



Academic and Wellness Support for **CIT** Students

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 **CORK
INSTITUTE OF
TECHNOLOGY**
INSTITIÚID TEICNEOLAÍOCHTA CHORCAÍ

**DISABILITY
SUPPORT SERVICE**

Objectives

College Preparation Days

- **Share**

- Workshops
- Feedback

- **Showcase**

- Online Resource

Balan**CIT** Wellness Programme

- **Background**

- Overview
- Feedback
- Student perspective
- Future developments

College Preparation Days

Workshops

Notetaking

Starting an
Assignment

Reading, Research
and Referencing

Student Attendance

College Preparation Workshops	Notetaking	Starting an Assignment	Reading, Research and Referencing (3 R's)
Day One	16	18	11
Day Two	23	16	11
Total	39	34	22

Starting an Assignment Workshop

Individual feedback

*“For my course I had a lot of assignments to do which would have been hard if I didn’t attend the workshop of starting an assignment. I was able to **understand** what I was asked to do and how to **approach** each assignment”.*

*“By breaking things down into **smaller steps** made it easier to get my head around”.*

*“I found using **mind maps** very helpful when writing essays as it helps you stay focused on what the essay is about and also it helps with adding relevant detail to the essay”.*



THE DSS GUIDE TO

**STARTING AN
ASSIGNMENT**

2019 Findings

- 65% - satisfaction rate (Good)
- 54% - academic skills prior
- 34% - more online resources
- 40% - life skills

❖ Needs Assessment Meetings



BalanCIT Wellness Programme

Team of 4

Roisin Ormond (Access Intern)

Laura Coleman (Disability Support Officer)

Jean O'Hanlon (Mindfulness Teacher, Sleep
Therapist & Health Coach)

Fiona Downey (Learning Support Coordinator,
B.Ed. Physical Education & Sports Studies)



6 bite-size workshops

- Physical activity
- Nutrition
- Mindfulness
- Stress Management
- Striking a Balance/Sleep
- Group Evaluation/Healthy Lunch
- Digital Badge



Current Outline

Week	Workshops	Description	Pre-Action	Post-Action
1	Introduction	Overview of programme, criteria for digital badge	Pre-Questionnaire (Survey Monkey)	Wear comfortable clothing/shoes for week 2
2	Physical Activity	Benefits of exercising etc. Handout – Health Screen before use of gym, fitness classes	Group walk, tour of gym	Students to make appointment with gym staff (optional). 3 x 30 min 1:1 sessions with gym staff or attend 3 fitness classes (signed off by gym staff). Reflective piece – comment on group activity & gym sessions/fitness classes (if attended). Students to mention how they felt e.g. emotions/mood/confidence etc.
3	Mindfulness & Stress Management Techniques	Introduction to mindfulness and techniques on formal/informal practices	Participation and attendance	Identify healthy option and explain it's role on the function of the body (week 4).
4	Nutrition	Focus on brain foods & portion sizes Handouts; sample recipes	Discuss healthy option (healthy or not?)	Give an account of healthier food choices made for breakfast, lunch and dinner.
5	Striking a Balance	Bringing all the information together	Participation and attendance	Students to complete Post Questionnaire (Survey Monkey)
6	Group Evaluation	Post-Questionnaire (Survey Monkey).	Discussion & feedback in class.	Students to complete final reflection/Evaluation Form – discuss experience of BalanCIT.

