



THE STUDENT WELLBEING SESSIONS

EXAMINING SERIES.....

Student Services IT Tallaght

Who.....within Student Services IT Tallaght?

- Marie Kielty, Careers Advisor
- Orlagh Fleming, College Nurse
- Tim O' Connor, Sports & Recreation Officer
- Aisling O'Brien, College Counsellor
- Colm Downes, Access Officer

THE STUDENT WELLBEING SERIES

ALL SESSIONS START AT 1PM. FIRST ATTENDEES AT EACH
EVENT WILL RECEIVE A FREE LUNCH.



THE STUDENT
WELLBEING
SESSIONS

Five ways to wellbeing

Why the Well Being Series?

Aims:

- Identified a gap where Student Services could collaborate and offer a holistic, strengths-based approach towards student wellbeing
 - To equip students for the demands of college life, especially during exam preparation
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- ☐ Open to students of all years.
 - ☐ 4 x 1 hour commitment for students
 - ☐ Marketed through Eventbrite and Social Media
 - ☐ Key takeaway messages in each session
 - ☐ Raised the profile of Student Services



THE STUDENT WELLBEING SERIES

ALL SESSIONS START AT 1PM. FIRST 30 ATTENDEES AT EACH
EVENT WILL RECEIVE A FREE LUNCH.

MAR 7
Room 015

EXAMINING YOUR TIME
Managing your time around assessments
(Colm Downes)

MAR 14
Room 021

EXAMINING YOUR "CAREER READINESS"
What is Your Next Step
(Marie Kielty)

MAR 21
Room 022

EXAMINING YOUR HEALTH
FASTER...ways to succeed
(Orlagh Fleming)

APR 11
Room 023

BUILDING YOUR MENTAL RESILIENCE
Healthy mind, healthy student
(Aisling O'Brien)

Book Now: ittallaghtwellbeing.eventbrite.ie

WhatOverview of the Series

- Week 1 – Examining Your “Time”
- Week 2 - Examining your “Career Readiness”
- Week 3 – Examining your “Health & Nutrition”
- Week 4 – Examining your “Resilience”
- Week 5 - Annual Feel Good Day

Examining Series

- All students who pre-booked were offered a “free” lunch to take-away after the session
- All students were given a “Well Being” goodie bag
- All students completed a very short questionnaire during / after the session to capture the journey travelled in that session

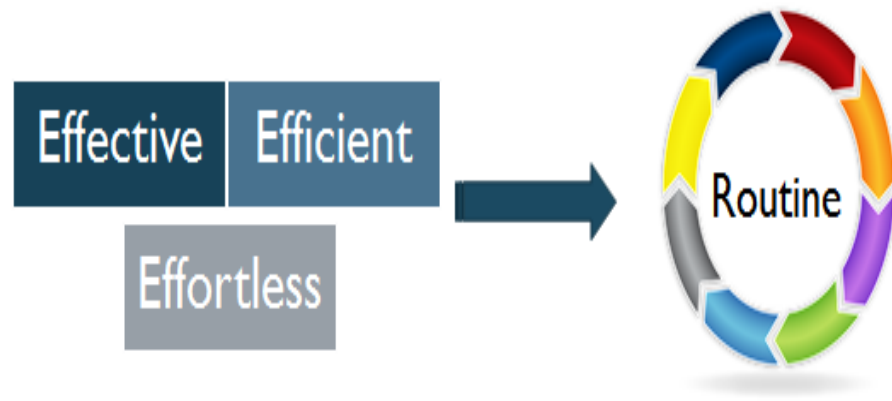
- Goodie Bag included the following “IT Tallaght Well Being Series” branded items:

- Shopper Bag
- A6 Notebook
- Red Pen
- Pedometer
- Earphones
- Stress Ball
- Highlighter/Fidget Spinner
- Lip Balm



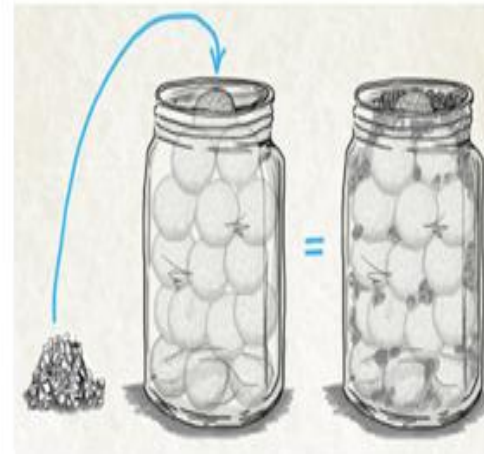
Week 1: Examining Your Time

WHAT IS TIME MANAGEMENT? (THE THREE “EFF” WORDS)



Time management is about applying the “eff” words to you and your daily routine

THE PICKLE JAR THEORY



Jar = Your Day.

