



## Healthy Campus Case Study



**HEA** | HIGHER EDUCATION AUTHORITY  
AN tÚDARÁS um ARD-OIDEACHAS

# Your Health and Wellbeing

### Name of institution and initiative lead

Open Training College. The initiative was led by the Student Support Officer.

### Date and timeframe

The academic year 2021 – 2022 and ongoing

### What was the reach?

All students on QQI HET and FET programmes that run for at least one year within the Open Training College

### Aims and Objectives

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.

### Aims and Objectives

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 students to prioritise their health and well-being as they spend time with us.

### Aligned frameworks, policies, or strategies

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.

The service is aligned with the Healthy Campus aims and principles.

### Project Collaborators

Internally, the programme boards of each programme, the head of quality and academic affairs, the student representative group and the Assistant College Director.

Externally, Spectrum Life Student Support services.

### Key Learning Points

Listening to student needs

Creating a multi element flexible, accessible model of supports for adult learners

The importance of quality assurance in developing student supports

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Consult	Leadership, Strategy & Governance	Mental Health & Wellbeing	Students
Create			



**OPEN TRAINING COLLEGE**

