLAR4 quintile
Country of domicile: United Kingdom
Provider tariff group: Higher

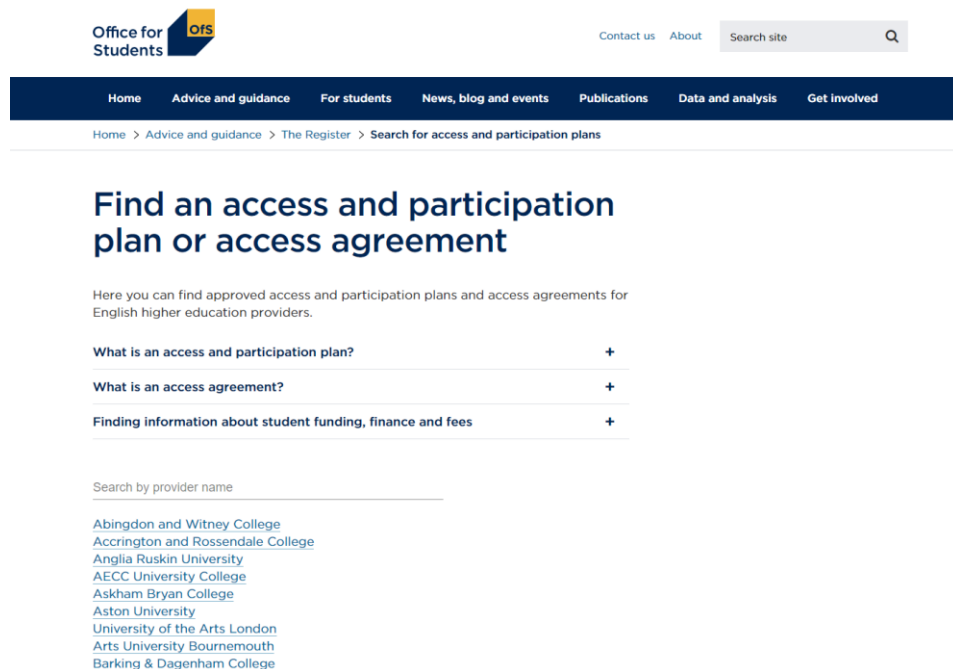


• Why do we do it?

- The aim is to enhance access to Higher Education for all those who have the potential to study at University, regardless of background, and to ensure that the students studying at the University of Warwick are representative of our local and wider national communities.
- Ensuring the University is accessible to students from all backgrounds is one of the values set out in Warwick's University strategy, demonstrating our commitment to widening participation and the significance placed on this important work.

Access and Participation Plan (APP)

- Any University or FE College charging £9000+ fees for Home students
- Government direction
 - Office for Students
- Monitored yearly
- Core targets set every 5 years
- Published in the public domain



Office for Students

Contact us About Search site

Home Advice and guidance For students News, blog and events Publications Data and analysis Get involved

Home > Advice and guidance > The Register > Search for access and participation plans

Find an access and participation plan or access agreement

Here you can find approved access and participation plans and access agreements for English higher education providers.

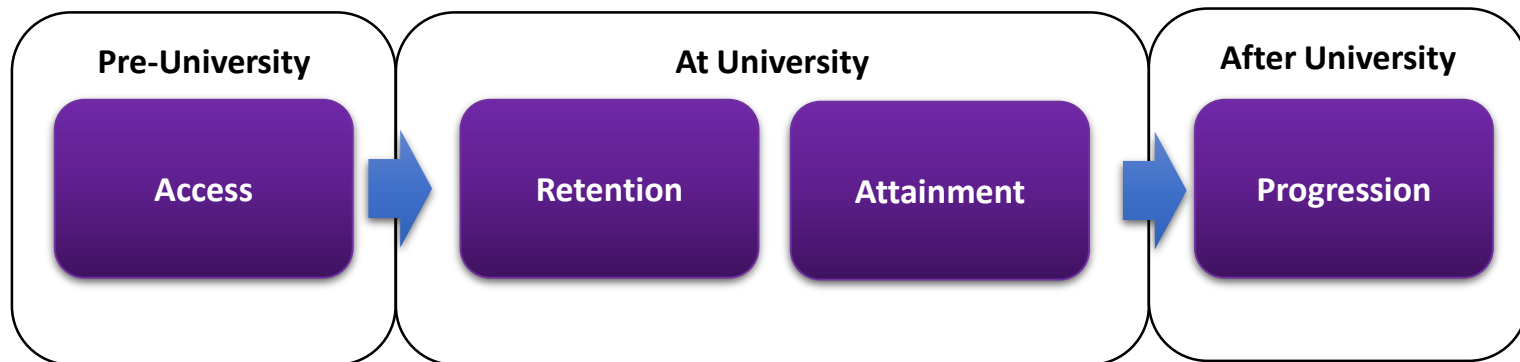
- What is an access and participation plan? +
- What is an access agreement? +
- Finding information about student funding, finance and fees +

Search by provider name

- [Abingdon and Witney College](#)
- [Accrington and Rossendale College](#)
- [Anglia Ruskin University](#)
- [AECC University College](#)
- [Askham Bryan College](#)
- [Aston University](#)
- [University of the Arts London](#)
- [Arts University Bournemouth](#)
- [Barking & Dagenham College](#)

Widening Participation Access and Participation Plan

The Student Journey



Warwick Scholars undergraduate programme

‘Wheel of Opportunity’

The eight key themes identified by our current students...



Some examples...