Big Stones = Your High Priorities

Pebbles = Secondary Priorities

Is the jar full?

Time

THE PICKLE JAR THEORY

THE MORAL OF THE STORY

- If you complete the important things first you can still have time for the less important things which you fit in around them.
- If you plan your day by priorities you can fit more into the day.
- This can help you balance your priorities (remember the circle of balance) and time.
- This way can give you a sense of achievement, less stress... which means better health.

THE PICKLE JAR THEORY – THE JAR IS NOW FULL



Jar = Your Day.

Big Stones = Your High Priorities

Pebbles = Secondary Priorities


Sand = Low Priorities

Beer = Time Waster (Really? 😊)

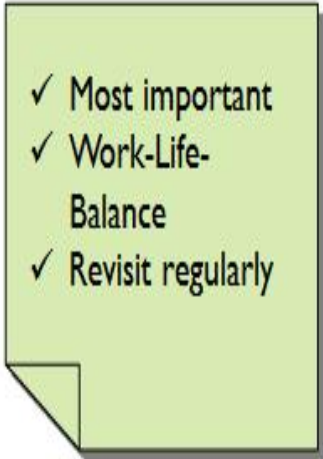
Time

SO HOW DO WE DO IT?

List Commitments

- 
- Work
 - College
 - Friends
 - Family
 - Sport/Fitness

Set Priorities

- 
- ✓ Most important
 - ✓ Work-Life-Balance
 - ✓ Revisit regularly

THE LESSON IS:

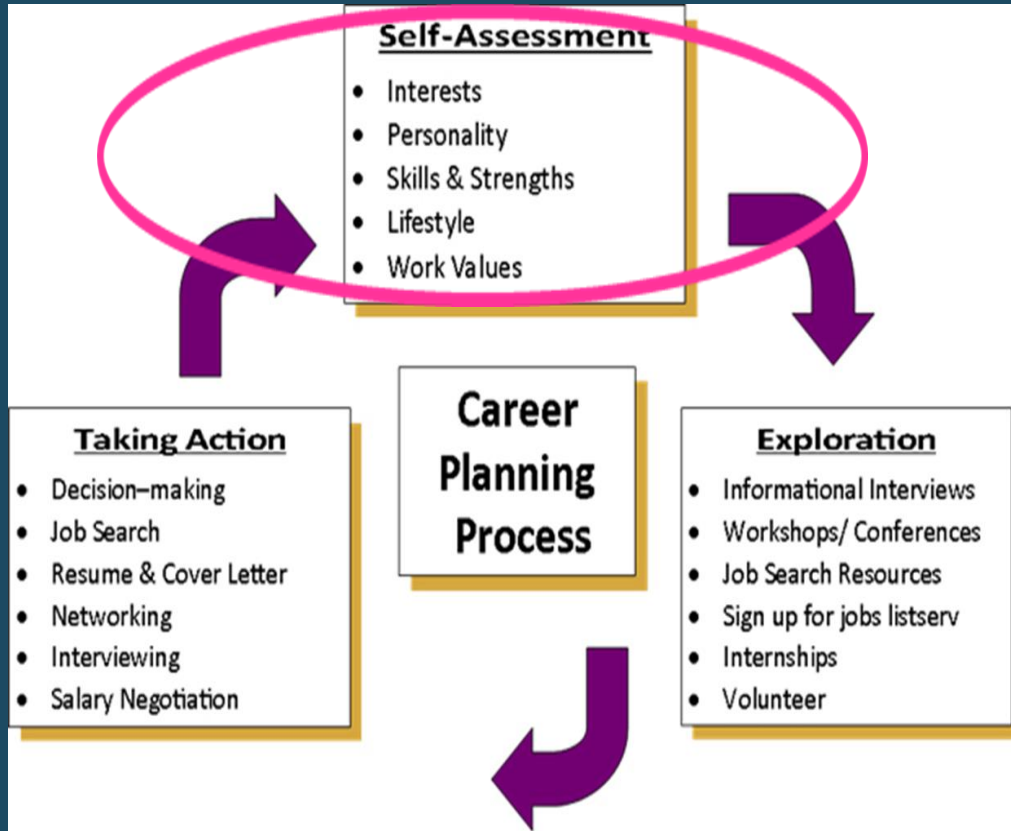
“the challenge is not to manage time, but to manage ourselves.”