Data Collection



Pre-questionnaire



Post questionnaire

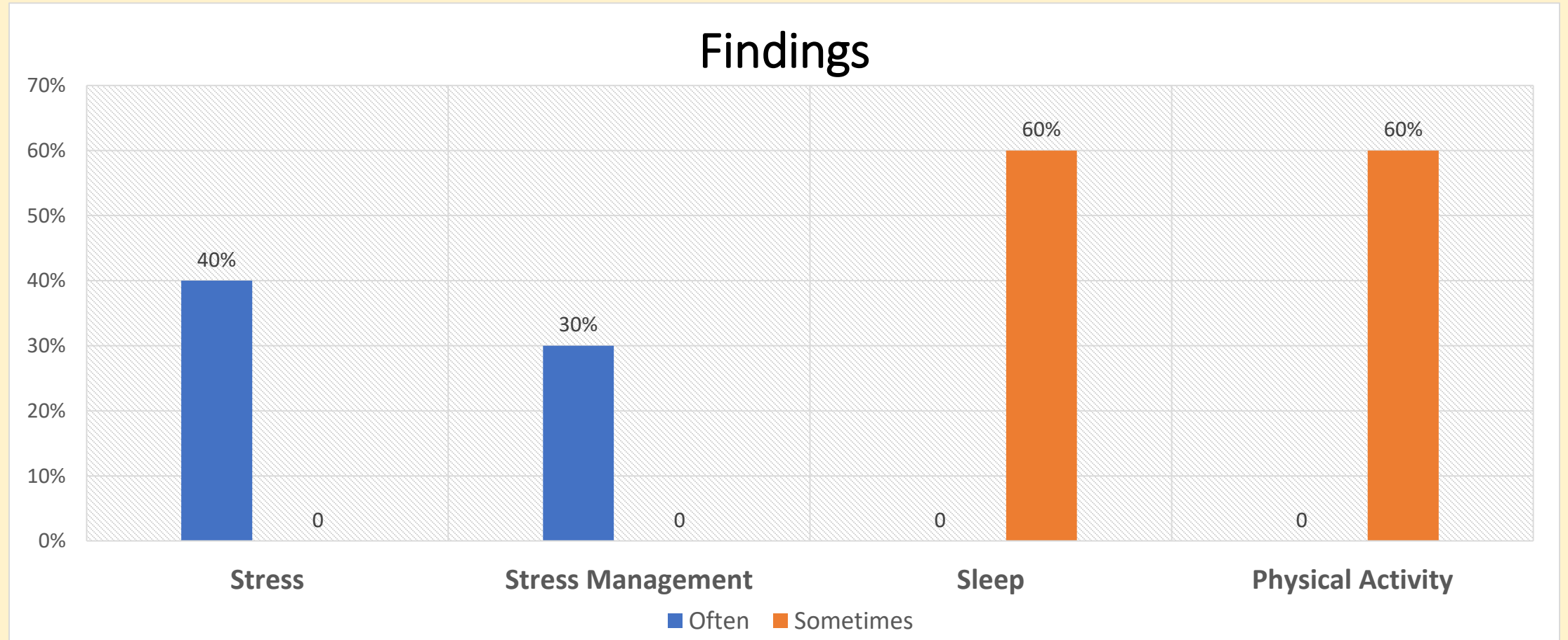


Evaluation Form



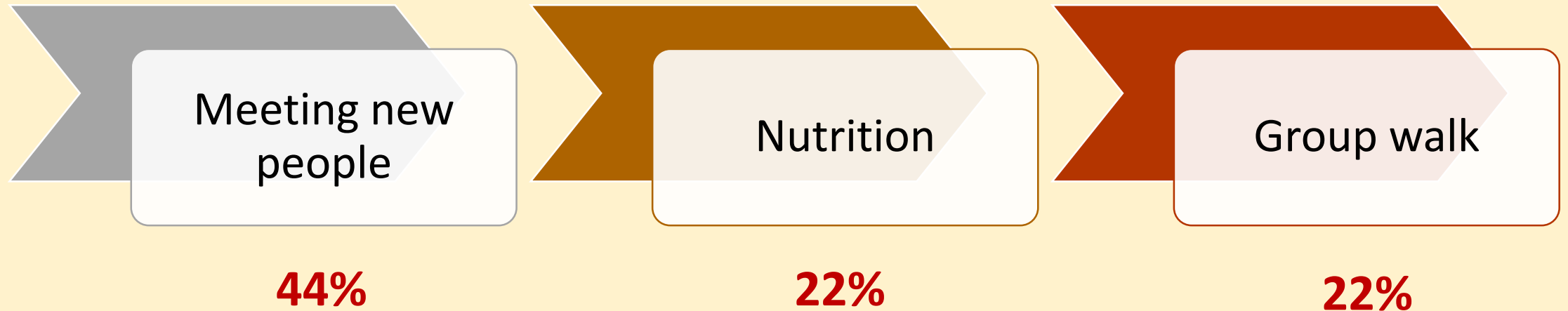
1:1 Interviews

Pre-Questionnaire



Evaluation Form

Parts of the programme they enjoyed most



Student Feedback

*“Meditation should be part of every class if they were to be extended to make sure **mindfulness** is followed through from a week to week basis”.*

- **56%** - programme was too short
- Programme - twice a week

Future Topics

*“Time **organisation** e.g. time table schedule”*

*“**Time management** and learning to **live beyond college** exams and assignments”*

*“The area of understanding others and respecting other people and how that can lead to **healthy relationships** in life”*

“Maybe go to a class together like Yoga”

Group Activities



Most Notable

- *“Further insight into **mindfulness** and why it is good to take a break in the Hustle and bussle of daily life”*
- *“**Nutrition** talk- how to eat a balanced diet. **Stress management** - going on nature walk which literally calmed me down and cleared my head”*
- *“**Sleep** Meditation”*
- *“**Striking a balance**”*

Is the BalanCIT programme for ALL?