- Academic Support and Study Skills
 - Personal Tutoring
 - Study Skills module
 - Extra Maths tuition for Engineering
 - Accessible Learning Support (disabilities) – Library
- Internships, Placements and Study Abroad
 - Dedicated team and departments links.
 - Undergraduate Research Support Scheme
 - WP Programme- Warwick Advance
 - Bursaries and true cost made clear



Some examples...

- Social Activities
 - Welcome Week
 - SU Societies – largest in the country
 - Student Voice – increasing in representation
 - Commuter vs Halls

And more...

- Wellbeing team and hub
- Disability team before starting
- Accommodation – Residential Life Teams



All of this not a deficit model

So what can you do to support?

- Language – jargon busting
- Ideas
- More than just your degree
- Building their confidence and resilience



Thank you and questions at
the end



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Student Wellbeing Support: transition and beyond

Rosie Evans - Langwith College Graduate Tutor

About me:

- Recent York Graduate
- College Tutor at the University of York
 - one-to-one meetings with students with questions or concerns
 - help student leaders within the college
 - project management including Green impact and Wellbeing Workshops
 - support and organise wellbeing activities within the college

This presentation will cover:

- Personal experience of being a student with additional requirements
- Support available at the university
 - pre-arrivals
 - arrivals day/freshers week
 - throughout university
- Please note: this is an overview of support, not all support will be discussed

Mental Health Strategy:

- Our vision:
 - to work together as a whole University to promote students' wellbeing
 - to ensure that students who experience mental ill-health whilst at the University are well supported
 - to minimise adverse effects of mental ill-health on academic life



Pre-arrivals - Worries and Concerns

- Most common worries and concerns
 - Not making friends
 - Not getting on with people in the flat
 - Doing badly academically
 - Struggling with budgeting
 - Struggling with mental health
 - Being from a minority group



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Pre-arrivals - Student Voices

- Series of blog posts written by students
- Inside view on student life - the fun stuff and the challenges
- Covers a range of different topics
- Can help to manage worries and concerns



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Pre-arrivals - University Web pages

- A great source of information about the university and support available
- Can speak to a student ambassador to ask specific questions
- Helped me to find the information I needed

Top Tip

- Encourage students to be proactive, and to think about what might help them to have the most enriching and fulfilling time at university, whether that be joining a society or speaking to a careers advisor.



Pre-arrivals - Specific worries and concerns

- For example, having a disability or mental health condition
- May worry that disclosing may disadvantage them
- May worry that not disclosing means they won't get the right support

Top Tip

- Students are made aware that it's ok to ask for additional support/help from the university, and disclosing any additional needs will not disadvantage them.



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Pre-arrivals - Communication

- Communication from the university
- Specific information also sent to underrepresented student groups
- Build-up on social media leading up to arrivals day



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Arrivals and Freshers - Moving in

- Met by STYCs and STYMs (student volunteers) and members of the College's Student Association
- Parent/Carer talk by college staff
- Welcome talk for students by college staff



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Arrivals and Freshers - STYCs

What are STYCs?

- Second and Third Year Contacts
- Help freshers to move in and feel welcome on arrivals day
- Promote and attend events and activities run by the Student

Committee and College Team in Freshers week

- Escalate any concerns to the College Team

Arrivals and Freshers - STYMs



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What are STYMs?

- Second and Third Year Mentors
- Also help with freshers week
- Visit their allocated flat 2-3 times per term
- Debrief with College Tutor and escalate if necessary



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Arrivals and Freshers

Lots going on throughout the week

- Activities and events for students
- Specific events held for target groups
- Freshers fair
- Orientation

During university - Useful tools



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- 5 ways to wellbeing
- 8 8 8
- Stress bucket model



During university - Wellbeing workshops



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- 5 different workshops
- Designed by the mental health professional
- Delivered by College Tutors
- Topics including sleep, procrastination and perfectionism
- Students value peer support and techniques shared



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During university - Support Services

- College Team
 - Wellbeing Support and Guidance
 - Wellbeing workshops
- Academic Support
 - Academic supervisor
- Writing & Language, and Maths Skills Centres



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During university - Support Services

- Open Door and Disability Services
 - Support for students experiencing psychological or mental health difficulties
 - Support for students who have a disability and require specific support or advice.



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During university - Support Services

- Student Support and Advice Team (Student Hub)
 - Official documents and letter collection
 - Student record queries
 - Financial support and money management
 - Housing advice
 - Support for targeted, underrepresented student groups
 - Immigration and visa advice
 - International student support and advice

During university - Independent Support



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- YUSU - University of York Students' Union
 - Sabbatical Officers
 - Part-time officers
 - Academic Representation
 - Student Opportunities
 - Advice and Support



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During university - Big White Wall

- Free to all UoY students
- Online Community available 24/7
- Support from trained professionals
- Helps students to self-manage their mental health and wellbeing



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What you can do

- Encourage conversations around worries and hopes about university
- Encourage students to think about how they can look after their wellbeing
- Reassure students that there is a range of wellbeing support at university
- Encourage students to be proactive in thinking about their wellbeing and/or looking for support



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Thank you

Current situation and Top Tips

- COVID-19 - We know as much as you!
- Offers and Grades
- Keep students learning – we are asking academics to provide some guidance on subjects.
- Hardest transition having not ‘studied’ for up to 8 months intensively.
- Be honest about their situation and if things change, contact their Universities for support options
- Myth and Jargon busting – it’s ok to not be ok.

Questions and Anything Extra?

