



Welcome to STUDENT WELLBEING:

A shift from study success to
student success

Erasmus

Goal of this session

- Expertise exchange
- Sharing lessons learned and best practices
- Inspire each other
- Community building



How do we valorize **student wellbeing**
in a **multidiverse** community?

What is wellbeing?

"...a state in which the individual realizes their **own abilities**, can **cope** with **normal stresses** of life, can **work productively and fruitfully** and is able to make a **contribution to their community**." (WHO)

Why wellbeing?

What is the mission of a higher education institution?

- Education
- Knowledge
- Contribute to society



Human aspect:

- ***Wellbeing*** is a prerequisite for being **agents of change**
- Focus only on academic achievement is not sufficient!

Our mission



From *study* success to *student* success

Student success includes academic achievement AND the wellbeing and personal skills that enable students to develop their talents and create impact in a complex society

The Erasmus logo is located in the bottom right corner. It is written in a black, cursive script font, with the word 'Erasmus' in a stylized, flowing manner.

The context:

The city of Rotterdam

- 2nd largest city in NL

- > 170 nationalities

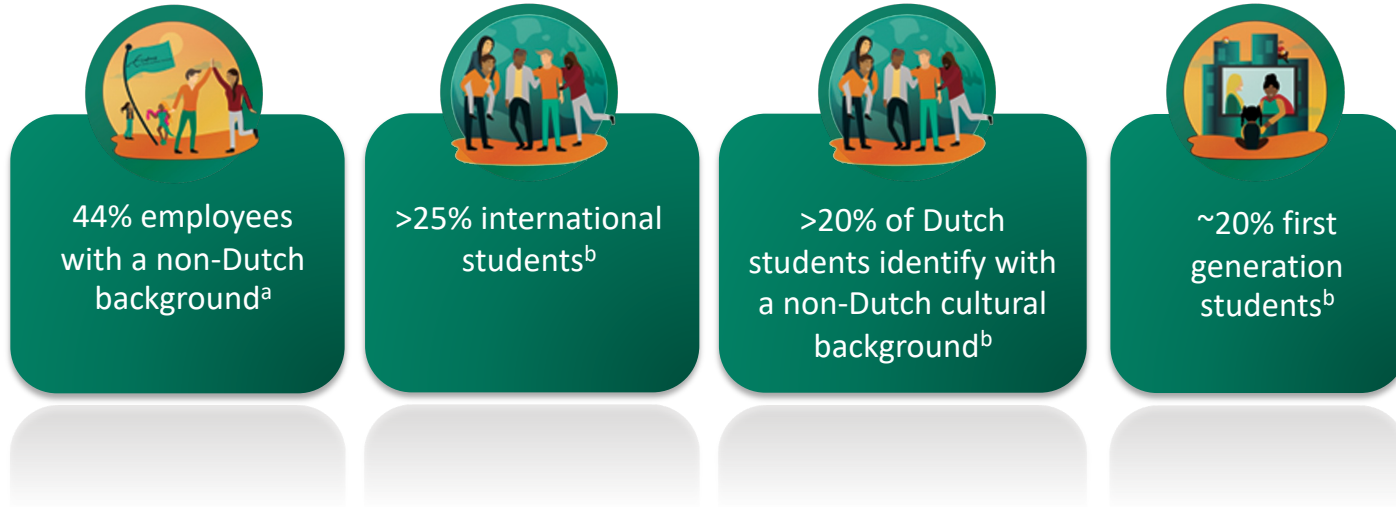
- Largest seaport in EU

- Urban city of Rotterdam > 1,160,000 inhabitants

- > 50% population with a migration background

- Open and modern city => nearly fully rebuilt after WW2

The context: Diversity @EUR



Diversity @EUR



Our strategy

Values

- Person-centeredness
- Inclusivity
- Accessibility
- Rooted in scientific evidence
- Innovation
- Transparency in goals and outcomes
- Free of charge

Goals

- Promote focus on student success
- Normalize wellbeing and self-care
- From and for all students
- University-wide system approach
- Variety of services
- Timely support
- Evidence-based innovation



