



Healthy Campus Case Study



HEA | HIGHER EDUCATION AUTHORITY
AN tÚDARÁS um ARD-OIDEACHAS

Embedding Wellbeing into the Curriculum – Development and Provision of a Credit-Bearing Module on Wellbeing & Resilience across Six Programmes in the School of Business and Humanities.

Name of institution and initiative lead
Dundalk Institute of Technology (DkIT) School of Business and Humanities
Date and timeframe
First Rollout 2015 - Ongoing
What was the reach?
Approximately 140 students per year for full module; and a further 60 students where topics are 'infused' into other modules.
Aims and Objectives
The objective was to provide education in wellbeing and resilience skills such as Mindset, Stress Management, Time Management, Identifying Strengths, Goal Setting and Habit Management to as many students as possible.

Aligned frameworks, policies, or strategies
While the staff driving this initiative recognised and responded to the need for such an initiative nearly 10 years ago, the idea of providing more interventions on wellbeing and resilience to third-level students has gained much attention and focus recently. For example, the following reports and policies have really given HEIs a mandate to act on this important aspect of third-level education:
Fox, T., Byrne, D. and Surdey, J. (2020) National Student Mental Health and Suicide Prevention Framework. Higher Education Authority
Byrne, D. and Surdey, J. (2021) Embedding wellbeing across the curriculum in higher education. USI and National Forum for the Enhancement of Teaching and Learning in Higher Education.
Dundalk Institute of Technology Strategic Plan 2024 – 2028
UN Sustainable Development Goals:
SDG 3 Good Health and Wellbeing
SDG 4 Quality Education
SDG 8 Decent Work and Economic Growth

Project Collaborators
Internal collaborations:
Head of School of Business and Humanities
Heads of Department of Management & Financial Studies; Business Studies; and Humanities.
Colleagues on programme boards.
Centre of Excellence in Learning & Teaching (CELT)
DkIT Counselling Service Staff.
Key Learning Points
The health-related behaviours and wellbeing of students in DkIT.

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Create	Leadership, Strategy & Governance	Mental Health & Wellbeing	Students
Celebrate & Continue	Personal & Professional Development	Wellbeing on the Curriculum	

