Student Support and Wellbeing

Emily Warner
Student Recruitment Officer
Schools and Colleges Liaison Team
Session overview:

• Student Wellbeing and Inclusivity Service
• Access and disability support
• Social activities
• Financial support
• Academic Support
• Student Development
• Preparing for University
Student Wellbeing and Inclusivity Service *SWIS*

“Promoting positive wellbeing to students and working with staff to support the inclusivity of our organisation”

• Ensuring learning, teaching and our campus are inclusive to all.

• Supporting students who are experiencing difficulties with either their mental health, wellbeing or disability. This could include diagnosed conditions and general queries.

• Open door safe space
Accessing SWIS support

- Self-referral
- Student Services Hub – all campuses
- Drop-in Service
- Department referrals
- Reporting a concern
- Reports & Support – online process
- LEAP (Learner Engagement Activity Portal)
SWIS Student Drop-In

- Provides short term support, information, advice and signposting
- Possible for follow up appointment to be made if appropriate
- Longer term support referred to a casework, giving student a named adviser
- Where a student has a named adviser, appointments can be made directly with the adviser, help to ensure necessary adjustments and additional support is in place and signpost and access to specialist services
University of Essex Counselling: Validium

- Validium – partner organisation
- Access via:
  - Self referral online form
  - Request during a drop-in session
  - Referral from named advisers
- Shorter waiting times
Online Support

Togetherall – clinically moderated online forum, with formal support, as well as guidance and courses

Silvercloud – Online CBT programme, complete at own pace in own time. Learning techniques and applying to day-to-day life

Course topics include: Anxiety, Depression, Stress, OCD, Space from Alcohol, Space from COVID-19, sleep, resilience and money.
Further support

- Student Wellbeing Support Line – available 24/7
- StudentSpace – support and resources, text message support 24/7
- Workshops and Wellbeing Events
- Residence Life – living at Essex
- Nightline – open 10pm – 8am
- Security Staff – Mental Health First Aid Trained
External support

- Signposting:
- University Health Centre and local GP services
- Therapy For You – local IAPT service (Improving Access to Psychological Therapies)
- ECC Adult Mental Health & Wellbeing Team
- NHS Mental Health Teams – Access & Assessment Team, Eating Disorders Service, Specialist Psychosis Team
- Specialist third sector organisations
- Self-help resources
- Private counselling
Access and Disability Support

• Learning and study skills support
• Departmental disability liaison officers
• Exam and coursework support
• One-to-one mentoring
• Student support workers
• Accommodation adaptions
• DSA through SFE
Social Activities

- Gym Memberships
- Sports Clubs and Teams
- Societies (or start their own!)
- Mindfulness
- Residential Life teams
- Religious support
Financial support

• Help with budgeting and managing money
• Help with managing finances after graduating
• National Student Money Week – free events and money advice
• Blackbullion – free online money management tools
• Hardship fund
Academic support

- Peer mentors
- Personal tutors
- Skills for Success’ team - help students to develop:
  - Workshops; 1:1s
  - Writing skills
  - Maths, statistics and digital skills
  - Research and referencing
  - English language skills
Student Development at Essex

There will be many opportunities to experience real-life employment opportunities as students study – giving them an edge over other graduates and develop important networks. Consider:

- Part-time jobs / volunteering / work shadowing
- University opportunities – student ambassador; Student Union roles; Club/society reps; internships; specific university programmes
- Placements; work experience; internships; summer schemes; virtual opportunities
- Study abroad

Our team of careers professionals are here to offer students personalised support and advice throughout their degree and beyond
Which skills are important to employers?

According to LinkedIn Learning, the top 5 soft skills employers are looking for are:

1. Creativity
2. Persuasion
3. Collaboration
4. Adaptability
5. Emotional Intelligence

These are strong people-orientated skills!

However, many hard skills are also in demand (for example data analytics/sales) and often the most employable people will have a combination of hard and soft skills.

Source: The Skills Companies Need Most in 2020
Changes in the Workplace

Students now face a new way of working

Remote Working  Career Paths  Value
Support Available

- CareerHub+
- One-to-one appointments
- Fairs, Spotlights, Workshops and Webinars
- Career Mentoring
- Essex Interns and Frontrunners
- Placements
Further Studies Preparation Programme

For students in years 10 and 11.

Topics covered on the Further Studies Preparation Programme include:

- Guidance on the transition from school to sixth form/college
- Communication and socialising skills
- How to study and revise independently
- Planning for your future and employability tips
- Finance and budgeting help
- Useful life skills for now and in the future
University Preparation Programme

For students in years 12 and 13, or applying for an undergraduate degree.

Topics covered on the University Preparation Programme include:

- How to study and revise independently
- Skills to develop an academic argument
- Revision strategies
- How to apply to higher education
- How to manage your money at university and student finance
- Student life and transition to university
Essex Preparation Programme

For students about to start their degree at Essex.

Topics covered on the University Preparation Programme include:

- Independent learning
- Oracy skills
- Process writing
- Critical thinking
- Problem solving
- Academic integrity
Thank you

admit@essex.ac.uk

www.facebook.com/Uniofessex

@Uni_of_Essex

@uniessex

essex.ac.uk