

Area	Project	2020 Rollover (to cover 2020 deferred projects/payments)	2021 Request	2021 recommended Allocation	2020 Allocation
Wellbeing	Wellbeing Co-ordinator	0.00	65,063.18	65,000	108,997
Wellbeing	Thrive Peer Educators	0.00	32,619.50	32,620.00	0
Wellbeing	Thrive program costs	0.00	5,000	5,000.00	10,000
Total ANU Thrive			102,682.68	102,620	118,997

1 December 2020

To: Professor Ian Anderson,
Deputy Vice-Chancellor, Student and University Experience

CC: Dr Thuy Do, Academic Skills,
Ms Deborah Veness, Office of PVC, T&L
Ms Sarah Walker, Student Engagement and Success, Wellbeing
Ms Melanie Greenhalgh, Student Incidents and Support, Wellbeing

Tania Willis (MMgt, ANU, BAL, UNE)
Associate Director, Wellbeing

Student and University Experience
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CRICOS Provider No. 00120C

2021 SSAF Allocation

Dear Ian

Thank you for your letter of 1 November advising of the notification of SSAF funding for Student Support Services and outlining next steps in relation to the 2021 SSAF process.

I now attach the shared submission from the student support service areas whose primary purpose is to support student wellbeing and success:

- Academic Skills and Learning
- Careers
- Wellbeing

Additionally, I have attached a high level summary of all projects submitted and considered. This includes the total budget requested for each project, the amount I have recommended for 2021, expected outcomes for 2021 and how each project relates to the student priorities as outlined in the outcome of the 2020 SSAF survey of students. A summary of projects that have not been recommended for funding in 2021 has also been included, alongside options for these projects into the future.

Each project has been considered on the basis of the total amount available, student support and wellbeing across the full student lifecycle from transition into university, academic support and programs that contribute to equity, social connection, and the development of graduate outcomes in relation to employability.

The internal areas have been consulted with regard to the recommendations put forward in this proposal and if you have any questions, please let me know.

Finally, I would like to take the opportunity to recommend that a program logic and evaluation framework be developed for all SSAF funded programs and services in 2021 for the 2022 SSAF allocation process. This will assist with decision making and planning by linking activities with outputs and delivery of longer term outcomes across all service areas.

Regards



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Student Support Services

2021 SSAF

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This document forms the shared submission across operational areas whose primary purpose is to support student wellbeing and success:

- Academic Skills and Learning, Dr Thuy Do
- Careers, Deborah Veness
- Wellbeing, Sarah Walker and Melanie Greenhalgh

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CRICOS Provider No. 00120C

Overview of Request

To support student wellbeing and success into 2021, the following projects are being put forward for consideration:

Area	Project	2021 Request	2021 Allocation Recommended	2020 Allocation	2020 Rollover
Wellbeing	ANU Thrive	102,682.68	102,600	118,997	0.00

A high level breakdown is outlined as follows:

Project	Salary Current staff	Salary student casuals	Non-Salary	2021 total allocation recommended
ANU Thrive	65,000	32,600	5,000	102,600

A detailed budget, summary, outcomes and how each proposal relates to student priorities has been outlined for each project within this document.

Section 3: SSAF Funded Wellbeing Programs

The Wellbeing Portfolio provides a range of programs and services to enable students to learn and grow intellectually, socially and professionally during their time at ANU. We undertake evidence-based activities, run programs and provide resources that support the wellbeing and support of all students through orientation and transition, extra-curricular enrichment, leadership and community building and wellbeing education activities and support. Wellbeing supports the University to meet its strategic objectives by ensuring an enriched student experience for all students.

All of the programs, activities and resources provided by the team are student-focused and SSAF supported. Our three streams focus on specific goals mapped out across the student lifecycle:

- **Student Engagement** - holistic transition and orientation of new students to the University and community to prepare them to succeed academically, personally and professionally at ANU and beyond; and
- **Student Development** - high impact programming to encourage deep learning of students through engagement and leadership development to support student success at university and increase employability skills.
- **Student Wellbeing (ANU Thrive)** – provision of a support system for students, enabling students to access information about early intervention and prevention options, therefore working with the community to prevent crises from occurring.