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Our strategy

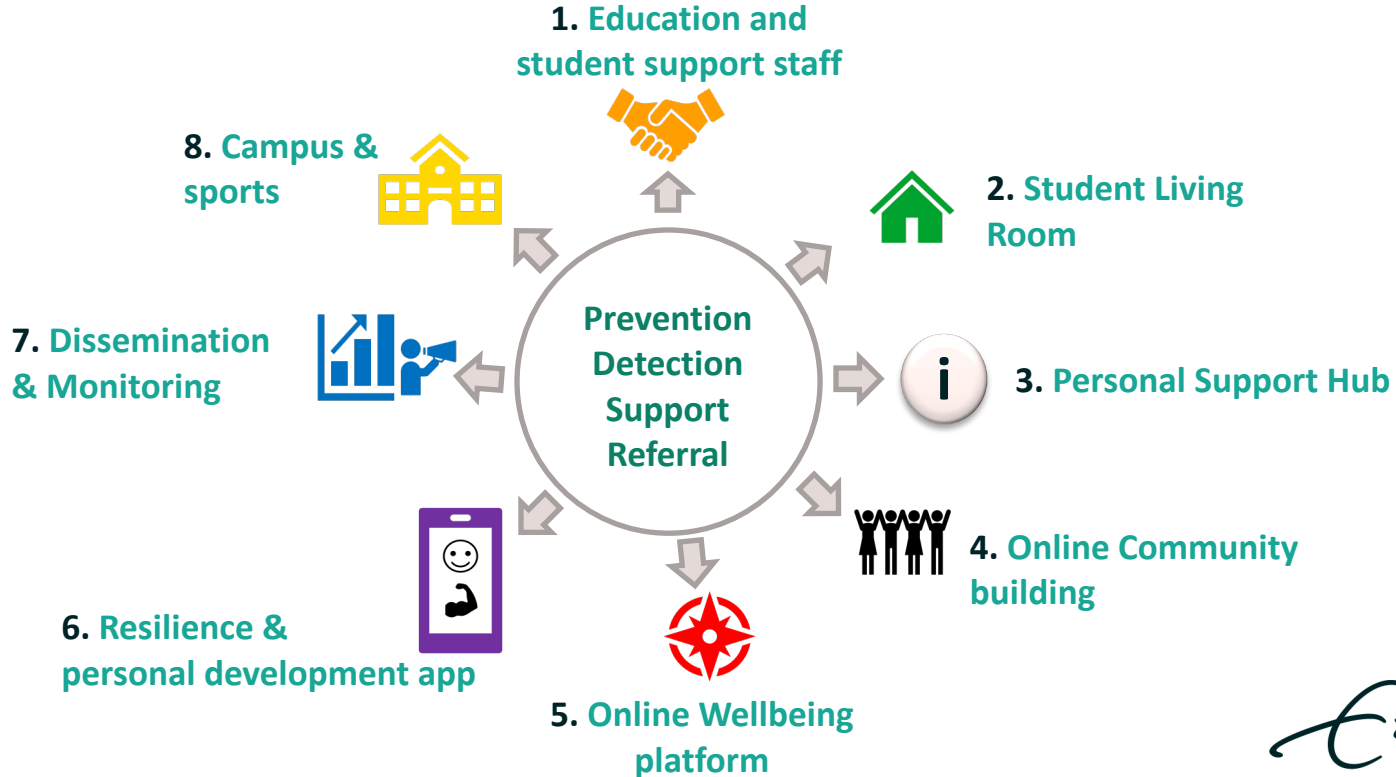


- **System approach** across education and research:
 - Policies
 - Services
 - Campaigns / interventions
- **Targets:** Students, employees, environment
- **Model of change:** what are the determinants of wellbeing?
- **Agents of change:** Interrelated professional and academic roles within and across domains
- **Evidence-based foundation**



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Our strategy: a comprehensive programme



Erasmus



Edinburgh
University
Not here

Edinburgh

Student Wellbeing

Wide range of services to support you

Student support

Version: July 2023

Practical matters

Erasmus Student Service
Centre (ESSC)

International office

Tutors/teachers (faculty)

Study advisor (faculty)

Personal matters

Peer-to-peer

Living room

Personal Support Hub

@ease

Caring Universities

Professional

Study advisor (faculty)

Student counsellors and team Studying
with a Functional Impairment (SMF)

Student psychologists

Career advisors

Confidential counsellors

Safe@EUR

Siggie online coaching

Spiritual counsellor

General practitioner

Mental healthcare

Workshops and social activities

Central student
support team

Study advisor (faculty)

LifeVersity

Living Room

Uni-Life app

Erasmus University Rotterdam
Making Minds Matter



The Erasmus University logo, featuring the word "Erasmus" in a cursive, handwritten-style font.

