

## 2023 HEQA Budget plan Student Wellbeing

Rianne van der Zanden, program manager Student Wellbeing

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### Project 'Mission and Data' (20044001.005.103)

In 2023 we will achieve the KPI's for 2023 from the project plan and for the originally approved budget of **100K**.

#### Goals

1. Disseminating the SW-mission among students, staff, and external parties in order to contribute to a climate and measures that promote student wellbeing and success.

We realize the goal by e.g. wellbeing weeks twice a year, improving the formats for events based on evaluations, setting up a PR plan that also targets minority groups, and by systematic evaluations of events. We disseminate the mission among staff by e.g. participating in dialogue and strategy meetings, meetings of Academic Affairs and educational directors. We spread the mission among external parties by joining e.g. the National University Platform SW and 010-meetings of the municipality of Rotterdam.

2. To gain solid knowledge through time about SW within EUR which can also be compared to other Dutch universities

We realize the goal by rolling out the EUR monitor Student Wellbeing once a year and by participation in the National Student Wellbeing monitor and the Caring Universities monitor. The last two monitors give insight in the wellbeing of EUR students compared to other universities.

3. To evaluate the extent to which the goals of the SW-projects are achieved

We realized this by project evaluations: the projects are evaluated in terms of achieved output and outcomes. We make use of, for example, monitor data, focus groups, interviews and surveys. The results are presented on an internal HEQA wellbeing dashboard (in progress).

4. To ensure that measures in policy and programs are taken upon results of the monitoring

The results of the monitors and project evaluations are shared and discussed with policy staff, faculties (educational directors), U-council. We further enhance the reach of the mission among students and staff by embedding the SW mission in strategies: on faculty, institutional and student services level.

Cost items	From	FTE	2023
<i>Personnel costs</i>			
Program lead	AZ	0,1	12.373
Coördinator	AZ	0,05	3.767
PHD	ESSB	0,2	12.342
PHD	ESSB	0,2	12.342
Assistent professor	ESSB	0,1	10.110
Assistent professor	ESSB	0,1	8.878
			59.813
<i>Production costs (events)</i>			40.000
<b>Total</b>			<b>99.813</b>

## Project 'The Living Room' (20044001.005.101)

In 2023 we will achieve the KPI's for 2023 from the project plan and for the originally approved budget of **85K**.

### Goal

The goal of the Student Living Room (LR) is to promote student wellbeing by offering them an informal, not commercial place to socialize and to join activities that enhance wellbeing.

We realize the goal by creating and optimizing (based on evaluations) an accessible informal place within the immediate learning environment (Langeveld Building). Student hosts run the Living Room during opening hours (12:00-17:00). We train the student hosts in offering a listening ear to students if needed and in giving tailored advice on the several options in support services. The project coordinator and student-hosts organize the schedule and calendar for weekly wellbeing related activities that take place in the Living Room. Intervention meetings with student-hosts are organized by the project coordinator. A new team of student-hosts starts every year; recruiting of new hosts take place in June/July.

Cost items	From	FTE	2023
<i>Personnel costs</i>			
Program lead	AZ	0,1	12.373
Coördinator	AZ	0,3	22.158
Student assistants (hosts)	AZ	0,8	35.470 (the NPO project Personal Support Hub delivers additional fte for hosts)
			70.001
<i>Production costs (activities)</i>			15.000
<b>Total</b>			<b>85.001</b>

## Project 'Student support services and lecturers' (20044001.005.104)

In 2023 we will achieve the KPI's for 2023 from the project plan and for the originally approved budget of **166K**.

### Goals

Promoting wellbeing and student success by optimizing online and offline support through the classroom and support services

#### 1. Implementing the shared vision on SW and student success

The Manifesto Student Wellbeing with a shared vision on SW will be further disseminated within each faculty among teachers and students. The Manifesto was co-created in 2022 and has been signed by the Rector and all educational directors during a Ceremony.

#### 2. Realignment and professionalization of the Support structure

In 2023 a Micro-lab for teachers and tutors will be delivered and implemented. Furthermore, we will promote the online overview of the support offer in each faculty by information sessions on location. Moreover, we will set up a working group with internal and external stakeholders on suicide (prevention).

#### 3. Coaching for students by an external service

We will continue the contract with Siggie (Mentaal Beter) for the professional online coaching offer for students with mental health complaints. Evaluations among the users show very positive outcome in terms of increased resiliency and study engagement.

#### 4. Learning community SW with representatives of the chain of support

The Learning Community on student wellbeing started successfully in 2022 with representatives of the chain of support (study advisors, student psychologists and coaches, teachers, tutors). We will continue the LC in 2023 with two to three meetings. Each meeting has a topic; the next meeting will focus on 'sense of belonging' and 'teacher training'.

#### 5. Access to proper care Collaboration with external health care

The access to GP's should be improved for EUR students, especially for internationals. The GP Jansen at Kralingen that started in 2022 does not yet provide sufficient space according to many students. We will collaborate with E&S to investigate the feasibility of a GP on campus.

#### 6. Connecting the digital tool (in progress) to the chain of support

We will set up and implement a plan to connect the digital tool to the chain of support.

Cost items	From	FTE	2023
<i>Personnel costs</i>			
Program lead	AZ	0,3	37.119
Coördinator	AZ	0,45	33.902
Student-assistant	AZ	0,9	39.904
			<i>110.925</i>
<i>Production costs</i>			
(Including 40K for Siggie online coaching)			<i>55.000</i>
<b>Total</b>			<b>165.925</b>

**Project 'E-platform & helpline' (2004.4001.005.105)**

In 2023 we will achieve the KPI's for 2023 from the project plan and for the originally approved budget of **64K**

**Goal**

Facilitating visibility and access to support services and wellbeing-related content and normalizing a wellbeing focus at the university by setting up and maintaining an online wellbeing platform on EUR.nl and MYEUR.

We realize this goal by offering an up-to-date overview of support services where students can get easily access to. We create helpful content on the platform which is relatable, useful and de-stigmatising. We also work on increasing the awareness of the platform by PR-campaigns and links on relevant websites and social media so that students know where to find help and where to find activities that strengthen their mental, physical and social wellbeing. We will add a page on financial wellbeing. Moreover, we will facilitate two-way communication on the platform (for example by blogs or podcast) so that students can share their ideas and needs.

Cost items	From	FTE	2023
<i>Personnel costs</i>			
Program lead	AZ	0,1	12.373
Coördinator	AZ	0,1	7.534
PHD	ESSB	0,25	15.428
PHD	ESSB	0,25	15.428
Student assistant	AZ	0,2	8.867
			59.630
<i>Production costs</i>			4.000
<b>Total</b>			<b>63.630</b>

<b>TOTAL COSTS 2023 (HEQA Wellbeing)</b>		<b>414.369</b>
<i>Personnel costs</i>		300.369
<i>Production costs</i>		114.000