

Projectplan Wellbeing in the Erasmian Classroom 2023-2025

Working Title	Wellbeing in the Erasmian Classroom
OCW Theme (basic quality)	Theme 2: More and Better Guidance
EUR Theme (innovation)	Theme 5: Wellbeing of students
Synopsis (short description)	The programme of Student Wellbeing successfully organized outreach to students on a central level of EUR, creating better access to mental health care, normalizing the dialogue on student wellbeing and building a definition of student success. Since School-practices on a programme level differ greatly and NPO-programmes have shown the effectiveness of reaching out to students in the context of the Educational Classroom, the project proposes to assign wellbeing officers within faculties (some faculties already make use of these) that develop student wellbeing measures in close alliance cross faculty and with the central programme. Next the programme identifies that attention on Personal Professional Development focuses on bachelor students mostly and has a focus on academic and labour market skills. The programme proposes to pilot an evidence based student centered programme that focuses on a broader development of a personal and professional identity and that enables students to identify less effective behaviors and find ways to mediate stress and anxiety and the development of effective coping and personal development strategies. See ****
KPI phase 1 (output, directed towards: number of courses, students, teachers, etc.)	<p><i>Project 1</i> <i>Installation of SW-officers, 12 hour per school per week</i></p> <p><i>Project 2</i> <i>A pilot for 240 master programme students (max) that receive a personal coaching programme to enhance their personal capabilities.</i></p>
KPI phase 2 (outcome, directed towards: value for students, teachers, etc. in an embedded measurement)	<p><i>Project 1</i> Better alignment of the student experience. Enhancement of student success. In classroom outreach, prevention and referral.</p> <p><i>Project 2</i> Evidence based personal coaching programme for master students aimed at personal professional development and the enhancement of personal competencies. Prevention of negative friction due to stress and anxiety.</p>
New programme/part of existing programme	Part of the existing Student Wellbeing Programme.
Project owner	Rianne van der Zanden, Marilisa Boffo and Danielle Remmerswaal.
Governance	Assembly of Vice Deans of Education; Director of Academic Affairs. For the pilot of Project 2: the leadership of faculties involved.
Budget	€ 350 for 2023/2024 and € 350 for 2024/2025.
Project details	2023 – 2025 (July)

	<p>The project will develop a shared cross faculty approach of student wellbeing in classroom through a network of dedicated student wellbeing officers. This will further enhance student success.</p> <p>The project will develop an evidence based coaching and development programme for master students that focuses on building personal resiliency and effectiveness through targeted interventions.</p>
	3. 6 Fte and 0,5 student assistant. See *** below
	Overhead is project coordination of 1.2 fte.
	A pilot with two evidence based coaching programmes aimed at master students.
Risks	<p>Misalignment with personal professional development programmes. Mitigation: the academic lead of PPD will be consulted regularly.</p> <p>Misalignment with School specific contexts. Mitigation: by organizing a SW network and presenting intermediate results twice annually to the assembly of Vice Deans. Inclusion of faculty representative bodies.</p> <p>Zero outcome on the pilot with master students. Although the risk should be limited, a zero outcome (effects not substantiated by relevant data) is an outcome as well that will prevent an intervention that adds to the workload of students without adding to their student success.</p>

The programme Wellbeing met all KPI set for 2020 and 2021. Main focus point was to reach out to students; to normalize dialogues on student wellbeing; to define student success next to study success in the programme design and execution within schools. To achieve the mission ‘from study to student success’ universities should not only invest in the academic performance of their students but also in their wellbeing and personal development. In the framework document on Student Wellbeing for higher education, wellbeing is intertwined with personal development (Kaderdocument Hoger Onderwijs Studentenwelzijn, 2023, page 4). This framework document refers to the importance of ‘including wellbeing within education’ and ‘the development of resilient professionals who learn to deal with obstacles and setbacks and look for solutions, so that they can do the same after their studies’.

To reach out to students, and to discuss mental wellbeing, the programme set up centrally organized activities, such as the Living Room and the Personal Support Hub, the online student wellbeing platform, the online coaching offer Siggie, the Student Wellbeing monitor, Student Wellbeing Weeks etcetera. The programme launched the Manifesto Student Wellbeing in co creation with the educational deans and the Rector Magnificus. Data support the successful outreach to a diverse student population.

Following the measures that Schools implemented during Covid (with the help of NPO-funding) is appears that activities that reach out to students within the classroom are successful to enhance student wellbeing, student and study success. The team of Wellbeing therefore proposes to intensify

the transition from study success to student success. Therefore, closer collaboration between the central Student Wellbeing-team and each faculty is needed.