Covey, S.R., 1989 p150

Week 2: Examining your Career Readiness



Career Readiness



- Career Readiness session focused on “Self Assessment”
- Work sheets / resources on
 - Skills / Strengths
 - Values
 - Personality
- Encourage self –reflection

Career Readiness



Feedback:



- Start of the session:
 - 44% had **no idea** what skills they would have to offer potential employer
 - 22% **no ideas** what they would do after college
- End of the session:
 - 55% felt **clearer** about future prospects and more motivated
 - A further 44% were **very clear** about future career prospects and more motivated to take control

Click on the Survey Monkey link here:

<https://www.surveymonkey.com/r/WellBeingSeriesCareerReadiness>

Week 3: Examining Your Health

It is very important that you look after yourself prior to and during your exams.
Let's take a look at a...

FASTER...way to Succeed!

- Food
- Alcohol
- Sleep
- Time Out!
- Exercise
- Relaxation Technique

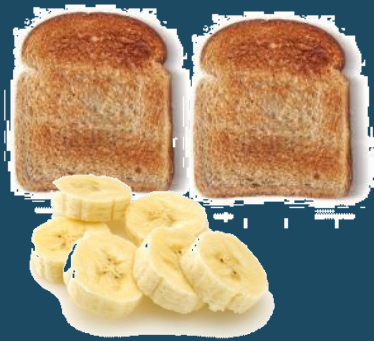
Acknowledgement to : Richard Kelly –Performance Nutritionist with Munster Rugby and Sports Science & Health lecturer IT Tallaght.

Also to: Tim O'Connor- Sports & Recreation Officer IT Tallaght.

Food

On the day of an exam...

Breakfast options:



Brown/wholemeal
toast w/ banana



Porridge w/ fresh
fruit



Whole grain cereal &
milk



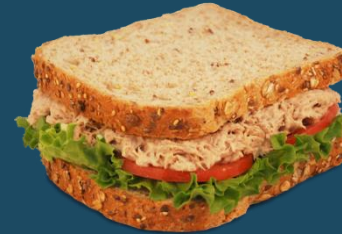
Scrambled eggs on
toast

Lunch options:



Veggie Soup

+



Tuna/Chicken on
wholemeal/wrap bread
with salad



Beans on toast



Glass of
fruit juice



Fruit (e.g. apple)



Yoghurt
(Greek/Natural)

Dinner options:



Beef/Chicken Stir Fry



'Loaded' Baked Potato
(e.g. tuna w/cheese)

Consider Lower GI options:



15

Brown rice



Sweet Potato

Health

Sleep

- Need to develop pattern.
- If you need to get up early, go to bed at reasonable time.
- Need to unwind before going to bed
 - Establish a Soothing Pre- Sleep Routine.
 - Hot bath with essential oils – lavender for relaxing.
 - Hot milk – comforting drink.
- Avoid caffeine drinks (and meds) for at least 6 hrs. before bedtime.
 - Avoid “Red Bull” affects sleep, makes one sharp but edgy!!
- Bedroom- Sleep Inducing Environment
 - Comfortable mattress and pillow.
 - Quiet, dark and cool temperature can promote sound slumber.
 - Fresh air into bedroom at night –ventilated.
 - Keeping **screens, phones and work materials** out of the room will strengthen the mental association between your bedroom and sleep.
- Clock Watcher?
 - Turn your clock’s face away from you. Staring at the clock when trying to fall asleep or when you wake in the middle of the night, can actually increase stress, making it harder to fall asleep.