“Yes definitely, think it would be great for all students to have in their first year programme. It was a nice break from class, a bit of "me time".

Was also great to meet other students from totally different courses”

“Yes, it was very informative and gave some much needed advice while covering many different aspects”.

BalanCIT Wellness Programme 2019-2020; Revised

Week	Topics	Description *Reflection of goal and grounding meditation each week*	Planned Activities
1	Introduction	Overview – digital badge criteria Goal setting – one goal per/week Tech Tools/Apps Striking a Balance (sense of belonging)	Practical coaching techniques Wheel of Wellness
2	Managing Self & Time *Reflect and Practice*	Time management/Organisation Schedule/Routine/Timetable Stress Management Healthy relationships Mental and physical wellness	Stress curve Timetables/Schedules
3	Introduction to Mindfulness *Reflect and Practice*	What is mindfulness? Informal/Formal practice/Techniques/Exercises	Awareness of thoughts/inner critic
4	Physical Activity *Reflect and Practice*	Meet - brief outline of benefits/recommendations Move (river walk – mindful of surroundings etc.) Gym Tour; Free class passes / Swim passes / 1:1 or 1:2 gym sessions	Marchathon Couch to 5k schedule Go Pro; river route / virtual tour of gym Bite-size video of stretching Class passes/swim passes Set up group of walkers Signpost to clubs/societies

BalanCIT Wellness Programme 2019-2020

Week	Topics	Description *Reflection of goal and grounding meditation each week*	Planned Activities
5	Sleep Quality *Reflect and Practice*	Why sleep is important? How much sleep is considered healthy? What does good quality sleep feel like? Tips and advice Technology and Apps	Allow for questions and answers
6	Nutrition *Reflect and Practice*	Starter kit – knives and forks Sample breakfast ideas Toppings – what nutritional value they add e.g. vitamins, protein etc. Good food website/Safe Food Where to buy them? What they cost? Set menu for 5 days. Stable foods. Shopping list. Cooking in bulk and freezing	What's available on campus / signage for healthier options?
7	Taking Control of your Exam Worries *Reflect and Practice*	Healthy body and mind Practical Tips Revision strategies	Awareness of thoughts/inner critic
8	Healthy Lunch *Reflect and Practice*	Selection of healthy options Time to reflect and chat about experiences Maintaining friendships and healthy life choices	Reflection / celebrating success

