



Healthy Campus Case Study



“Everyday Matters - Healthy Habits for University Life” – an innovative time use and wellbeing microcredential for UCC undergraduate and postgraduate students

Name of institution and initiative lead
University College Cork. Dr. Eithne Hunt, Department of Occupational Science and Occupational Therapy
Date and timeframe
Ongoing
What was the reach?
The Everyday Matters intervention has been disseminated widely including at conferences (Student Affairs Ireland, European First Year Experience Conference, NUIG Annual Health Promotion Conference, Association of Occupational Therapists of Ireland). It has also featured on the Network SMARTEN blog, Thrive Global and the Flourishing Education podcast. This dissemination promotes this innovative Occupational Therapy intervention and enables Occupational Therapists and others to access educational content on the intervention. The intervention featured in a national seminar “Showcasing a Tiered Public Health Occupational Therapy Approach to Supporting Student Participation, Health, Wellbeing and Success in Higher Education” in June 2021 and a national seminar on “Curricular Approaches to Wellbeing in Higher Education” in May 2022.
Aims and Objectives
Develop an evidence-based time use and wellbeing intervention to support the mental health, well-being and success of students.

Aligned frameworks, policies, or strategies		
Curricular Jigsaw	Education, Dublin: Union of Students in Ireland.	Embedding wellbeing across the curriculum in higher education.
Healthy Campus		
HSE national Healthy Ireland	HEA. (2019). Understanding and Enabling Student Success in Irish	UCC Student Mental Health and Wellbeing Strategy (2022)
UCC NF	Higher Education.	Higher Education Authority. (2022). National Student Mental Health and Suicide Prevention Framework.
Student Mental Health	Department of Health. (2020). Sharing the Vision A Mental Health Policy for Everyone	HEA (2022). Higher Education Healthy Campus Charter and Framework for Ireland 2020 – 2025.
Connecting for Life, Ireland's National Strategy to Reduce Suicide, 2015-2020.	USI/National Forum for the Enhancement of Teaching and Learning in Higher Education. (2021).	
Price, A. Smith, H.A. And Kavalidou, K. (2019). USI National Report on Student Mental Health in Third Level		
Project Collaborators		
This innovative, low-cost, wide-reaching and scalable programme is a collaboration with the UCC Skills Centre, thus ‘mainstreaming’ the programme as a universal intervention, increasing its appeal for students.		

Key Learning Points
Mental health and well-being are critical to student success in higher education and beyond (Leshner, 2021).
University student mental ill health, mental distress and low well-being are a serious concern nationally and internationally.
Despite enduring stigma around accessing mental health supports, demand for 1:1 counselling exceeds supply.
Developing and resourcing a range of evidence-based interventions targeting the mental health, well-being and success of students is critical across universal, targeted and intensive supports.
As the curriculum is the only guaranteed point of contact between a university and its students, curricular approaches to well-being are particularly important and impactful.
“Everyday Matters: Healthy Habits for University Life” is a novel, free, online, asynchronous, co-curricular microcredential available to all students at UCC.
This highly successful, innovative, low-cost, wide-reaching and scalable programme is a collaboration with the UCC Skills Centre.

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Commit	Campus Environment (Facilities & Services)	Mental Health & Wellbeing	Students
Create	Personal & Professional Development	Wellbeing on the Curriculum	
Celebrate & Continue	Campus Culture & Communications	Health & Sustainability	