Living Room & Personal Support Hub



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Wellbeing Weeks



June 10th till
June 14th 2024

Student Wellbeing Week

Campus Woudestein

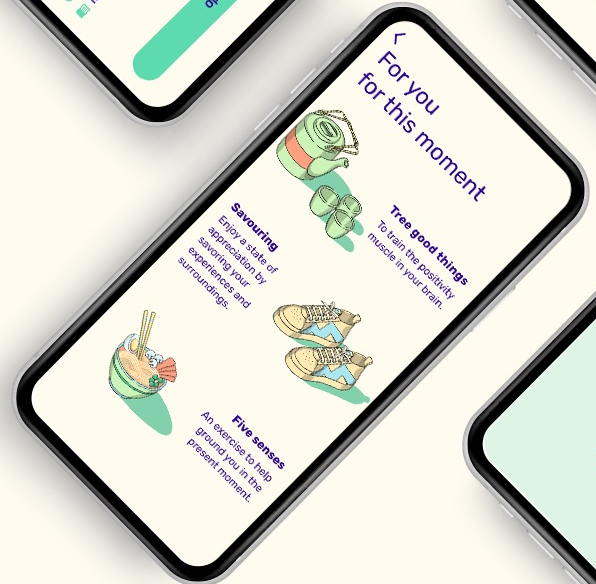
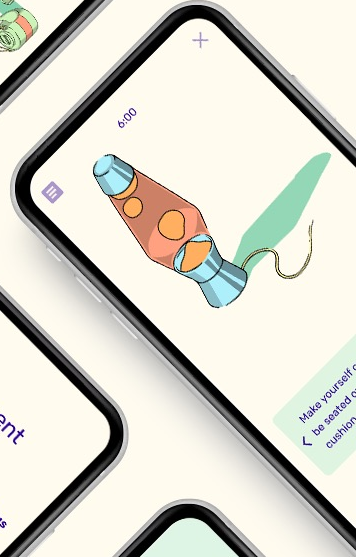
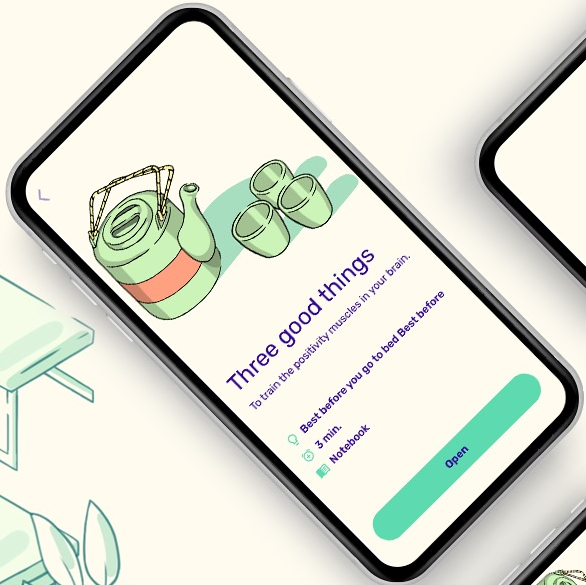
Monday 10/6	Tuesday 11/6	Wednesday 12/6	Thursday 13/6	Friday 14/6
CANCELLED: Talking Taboo: Student Dialogue with VOAW Living Room 09:00-12:00	Circle of Wellness: Mentor-led Support for You Personal Support Hub 10:00-12:00	Breaking Barriers: Peer-to-Peer Suicide Prevention Living Room 11:00-12:30	Reality Check: How to deal with expectations vs. reality Langeveld 1.16 11:00-12:15	Music's Mental Toolbox: Use your favorite music for your well-being Langeveld 3.19 11:00-12:30
Dopamine Detox - Regain True Happiness Theil C1-1 13:00-14:45	Exploring Personality and Potential careers with AI Living Room 11:00-12:30	Workshop perfectionism: break the cycle of never good enough Langeveld 2.14 11:30-13:00	CANCELLED: Exp. Robinson & Personal Leadership by Jan van Halst, Director AFC Ajax Erasmus Sport Hall 4 11:00-14:30	Healthy habits: how to change your behaviour and create habits Langeveld 0.08 13:00-15:00
Tote bag painting with Uni-Life! Langeveld 3.12 14:00-15:30	Chill down: Ice Bath Erasmus Plaza 11:00 - 13:00	Walk-in hour: let's talk about drugs Personal Support Hub 13:00-14:00	How to pitch yourself Polak 3.08 13:00-14:45	EFR Bubble Ball Erasmus Sport Beachvolleyball fields 13:00-16:00
Ecstatic Dance - dance freely, experience everything! Erasmus Sport Hatta Upstairs (Right) 14:00-16:00	Paws & Punches: Building Resilience and Social Skills with Human-Canin Sports Erasmus Sports Hatta Upstairs 14:00-16:00	Awakening Awareness: Exploring Mindfulness Through the Senses Living Room 14:00 - 16:00	Empowerment through Krav Maga: Self-Defense Workshop Erasmus Sport Hatta Downstairs 13:30-16:00	The art and skill of negotiation Langeveld 3.19 15:00-17:00
Time and stressmanagement: how to keep enjoying your busy life Langeveld 3.14 15:00-16:30	Outside day: FREE snacks, lounge area and much more wellbeing activities! @ Erasmus Plaza 14:00 - 17:00	Authentic Leadership towards Peak Performance Langeveld 2.14 15:00-17:00	CANCELLED: 3x3 Unites Basketball Leadership Erasmus Sport Hall 3 13:30-15:30	Boxing Bag Class Erasmus Sport Hall 4 18:00-18:50
Let's talk about sex – The perception of contraception Living Room 15:30-17:30	Mocktail Workshop Living Room 15:00-16:30	Keeping your Head above Water: a Cash Course Langeveld 4.18 15:30-17:00	Food with(out) your senses: communication workshop Living Room 14:00-15:30	Take a study break and join one of the activities in the Library! @ University Library All week
Break free from worrying! Langeveld 1.14 16:00-17:30	Sip and Paint Workshop: safer spaces! Erasmus Pavillion 15:30-17:00	HIT Workout Erasmus Sport Hall 5 19:00-19:50	Heartbeat festival! Color Dance Erasmus Plaza, 15:00-17:00 Wellbeing Street Next to Polak, 16:00-22:00	 <p>Sign up now!</p> 
Strength and Conditioning Erasmus Sport Hall 5 17:00-17:50	Strong Nation Workout Erasmus Sport Hall 5 19:00-19:50	<h1>MOVE YOUR</h1> <p>BODY MIND POTENTIAL</p>		

