**Healthy Campus**  **Case Study**

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| **HEALTHY CAMPUS CASE STUDY** | |
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| **Name of Institution** | Atlantic Technological University (ATU) Donegal |
| **Who led the initiative?** | 4th year Health and Social Care students, Aine Hatzer, Claire Mc Caul, Caoimhe O Sullivan, Annie Brennan |
| **Date and timeframe of the initiative** | 6th November 2023, a 6-week timeframe |
| **What was the reach of the initiative?** | All ATU Donegal students |
| **Initiative Title** | How to @ ATU |
| **Aims/ 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. |
| **The rationale for the action, including any identified health needs** | As current students at ATU Donegal we have a firsthand experience of being those nervous first years stepping into the unknown of college life. 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 that coincides with the start of their new daily life at college. We agreed that a simple guide created by current students of ATU Donegal that provides some basic tips and advice would be beneficial for new students at ATU Donegal. |
| **Identify all frameworks, policies, or strategies this initiative aligns to**  ***(internal, local or national)*** | Healthy Campus Framework  National Student Mental Health & Suicide Prevention Framework  Consent- Ending Sexual Violence  Eu Green Alliance Work package 8 “A Healthy & Sustainable Campus |
| **Summary / Overview** | During out first meeting as a group, we agreed on creating a ‘How to at ATU’ brochure and online information that would be aimed at new students in ATU Donegal. We wanted to get the opinions and views of the student body on what they believe would be helpful information for us to include in our project. A consultation desk was set up in the main corridor and this allowed us to interact with the students of ATU Donegal and retrieve information. With the information gathered we then began to construct our brochure with the help of the IT department. These brochures were handed out in the main corridor of the collage and were made available to all students at ATU Donegal. We also provided a QR code to our online information. The brochure and online information were also presented to the ATU Donegal first year Health and Social Care. We then shared our work with the EU Green Work Package 8 Delegates. |
| **Did you collaborate with internal and/or external stakeholders to deliver?** | 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 |
| **How was the initiative organised?** | We met as a group and created a week-by-week plan including all the tasks needed for our ILP to be a success. |
| **What resources did you need?** | Our brochures were created using our own knowledge along with the help of the IT Department at ATU Donegal. The IT Department helped to create a brochure and online information that was appealing to the reader and easily accessible. We also used the printers in the library to print of some prototypes of our brochures. |
| **Has it been evaluated? How successful has it been?** | The feedback from students who have received our product has been significantly positive. We hope our ILP reaches even more students in the coming months and continues to develop each year. |
| **Any future plans, including the sustainability of the initiative?** | We plan to get our brochure professionally made due to us having no financial support when undertaking our ilp. We also hope to put our brochure forward for future ilp for them to be updated and more information can be added each year. We also plan on making a blank template for all colleges in Ireland to be able to make the brochure in relation to their own college. |
| **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. |

**Healthy Campus Framework Categories (please tick all that apply)**

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| **Healthy Campus Process** | **Whole Campus Approach** | **Topic** | **Population Group** |
| Commit | Leadership, Strategy & Governance | Alcohol | Students |
| Coordinate | Campus Environment (Facilities & Services) | Substance Misuse | Staff |
| Consult | Campus Culture & Communications | Healthy Eating / Food | Wider community |
| Create | Personal & Professional Development | Mental Health & Wellbeing | Other |
| Celebrate & Continue |  | Sexual Health & Wellbeing |  |
|  |  | Tobacco Free Campus |  |
|  |  | Physical Activity / Active Transport |  |
|  |  | Wellbeing on the Curriculum (can also fall under ‘Personal & Professional Development) |  |
|  |  | Health & Sustainability |  |
|  |  | Other |  |

**Contact Details**

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| **Contact Name/s** | Sharon Ferguson |
| **Date** | 10/4/24 |
| **Email Address** | Sharon.ferguson@atu.ie |
| **Links** | <https://lyitbb.blackboard.com/bbcswebdav/courses/PracticeOnlineExams/Sept2022/HowToAtAtu2/HowToAtATU/HowToATu.html> |