Health

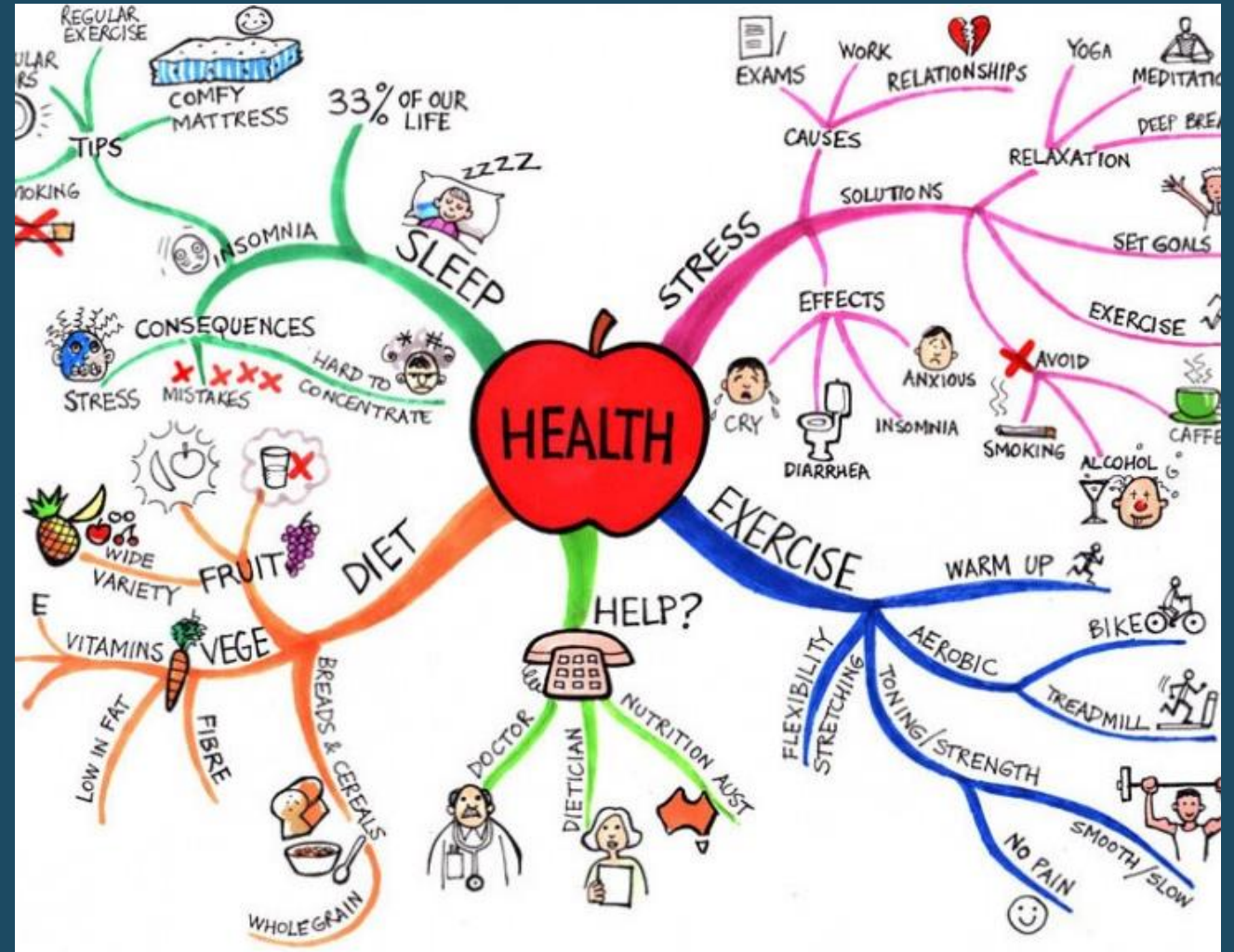
Feedback

Start of the session:

- 60% of attendees had given very little thought of their Well Being in preparing for exams.

End of the Session

- 100% felt they were much better informed and motivated, to make changes to improve their Well Being, following the session.



Week 4: Resilience

‘Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors. It means "bouncing back" from difficult experiences.’