Wellbeing Weeks



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ROOM



Student Wellbeing policy



Our team

Academic leads: strategic vision and goal setting, scientific foundation, representation within academic community



Programme Manager: our 'chief of staff', connection with central EUR governance, translate vision into concrete implementation, bird's eye view of work team

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Our team



Project leads: coordinate implementation of programme packages, combining research, policy, communication, project management. Highly interdisciplinary backgrounds and expertise.



PhDs and Postdocs: research and evaluation

... and many other associate members
and student assistants

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Our student hosts / volunteers



Success factors and accelerators

Contextual factors

- COVID-19
- Scientific and societal focus on youth wellbeing
- Change in role of higher education

Organizational factors

- Position within institution
- Supportive Executive Board
- Alignment and cooperation with strategic programs, support services and faculties

Content factors

- Focus on students' perspective
- Systemic approach
- Working towards a Centre of Expertise
- Knowledge and data-driven policy

Human factors

- Having a diverse team 'satellite' employees
- External stakeholders





Thank you!

Questions ?

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We will be back in

10 minutes



110 YEARS
Making Minds Matter

Erasmus

What about your institution?

Think-share-pair in groups of 3-4 people:

- 1) What is your context? (eg, university organization, broader sociodemographical and geopolitical context)
- 2) **Is student wellbeing a strategic priority for your institution?**
 - If yes, are you satisfied with its implementation and the likelihood of success? Is anything missing?
 - If no, what is missing?
- 3) What are successes and failures in your organization when implementing student wellbeing?

The Erasmus logo, which is a stylized, handwritten-style signature of the name "Erasmus" in a dark blue color.



Thank you!

Stay in touch!

studentwellbeing@eur.nl



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