

HEALTHY CAMPUS CASE STUDY	
Name of Institution	Open Training College
Who led the initiative?	The initiative was led by the Student Support Officer.
Date and timeframe of the initiative	The academic year 2021 – 2022 and ongoing.
What was the reach of the initiative?	All students on QQI HET and FET programmes that run for at least one year within the Open Training College.
Initiative Title	Your Health and Wellbeing
Aims/ Objectives	<p>Students' and staff's health and well-being is a key priority for the Open Training College. Whilst college life is an exciting experience full of new opportunities, it can also be a challenging and sometimes overwhelming time. Managing the life, study, and work balance can be difficult for any of us; the college want the students to know they are not alone, and that support is available.</p> <p>The Open Training College aims to support the student learning journey; by giving the student the space, support and information they need to care for and improve their health and wellbeing. The OTC Student Support Services and our professional clinical partner, Spectrum Life, provide confidential, dedicated support to the students who are completing a course of 1 year or longer on a range of topics that promote a healthy lifestyle. The College encourages the student to prioritise their health and well-being as you spend time with us.</p>
The rationale for the action, including any identified health needs	The Open Training College has supported adult learners for over 30 years. In that time the College has identified the need for students supports that are flexible, meaningful and accessible for adults who are trying to balance study with work, family and other commitments. The need has been identified through many College mechanisms including student feedback through tutorials, the end of year survey, the student representatives and staff feedback.

<p>Identify all frameworks, policies, or strategies this initiative aligns to (Internal, local or national)</p>	<p>The Student Support Service within the Open Training College is supported by the internal Student Support Policy, which includes the student at risk and individual academic tutor support processes.</p> <p>The service is aligned with the Healthy Campus aims and principles.</p>
<p>Summary / Overview</p>	<p>The restructured OTC Student Support Services and our professional, clinical partner, Spectrum Life, began supporting students in October 2021. The health and wellbeing of all OTC students and staff is a key priority for the Open Training College. The main aim of this service is to support the student learning journey; by giving students the space, support and information they need to prioritise, care for, and improve their health and wellbeing. As the new Service is still in its infancy students are encouraged regularly to give feedback and suggestions on how the service can best develop its support going forward. The service currently offers confidential dedicated support to all OTC students and practical information and resources to help students to lead and manage a healthy, balanced lifestyle. The service does this by offering and encouraging students to avail of the services as listed below:</p> <ul style="list-style-type: none"> • A dedicated self-care resource area on the Open Training College Learning Centre (MyOTC). • Health and Wellbeing Educational Series. The education series consists of 6 OTC Tips & Tools Kits on relevant topics • OTC Thought and Reflection space is a weekly email sent to all students. • Ongoing individual confidential support with the Student Support Officer. • A personalised model of care and support available for students at exam time • Access to the services provided by Spectrum Life either through referral or direct contact. <p>After the first year and the collation of data from the various feedback mechanisms, the following improvement recommendations were identified and implemented for 2022-23.</p> <p>1. Increase the visibility of the resources available. Initial in-class contact at the beginning of the year to give visibility to the service and a face to the name in the future to all students.</p>

	<p>2. Identify and promote how previous students have used the service with positive outcomes. Student testimonies (anonymous or not) of their experience of using the service</p> <p>3. Clearly list and promote what is available to students. More resources and information available at the beginning of the year (information re support at exam time etc as well).</p> <p>4. Create a more informal feedback mechanism. More opportunity for feedback may be a general discussion area and or a set time available for students to contact or speak to student support.</p> <p>5. Ensure all the resources available are accessible and easy to find. On a broader issue reviewing the idea of student support and housing all aspects of student support in the same place online under each module, making it more accessible and natural for the student as they journey through college.</p> <p>6. Revisit student well-being in light of completing a professional degree. A rethinking of how we understand student support and how we educate students on self-care and minding.</p>
<p>Did you collaborate with internal and/or external stakeholders to deliver?</p>	<p>Internally, the programme boards of each programme, the head of quality and academic affairs, the student representative group and the Assistant College Director.</p> <p>Externally, Spectrum Life Student Support services.</p>
<p>How was the initiative organised?</p>	<p>The initiative was developed through weekly meetings between the student support officer and a nominated programme director. This meeting collated all the relevant information from the various feedback mechanisms within the Open Training College. The service devised through these meetings were then actioned by the Student Support Officer meeting directly with various relevant internal departments and Spectrum Life. For example, meeting with the online learning team to design the internal e learning resources for the student support initiative. Feedback was received from the students through their student representative, student surveys and direct contact at the workshops.</p>
<p>What resources did you need?</p>	<p>Resources needed included.</p> <ul style="list-style-type: none"> • Resourced student support officer role • Contract with Spectrum Life • Funding for a learning technologist to support the development and maintenance of the online resources for the student support service

<p>Has it been evaluated? How successful has it been?</p>	<p>The student support service was evaluated through the College end of year survey in Autumn 2022. 20% of students engaged with the student support service through the year. Of the 20%, 60% accessed the one-to-one support with the Student support officer, 18% spectrum life and 22% both. 70% stated the service was very helpful or helpful, with 25% saying the service was neither helpful or unhelpful and 5% saying the service was not helpful. The most popular support for all students were the weekly thought and reflection emails. 30% of all students were unsure what the service provided and 35% asked for more focused exam supports.</p>
<p>Any future plans, including the sustainability of the initiative?</p>	<p>The service is now embedded into the College supports for students. The service will seek continual feedback to ensure the aims are being achieved.</p>
<p>Key Learning Points</p>	<p>Listening to student need Creating a multi element flexible, accessible model of supports for adult learners The importance of quality assurance in developing student supports</p>

Healthy Campus Framework Categories (please tick all that apply)

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Commit <input type="checkbox"/>	Leadership, Strategy & Governance <input type="checkbox"/>	Alcohol <input type="checkbox"/>	Students <input type="checkbox"/>
Coordinate <input type="checkbox"/>	Campus Environment (Facilities & Services) <input type="checkbox"/>	Substance Misuse <input type="checkbox"/>	Staff <input type="checkbox"/>
Consult <input type="checkbox"/>	Campus Culture & Communications <input type="checkbox"/>	Healthy Eating / Food <input type="checkbox"/>	Wider community <input type="checkbox"/>
Create <input type="checkbox"/>	Personal & Professional Development <input type="checkbox"/>	Mental Health & Wellbeing <input type="checkbox"/>	Other <input type="checkbox"/>

Celebrate & Continue <input type="checkbox"/>		Sexual Health & Wellbeing <input type="checkbox"/>	
		Tobacco Free Campus <input type="checkbox"/>	
		Physical Activity / Active Transport <input type="checkbox"/>	
		Wellbeing on the Curriculum (can also fall under 'Personal & Professional Development) <input type="checkbox"/>	
		Health & Sustainability <input type="checkbox"/>	
		Other <input type="checkbox"/>	

Contact Details

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Links	