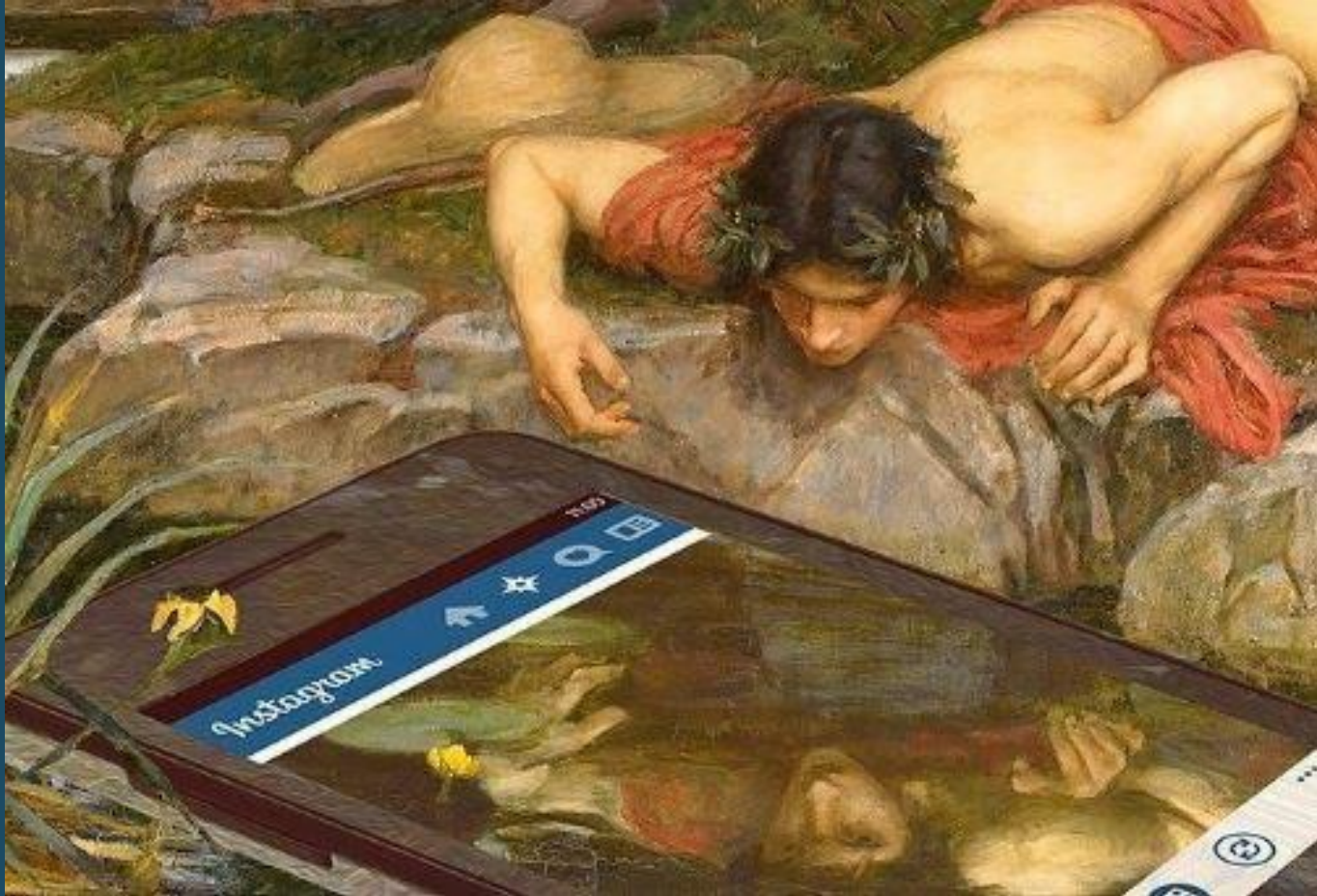
(*‘The road to resilience’*. American Psychological Association)

Resilience

Building Blocks

- Building Positive Memory and associations
- Being grounded
- Kindness/compassion
- Approaching 'Failure'
- Developing good social support

Resilience



Week 5: Annual Feel Good Day

The ITT Annual “Feel Good Day” is an initiative that was started over 15 years ago!

It is a day of fun and relaxing activities for students, to help them de-stress and feel supported, prior to their exams commencing.

- Free Alternative therapists (as shown), are offered as well as tips on nutrition and exam prep.
- A carnival atmosphere outside includes inflatables, pet farm, bbq, music etc.
- The day is organised through collaboration with Student Support Services and the Student Union.
- Funding is kindly provided through SU Campaigns budget.
- Always a well attended day, with great feedback!



Metrics

- 75 pre-booked the 4 sessions, 60 attended
- 43 completed survey monkey questionnaires (72% response rate)
- Students attended from 1st year – 4th year
- Feedback tells us that students felt more empowered after the session. A 1 hour session can have a positive impact
- Annual Feel Good Day ~ 547 students engaged with activities on the day! Approx. 18% of the student population!

Testimonials:

“Thank you, I found today very informative” Student

‘This is a super initiative. Thank you so much for organising it for the students.’ Lecturer in Business Management.

Outcomes What did we (SS) Learn?

Pilot initiative:

- Timing
 - During Semestercritical!
 - Lunch time slot (40 minutes session) - allows time for lunch within the hour
- Email reminders
 - To those that had pre-booked
- 2/3 questions asked in each session – evidence of a shift in mind-set
 - Need to develop more specific measures of learning outcomes for the students
- Need more buy- in from Academic colleagues
 - Collaborate with 1st year tutors / programme co-ordinators

Next Steps

- With minor adjustments the SS team intend to offer the Examining Series as part of Orientation in Semester 1 2018
 - Dates agreed. Lecture theatres are pre-booked
- Intend to work with 1st year tutors to convey the relevance of developing these key skills early in the academic programme
 - Embed good practice early
 - Facilitate retention on programmes
 - Facilitate student engagement
 - Positive societal impact & wider civic contribution

Any questions please contact us:

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Questions



Thank You!