So far, the contact with faculties on the topic of SW, although very fruitful, is also somewhat scattered and spread over different contact persons. The programme team of Wellbeing has no resources to better align and coordinate all shattered efforts. Most HEQA programmes at Erasmus University have a budget well over 900K, whereas the basic financing of Wellbeing is less than 500 K. With an increased budget and through better alignment the programme aims for a more structural progress on Student Wellbeing.

Project 1: faculty wellbeing officers

Some faculties have installed a dedicated wellbeing officer. The programme proposes to install a wellbeing officer within each faculty. The wellbeing officer is fully dedicated to this topic and has a faculty internal overview over what would be desirable to enhance student wellbeing. The wellbeing officer works together with the wellbeing officers from the other faculties and with the central Student Wellbeing-team which promotes knowledge exchange. Main outcome: share experiences, co design a shared repertoire to enhance the wellbeing and student success. An of course: prevention of reinventing wheels, time and again.

Project 2: piloting a project on the edge of personal professional development and wellbeing

The current situation in the field of wellbeing and personal development of higher education students is that a) there are still no proven effective programs on wellbeing and personal development within higher education, b) the Personal Professional Development initiative (PPD) mainly focuses on the development of professional skills, while the personal side of PPD is still underexposed and c) that some EUR faculties are developing a PPD offer primarily for bachelors. To enhance the wellbeing of students, it is important that PPD develops a wider scope. Personal development offer should be offered in a safe environment where you can freely discover who you are as a person (with strengths, talents, and weaknesses, living in a certain situation, with a certain background, etc.) in relation to the demands of university life and the future professional life.

Since there are quite some initiatives within EUR for bachelors, usually in the context of mentor hours, the present project focuses on master students. To build knowledge and experience about wellbeing and personal development within higher education, the Student Wellbeing programme proposes a pilot of two well-founded programs with positive practice-based results: a) 'Optimizing your own performance program' (OYOP, UK programme) and b) 'Global Young Leaders Life Training Program' (GYL, Dutch programme). Both one-year programs offer online guided group sessions by professional instructors on relevant topics for master students. In addition to the group sessions, OYOP also includes personal coaching. The proposed project aims at implementing and evaluating both programs among 120 students each. If evaluations show positive results and faculties want to implement one of the programs on a larger scale, the programme can be upscaled.

Table 1: Budget and KPI's related to the proposed additions to project line 'Student Support services and lecturers'

A. Project line 'Student Support	FTE Incl. overhead:	Budget 2023	KPI's 2023	Budget 2024	KPI's 2024

services and lecturers'	- 1 fte project lead scale 10-11 = 112K - 1fte SA = 68K	July-Dec	July-Dec	Jan-Dec	Jan- Dec
A1. SW officers in each faculty	- 9 SW officers x 0,3 fte 1 project lead SW central x 0,2 fte	151K 11K	- Job description SW officer. - Each faculty has appointed a SW officer. - Setting up an EUR wide SW-platform with 9 SW officers and representatives of the central SW team. First meeting of EUR SW-platform.	302K - 22K	- 4 meetings of the EUR SW-platform. - Overview of SW-activities and needs within each faculty. - Setting up a working plan based on general and faculty specific needs. The plan includes e.g. implementation of 'tools' and 'activities' for faculties developed by the central SW team based on focus groups: a) Info sessions for teachers/tutors about EUR support offer b) Animation about SW for students c) Teacher/tutor training about SW d) Pilot on mentor program for master students within one or two faculties (see A2) e) ROOM app - Start implementation of a - e and any other activities based on the working plan. For the <i>execution</i> of the implementation of a - e other budgets are reserved as part of other SW-project plans.
A2. Mentor/Personal Development	- 1 project	39K 17K	- Overview over current mentor/wellbeing/personal development programs	78K	- Implementing the pilot with the OYOP and GYL program among 120

<p>program for master students</p>	<p>lead x 0,7 fte - 1 SA x 0,5 fte</p>	<p>OYOP 10K Incl. VAT GYL 10K Incl. VAT</p>	<p>within each faculty for bachelors and masters. - Report of the evaluation of the satisfaction and yield of the programs among teachers/mentors and students. - Recruitment of interested faculties for OYOP and GYL pilot. Set-up of the pilot with OYOP and GYL (including the set-up of the evaluation).</p>	<p>OYOP 40K incl. VAT GYL 34K - incl. VAT</p>	<p>students per program within interested faculties. N.B. OYOP is including personal coaching for interested students. - Evaluating the pilot. - Report with results and recommendations.</p>
---	--	--	---	--	---