Underlying our programs and activities is a focus on equity, access and outreach, as well as the larger goal we have of community building with and for students and an aim to increase their sense of belonging in their own way at ANU and participation as an active member of the community. Research shows that increased sense of belonging impacts not only a student's wellbeing (Strayhorn, 2018) but also the way they engage in learning (Smyth, Mayor & Gray, 2019) and their academic outcomes (Walton & Cohen, 2007 & 2011). Through praxis the team focuses on the antecedents of developing a sense of belonging, as well as the academic, social and emotional benefits student reap from establishing their place at university (see for example, Bennett, Naylor, Mellor, Brett, Gore, Harvey, James, Munn, Smith & Whitty, 2015; Smyth, et al., 2019; Smyth, Mavor, Platow & Grace, 2017; Hoffman & Morrow, 2002).

As such, our programs fall under a range of SSAF categories:

- supporting a sporting or other recreational activity by students;
- promoting the health or welfare of students;
- supporting debating by students;
- supporting an artistic activity by students;
- giving students information to help them in their orientation; and
- helping meet the specific needs of overseas students relating to their welfare, accommodation and employment.

The greatest proportion of our work aligns with the priorities indicated in the recent SSAF survey:

- Health, welfare and wellbeing, by supporting students to connect with and contribute to the University community, thereby supporting their sense of belonging and overall wellbeing; and
- Student advice and Support, by supporting the orientation and transition of new students as well as running programs that facilitate student development through a range of key skills that support their leadership abilities and future employment.

According to the 2019 Student Experience Survey, “ANU student experience of student support tends to average below 70%.” (Full 2019 SES Report). Strategic investment into key student support services to increase awareness, engagement and ability to serve a diverse range of students should improve these results by providing strong foundation elements to best support students. This includes investment to support student transition and orientation to campus, connection with peers, personal and professional development and interventions that increase the sense of belonging and wellbeing of students. It is for this reason that we are requesting an amount above the minimum viable funding, to allow us to re-establish this foundation of support through strategic activities such as an internal University wide audit, review and re-conceptualisation of orientation and transition, the implementation of activities proven successful through the Experience Accelerator and the development and integration of key learnings from the Student Leadership Development Working Group. These three strategic focuses will have a University-wide impact, are all being developed in partnership with students and based in pedagogy with strong evaluation methods to confirm their impact.

Summary table

Project	2021 amount requested	2020	2019
ANU Thrive Peer Educators (Prev WB Co-ordinator)	\$102,682,80	\$118,997	\$120,477

Project: ANU Thrive

Lead Proponent: Wellbeing Co-ordinator, ANU6/7 – funded through SSAF. In 2021, this has been reduced to .5 FTE to allow for funding to pay student peer educators.

Staff time: .5 FTE

Project Overview

In 2020, ANU Thrive (formerly Student Wellbeing) received \$117,000 to deliver one SSAF-funded project. The project provides evidence-based health promotion and wellbeing activities and supports to ANU students. The original SSAF bid was a collaboration between ANUSA and the Wellbeing Portfolio and resulted in the program being developed to complement the existing student support system. The program was designed to employ students to implement a peer education model of engagement.

Allocation of SSAF funds allowed the program to employ five ANU students as peer educators as well as a full-time project coordinator. The peer educators received training and supervision from ANU Student Incidents and Support professional staff and participated in providing invaluable insights and direction to a number of university wide consultations, as well as the ANU Student Experience Accelerator proof of concept process.

During 2020 the team has adjusted the service delivery model to be able to continue to support students remotely. This has been successful and despite the service being in its infancy in terms of brand recognition, ANU Thrive has experienced regular engagement and positive outcomes and feedback from students accessing the program as well as from internal and external staff referring to the program.

ANU Thrive has provided a number of services to the ANU Community during the transition to COVID safe conditions – these include but are not limited to:

- Conducting COVID related welfare checks for students located in Australia and internationally, these were conducted via email, phone and Zoom.
- Facilitating Student Support Consultations for ANU students who made contact with the program directly via phone, email and Zoom.
- Providing informal and formal referral to a number of ANU, Canberra, Australian and internationally based services to meet the needs identified by students in Student Support Consultations.
- Providing support documentation for students to access academic and psycho-social supports.

Facilitating ANU students' access to ACT Government International Student Relief Package to provide financial support to students who were experiencing financial distress.

