



# Student Support and Wellbeing

Emily Warner

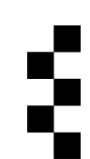
Student Recruitment Officer

Schools and Colleges Liaison Team



## **Session overview:**

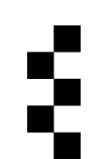
- **Student Wellbeing and Inclusivity Service**
- **Access and disability support**
- **Social activities**
- **Financial support**
- **Academic Support**
- **Student Development**
- **Preparing for University**



# **Student Wellbeing and Inclusivity Service *SWIS***

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

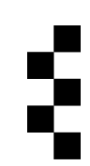
- Ensuring learning, teaching and our campus are inclusive to all.
- Supporting students who are experiencing difficulties with either their mental health, wellbeing or disability. This could include diagnosed conditions and general queries.
- Open door safe space



# Accessing SWIS support

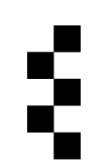
- Self-referral
- Student Services Hub – all campuses
- Drop-in Service
- Department referrals
- Reporting a concern
- Reports & Support – online process
- LEAP (Learner Engagement Activity Portal)





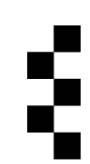
## **SWIS Student Drop-In**

- 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



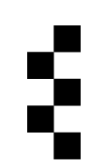
# Online Support

**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.*

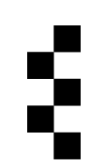


# Further support

- 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

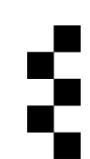






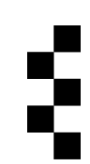
## External support

- 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



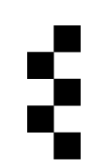
## **Access and Disability Support**

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



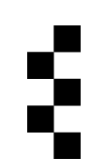
## Social Activities

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



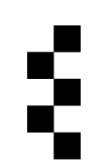
# Financial support

- 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

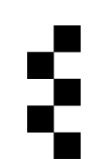


# Student Development at Essex

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?

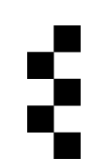
According to LinkedIn Learning, the top 5 soft skills employers are looking for are:

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

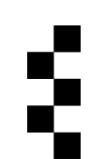


Career Paths



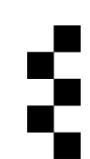
Value





## Support Available

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

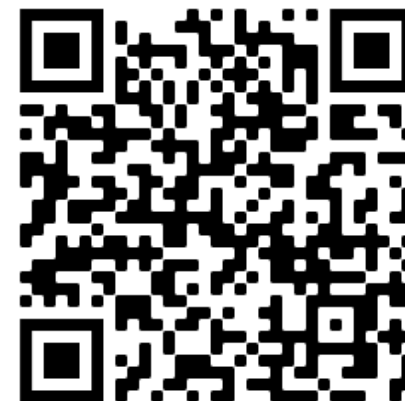


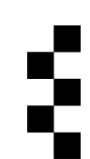
# Further Studies Preparation Programme

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





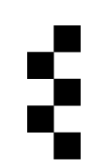
# University Preparation Programme

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



University of Essex

**Thank you**

**essex.ac.uk**

**admit@essex.ac.uk**



**www.facebook.com/Uniofessex**



**@Uni\_of\_Essex**



**@uniessex**