

SAMPLE

Universal interventions to improve the wellbeing of university students

Dr Helen Stallman

The University of Queensland

SAMPLE



Inclusive of all students

Promote learning

Promote wellbeing

Promote resilience

Minimally sufficient

Able to be implemented

Welcome

The Learning Thermometer is a tool to help students:

- Reflect upon their learning;
- Get tailored feedback about strategies, resources, and support that might be useful to them doing well in their subject;
- Develop individual learning plans to optimise their success in the course.

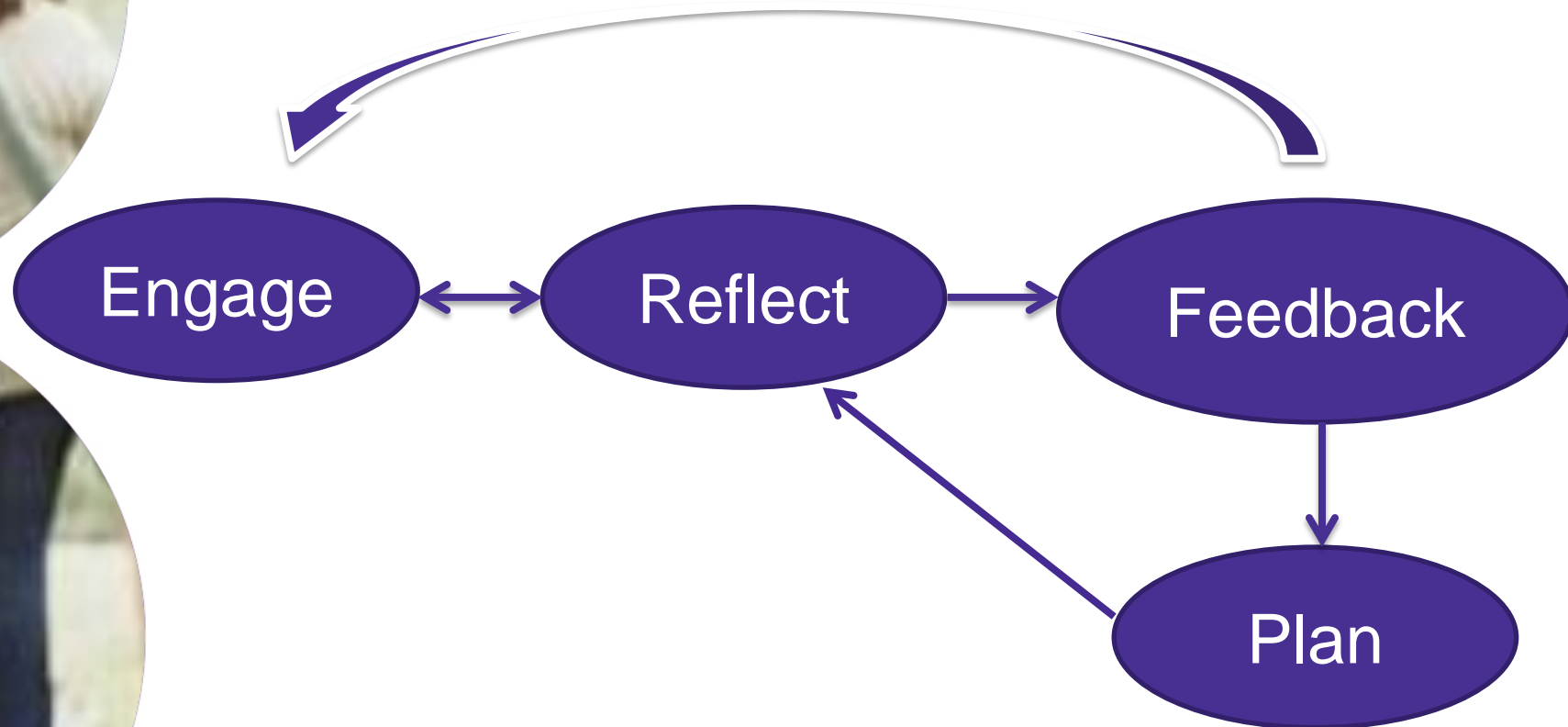
The Learning Thermometer provides teaching staff with:

- Group data at four time points during the semester to help them fine-tune the course to improve student learning outcomes.
- Summary data at the end of semester including:
 - Teaching Value Index (TVI);
 - Student satisfaction;
 - Student engagement;
 - Percentage of surveys completed by each student.



SAMPLE

Self-management



SAMPLE

Learning
Activities

Wellbeing/
Distress

Teaching

Learning



SAMPLE

Teaching Empowering Supporting

- Process
- Things I can do
- Resources I can access
- People who can help me



the desk

PROMOTING STUDENT SUCCESS AND WELLBEING



TOOLS

- Solve a problem
- Where does my time go?
- Getting it done

MODULES

- Beating procrastination
- Managing anxiety & worries
- Staying Calm

QUIZ

- Take a quiz and get immediate feedback



SAMPLE

Implications

- ✓ Focus on prevention
- ✓ Closing the loop between learning, teaching, wellbeing, and support
- ✓ More resilient students
- ✓ Better student graduate capabilities

SAMPLE

Links to Resources

The Learning Thermometer

www.learningthermometer.org.au

The Desk

www.thedesk.org.au