



# Healthy Campus Case Study



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

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

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| <b>Name of institution and initiative lead</b>   |
| University College Cork. Dr. Eithne Hunt, Department of Occupational Science and Occupational Therapy  |
| <b>Date and timeframe</b>  |
| Ongoing  |
| <b>What was the reach?</b>   |
| 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. |
| <b>Aims and Objectives</b>   |
| Develop an evidence-based time use and wellbeing intervention to support the mental health, well-being and success of students.  |

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| <b>Project Collaborators</b>  |
| 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.  |
| <b>Aligned frameworks, policies, or strategies</b>  |
| Curricular Jigsaw<br>Healthy Campus<br>HSE national<br>Healthy Ireland<br>UCC<br>NF<br>Student Mental Health<br>Connecting for Life, Ireland's National Strategy to Reduce Suicide, 2015-2020.<br>Price, A. Smith, H.A. And Kavalidou, K. (2019). USI National Report on Student Mental Health in Third Level<br>Education, Dublin: Union of Students in Ireland.<br>HEA. (2019).<br>Understanding and Enabling Student Success in Irish Higher Education. Department of Health. (2020).<br>Sharing the Vision A Mental Health Policy for Everyone<br>USI/National Forum for the Enhancement of Teaching and Learning in Higher Education. (2021).<br>Embedding wellbeing across the curriculum in higher education.<br>UCC Student Mental Health and Wellbeing Strategy (2022)<br>Higher Education Authority. (2022).<br>National Student Mental Health and Suicide Prevention Framework.<br>HEA (2022).<br>Higher Education Healthy Campus Charter and Framework for Ireland 2020 – 2025. |

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| <b>Key Learning Points</b>   |
| 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 |
|------------------------|--|-----------------------------|------------------|
| Consult                | Campus Environment (Facilities & Services) | Mental Health & Wellbeing   | Students         |
| Create                 | Personal & Professional Development        | Wellbeing on the Curriculum |                  |
| Celebrate & Continue   | Campus Culture & Communications            | Health & Sustainability     |                  |

