



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

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.

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

Key Learning Points	<p>Mental health and well-being are critical to student success in higher education and beyond (Leshner, 2021).</p> <p>University student mental ill health, mental distress and low well-being are a serious concern nationally and internationally.</p> <p>Despite enduring stigma around accessing mental health supports, demand for 1:1 counselling exceeds supply.</p> <p>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.</p> <p>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.</p> <p>“Everyday Matters: Healthy Habits for University Life” is a novel, free, online, asynchronous, co-curricular microcredential available to all students at UCC.</p> <p>This highly successful, innovative, low-cost, wide-reaching and scalable programme is a collaboration with the UCC Skills Centre</p>
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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	

