



# Healthy Campus Case Study



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

# How to @ ATU

**Name of institution and initiative lead**  
Atlantic Technological University - Donegal  
4th year Health and Social Care students, Aine Hatzer, Claire Mc Caul, Caoimhe O Sullivan, Annie Brennan

**Date and timeframe**  
6th November 2023, a 6-week timeframe

**What was the reach?**  
All ATU Donegal students

**Aims and Objectives**  
The aim was to provide tips and tricks to students that were just beginning their student life to make the move from secondary school to college as seamless as possible. When doing this we focused on 6 main topics these were Mental Health, Physical Health, Sexual Health, Healthy Environment, Addictive Behaviours and Healthy Eating to make students aware of issues that were arising and providing them with information and services that we felt would be of great importance.

**Aligned frameworks, policies, or strategies**  
Healthy Campus Charter and Framework  
National Student Mental Health & Suicide Prevention Framework  
Safe, Respectful, Supportive and Positive: Ending Sexual Violence and Harassment in Irish HEIs  
Eu Green Alliance Work package 8 "A Healthy & Sustainable Campus"

**Project Collaborators**  
Staff and students in ATU Donegal  
Eu Green Work Package 8 Delegates  
Sharon Ferguson Mental Health and Wellbeing Officer in ATU Donegal  
Steven O Donnell Online & flexible Learning ATU Donegal

**Key Learning Points**  
Key achievements were making the brochure and having a student voice on the student toolkit. From setting up stands, to interacting with students from all different courses and years in our information day in the college, we feel like the brochure was very successful. We listened to the students' voices and will be very helpful for students for the next few years in the college.

**Summary**  
We wanted to create an initiative that would help first years and new students settle into college life a lot quicker and ease any nerves or feeling of anxiety. We agreed that a simple guide created by current students that provides some basic tips and advice would be beneficial for new students at ATU Donegal.  
A consultation desk was set up in the main corridor to retrieve information. With the information gathered we then began to construct our brochure with the help of the IT department. The brochures were handed out in the main corridor of the college and were made available to all students at ATU Donegal online.

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Create	Campus Culture & Communications	Substance Misuse	Students
Celebrate & Continue		Healthy Eating / Food	
		Mental Health & Wellbeing	
		Sexual Health & Wellbeing	
		Health & Sustainability	

