

# HAQEF's Managing and Supporting Wellbeing in a Digital World series

HECA's Academic Quality Enhancement Forum (HAQEF)

25<sup>th</sup> February 2021

# Introduction

- *Student Context for Staff in Higher Education*
- *Student Representatives from HECA member colleges, facilitated by Greg South and Jack Leahy*

# Aim

- *To provide a space for students to speak to their own experience of wellbeing in a digital world*
- *Speak to practices by staff that have supported positive wellbeing and give their advice on what staff can continue to do to support student wellbeing.*



# Agenda

- *Four student speakers*
- *Quick round table*
- *Short Q&A*
- *Reflection*

# Introductions...

- *Handover to Jack to introduce our four student representatives:*
  - *Clara McDonald (Hibernia)*
  - *Adam Thibaut (Griffith)*
  - *Ibeth Diaz Tapia (Dorset)*
  - *Rafaela Martins (CCT)*

# Reflection / Word cloud

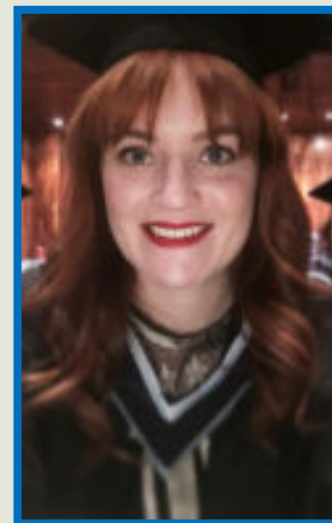
- *Based on today's webinar, what takeaways would you incorporate into planning for student wellbeing going forward?*
- [www.menti.com](https://www.menti.com)
- **Code: 34 45 39 8**

Based on today's webinar, what takeaways would you incorporate into planning for student wellbeing going forward?





# Clara McDonald



Hibernia College Dublin

Final year student of the Professional Masters of Education (PME)



# Clara McDonald



**IT Carlow  
Graduate**

B.A. Early  
Childhood  
Education & Care



**Hibernia  
College Dublin  
Student**

Professional  
Masters of  
Education  
(Primary  
Teaching)



**Student  
Representative**

Previous roles  
include- Class &  
cohort Rep.,  
Chairperson, Club  
Captain, Club Life  
Committee,  
Student Union  
Officer, Academic  
Board Member.



**National Student  
Engagement  
Program (NSTEP)**

National Student  
Trainer



**National  
Forum**

Student  
Associate

What has been your  
**experience of well-being**  
while studying in this fully  
digital world?

# A rollercoaster





# My experiences as a student and student representative and practices which supported well-being

- A **testing time** for all students- the change to online only content.
- **Uncertainty surrounding teaching & learning-** Zoom lectures, adjusted assessments, virtual inspections and exams.
- Anxiety about prospects and opportunity **post graduation**.

- Clear, concise and timely **communication** to all students throughout pandemic
- **Provision** of digital resources e-learning materials, and marking criteria for online assessments and inspections.
- **Reassurance** that all graduates are experiencing the same, reminder we are entering a career based on mentorship.

# My experiences as a trainee teacher and practices which supported well-being

- A difficult time for those undertaking **practical courses**. Placement, internship and research based dissertations all replaced.
- The in-school experience is now a **vastly altered experience** for teachers, trainee teachers and students alike.

- Guarantee that Covid-19, the related lockdowns and restrictions will not have a detrimental impact on our education or graduation.
- **Reassurance** that our peers in all the teaching college are experiencing the same. Reminder of the new skills we are learning.

# My experiences as a frontline worker and practices which supported well-being

- Rollercoaster of **emotions** during lockdown.
- **Mental, physical and emotional** fatigue.
- **Digital fatigue.**
- **Time for reflection** and prioritising of values in time post Covid.

- Realising this is normal- recognising, acknowledging and accepting these emotions.
- Taking time to rest where and when needed.
- Getting outdoors, reading, catch-up with friends.
- Reflect on life pre pandemic and what positives I can take forward with me. Practising mindfulness.