- Developing, organising and facilitating health promotion workshops and events on coping with COVID, self-care and wellbeing in the everyday, connecting during COVID and breaking down isolation, budgeting and money matters, understanding gambling and its impacts, nutrition and cooking skills as examples.
- Developing and implementing social media health promotion campaigns. These activities are focussed on normalising the experiences students we having during COVID and promoted help-seeking and the services available to provide assistance.
- Facilitating University Mental Health Day program of events, as well as Mental Health Month program of events.

ANU Thrive Health Promotion Events Sem 1 and Sem 2, 2020

Activity	Target Audience/s	No. of Participants
Managing Your Money	Students wishing to increase financial literacy	43/70 61%
Feast of Strangers	Students experiencing social isolation	15/30 50%
O-Week Cook-a-Long	Students living off-campus and in self-catered residences	215 reach 38 engagements
Cook-a-Long	Students living off-campus and in self-catered residences	Average 245 reach 24 engagements

Suicide Prevention Day Video- Isabelle Yujico	Students wanting to learn about suicide and how to support someone experiencing suicidal thoughts.	6200 reach 685 engagements
Suicide Prevention Day Videos - Dr Michelle Banfield	Students wanting to learn about suicide and potential support pathways	Average 824 reach 17 engagements
Global Programs Returnees Workshop	Students returning from overseas	11
Lena Karmel Lodge – Panel Discussion	Students at Lena Karmel Lodge	13
Ursula Hall – Wellbeing and Support Services	Senior Residents at Ursula Hall	22
Online cook-a-long sessions	Students living off-campus and in self-catered residences	Average of 80 views per post
Feast of Strangers (first online delivery)	Students experiencing social isolation	8 participants
University Mental Health Day – clinical and researcher videos	Students at risk of mental health problems	Reached over 2600 people
University Mental Health Day – student voices videos	Students at risk of mental health problems	Reached over 140 people
Exam tip videos	Students with exams	Reached over 400 people

2021 Project Goals

In 2021, we seek to continue our approach and build on the successes of 2020. In particular, we intend to harness the value and impact of peer-to-peer support for ANU students as they navigate student and life transitions whilst managing their health and wellbeing needs.

We are seeking a total of \$102,682.70 to deliver the ANU Thrive program in 2021. The following table outlines the costs associated with delivering the program. This budget has been developed by reviewing current programming and implementing cost saving measures by reducing the Wellbeing-Co-ordinator lead role to .5 FTE and reducing peer educators from five to four for 2021.

Consequences and risks if unable to deliver project

ANU Thrive provides an important part of the support system for students, the program enables students to access information about early intervention and prevention options, therefore working with the community to prevent crises from occurring.

During 2020 anecdotally we have seen an increase in the complexity of mental health issues arising from the negative health and wellbeing impacts of COVID-19. The importance of continuing to develop the ANU Thrive program is imperative to the student experience at ANU and in particular, to ensure that students are able to achieve successful outcomes in all aspects of their lives. Removal or significant changes to ANU Thrive program will risk students having less access to accurate, evidence-based health and wellbeing information and lead to poorer student outcomes, as well undermine the development of the program to date.

Proposed Budget Table

COST ITEM		AMOUNT
4 x Peer Educators 5 HRS x 32 weeks per year + 4 x 8 hours training + staff meetings		32,600
1 x .5 FTE Wellbeing Coordinator		65,000
Materials for events	Sunscreen Hand Sanitiser Condoms/Lubricant/Dental Dams FB Advertising Budget Materials and supplies Printing Videographer	5000.00
Total		102,600

2021 SSAF Allocation Summary

Area	Project	2021 Outcomes	SSAF Category/ies	2021 Request	2021 Amount Rec	2020 Amount	Notes
	ANU Thrive	In 2021, we seek to continue our approach and build on the successes of 2020. In particular, we intend to harness the value and impact of peer-to-peer support for ANU students as they navigate student and life transitions whilst managing their health and wellbeing needs.	Student Support and Advice Health, welfare and Wellbeing Support new and returning students	102,682.68	102,600	118,997	<p>2021 Breakdown: Non-salary: 5,000 Student Salary: 32,600 Staff Salary: 65,000</p> <p>Note: the salary position has been reduced to a .5 FTE role, alongside 4 Peer Educators. The additional .5FTE will be covered by recurrent funded staff.</p>