New Additions

Academic

Wellness



Goal Setting

Routines, Schedules

Time Mgt.,
Organisation

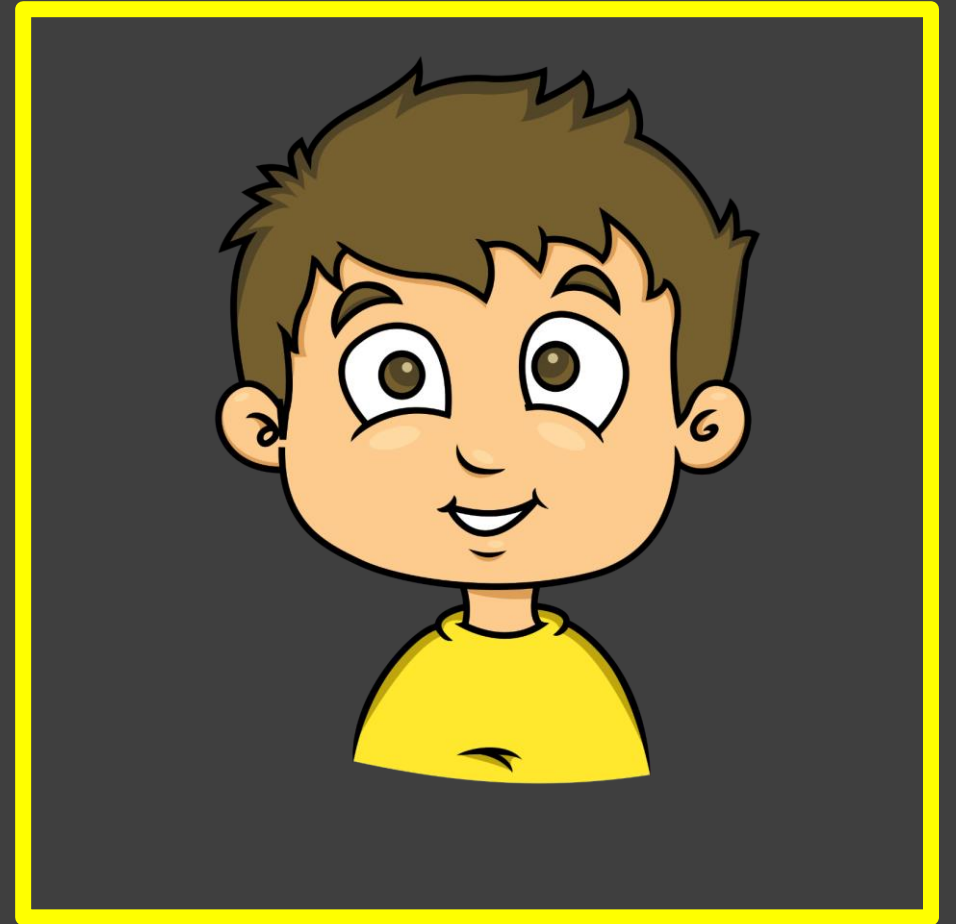
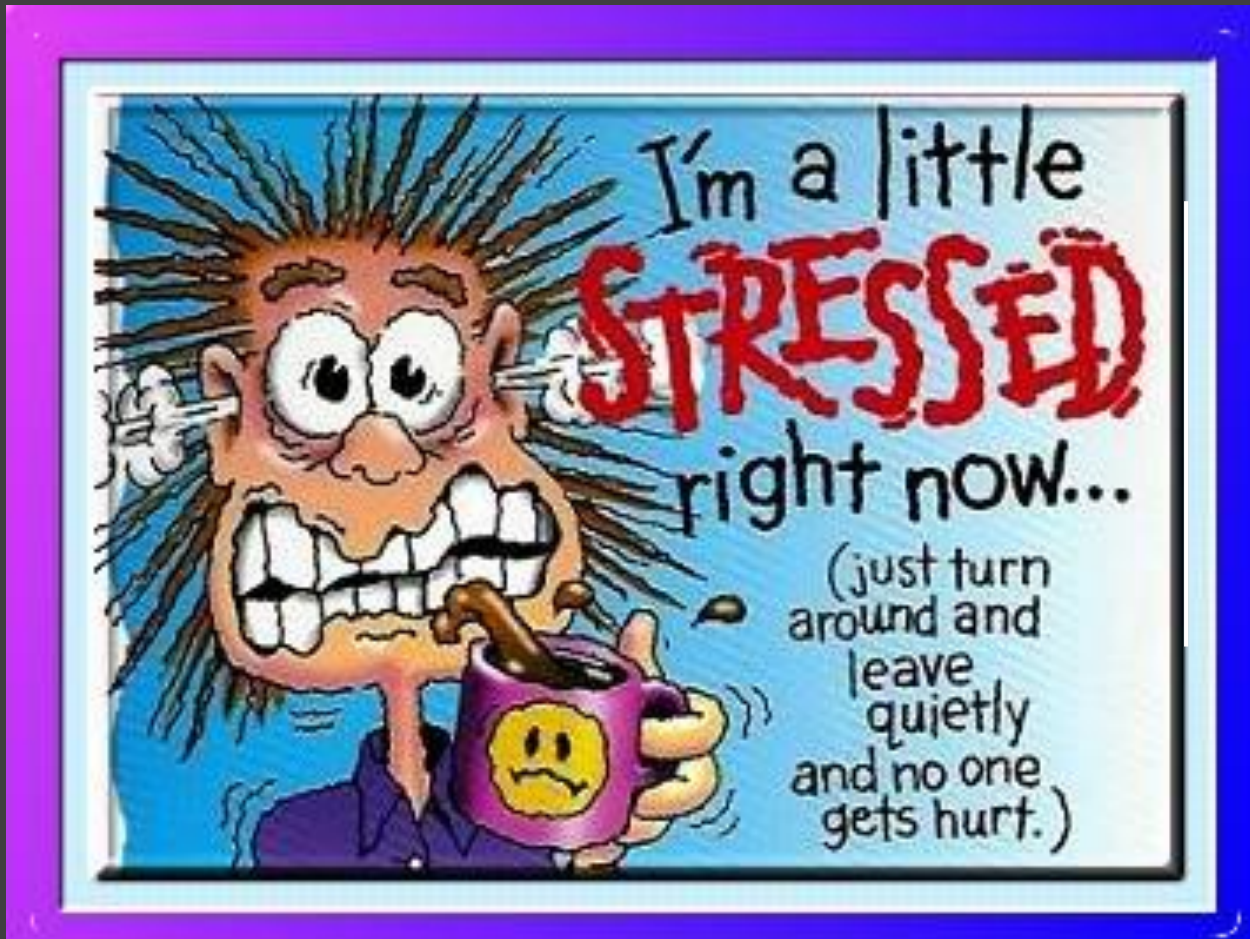
Revision Strategies

Grounding
Meditation

Group activities

Healthy
Relationships





Get the Balance Right!

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