DORSET COLLEGE

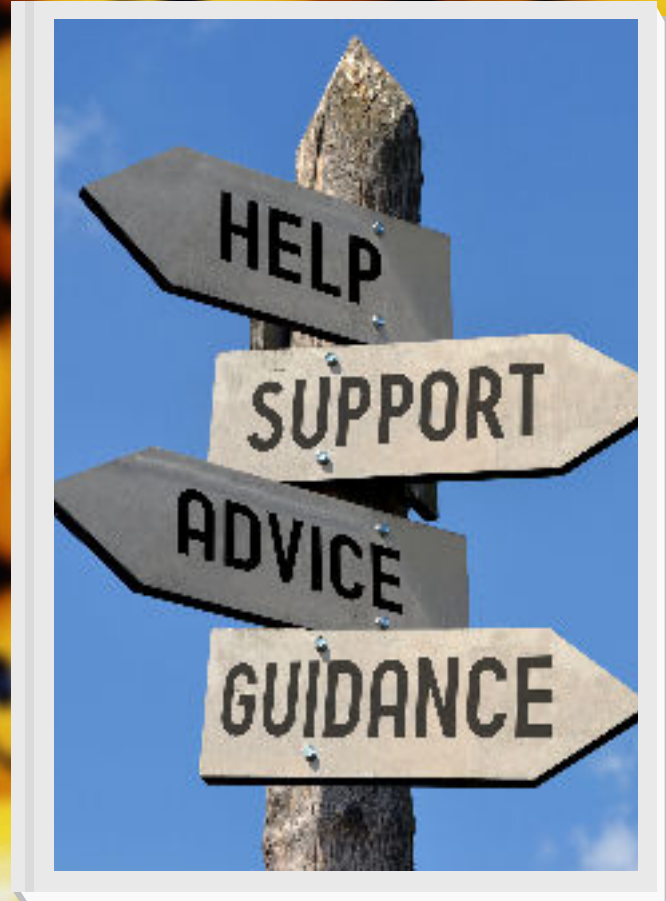


**IBETH DIAZ**

Bsc of Business in  
International Business

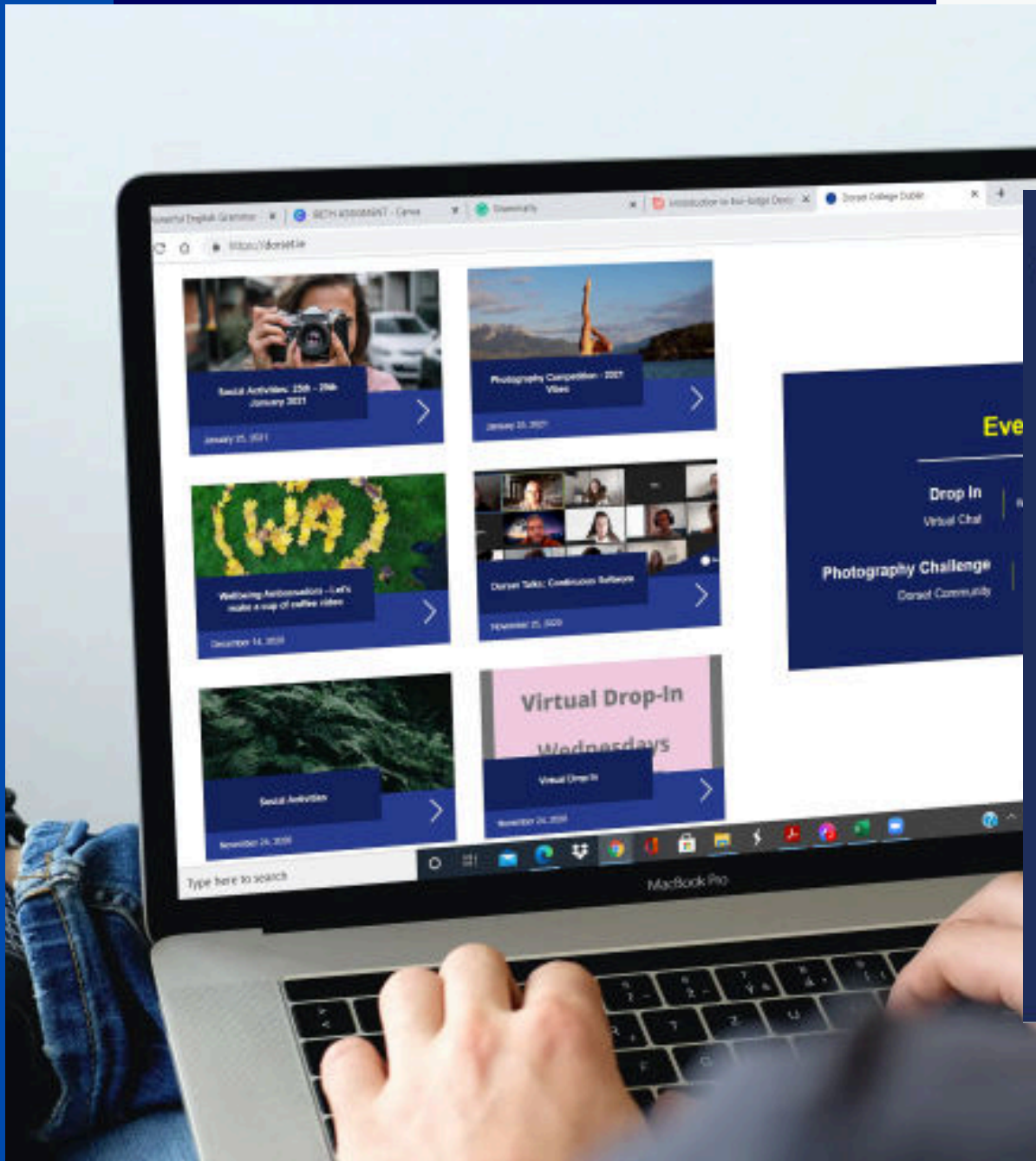


**How have  
staff  
supported  
our well-  
being?**



# FORMALLY

Sharing online events



 Dorset College Dublin

## SOCIAL ACTIVITIES

15TH - 19TH  
FEBRUARY 2021

DORSET COLLEGE | 2021





**Weekly Wednesday  
Drop-In Sessions  
12pm - 1pm**

**Come for a virtual chat  
if you need advice or  
just want to talk**

**To shine a light on wellness this  
weekend, light a candle and  
take a picture**

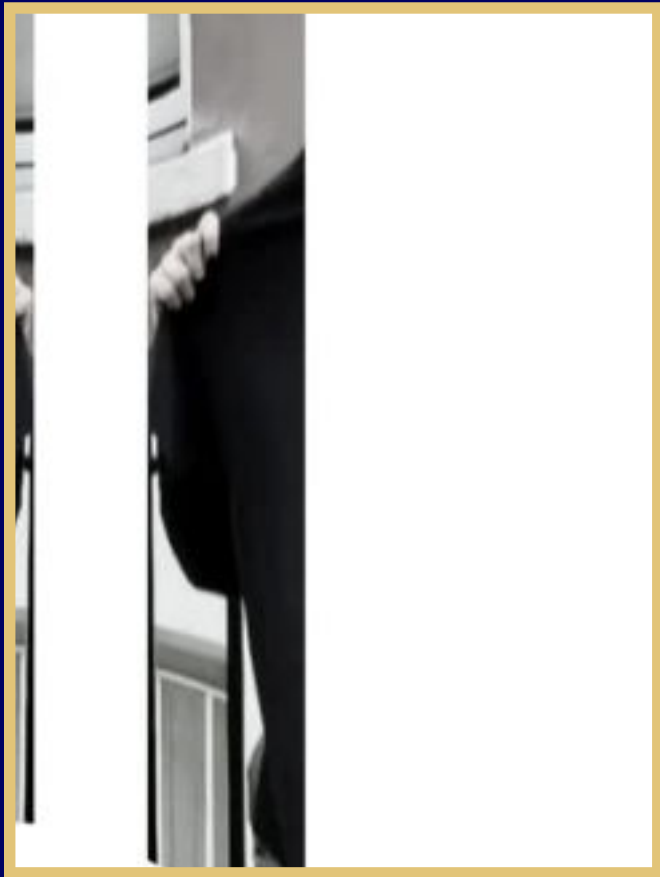
*Friday Night  
Lights*

- WEDNESDAY DROP-IN  
VIRTUAL CHAT
- PHOTOGRAPHY  
COMPETITION
- YOGA SESSION
- PROMOTING MEETINGS  
RELATED TO WELLBEING
- SUGGESTIONS BOOKS, AND  
MOVIES BY LECTURES

POSITIVE THOUGHT

# MEETING







# INFORMALLY

- SHARING & SUPPORT OUR POST
- HOW ARE YOU?
- ENCOURAGE & SUPPORT IN CLASS
- MUSIC BEFORE THE CLASS AND DURING BREAKS





**ADVICES**



Advice



- MORE BREAKROOMS
- PROMOTE ACTIVITIES DURING CLASS
- SHARE EVENTS THAT ARE HAPPENING ONLINE NOWADAYS



- ARRANGE PSYCHOLOGISTS OR PSYCHOTHERAPISTS SPEECHS
- MINDFULNESS TRAININGS AND BREATH TRAININGS
- MORE ACTIVITIES RELATE TO WELLBEING (QUIZ GAMES)
- TRAINING STUDENT LEARNING IN DIGITAL WORLD





# Rafaela Martins

## 3rd-year Information Technology

**cct**



College Dublin

Computing • IT • Business

# What supports have been provided institutionally and have this changed

There have been a number of services put in place for students after the pandemic worsened, some of them are virtual solutions to pre-existent services. Besides these newly adapted solutions, we were also offered other services





### **Virtual Yoga classes**

Helping students far beyond physical exercise. Connecting the movement and flow of the mind and body with the rhythm and control of the breath, increasing mental awareness.

Services for  
students  
put in place  
before covid  
that are now  
online





## **Mentoring academy**

Tutoring sessions to help students that are having difficulties with assignments, or to resolve any trouble with technical subjects.

Services for  
students  
put in place  
before covid  
that are now  
online



## **Carrers Advice Page**

Tips on CV and cover letter preparation, career planning, networking, interview preparation,

Services for students put in place before covid that are now online

# Newly adapted solutions offered

## **Communicating government advices**

Relevant information on Covid, immigration processes, visa status, etc...

## **Virtual tea and talk**

Chance to talk with staff and students and ask any questions.

## **Emotional support, free professional counselling**

Helping with the psychological needs of students, which vary due to stress-generating scenarios such as loneliness, unemployment, etc.

# What advice would you give to staff as they seek to continue to support and promote well-being for students in the digital world?

I think the College has done quite well, nevertheless, I think the staff should really consider the fact that students (especially the ones far from their families) have a lot on their plates right now, we are trying to get through the semester which in this environment is made all the more stressful