

Breakout Rooms

Student Engagement and Wellbeing - Covid and Beyond: What Works?

15-minute break out group

Main role is to ensure that people are being heard and that a variety of group members are having an opportunity to speak.

- Please Nominate a Speaker & Chair and record the groups responses on slide
- While the group are discussing the question fill in the slide with the group responses
- Do not download the PowerPoint PLEASE edit online, the slides will be made available after today on the SAI Website

Instructions: Work in groups for 15 minutes, select a facilitator

Suggest activities or opportunities that will enable students to have a positive, engaging experience.

Participants are in pre-selected breakout rooms based on the following roles and focus

Social support and Engagement | Academic and Learning Support | Health & Wellbeing | Digital & Administrative Support

Include suggestions on the prompts below most relevant to your role:

- A. What worked for you? (Be as specific, with rationale as to why it worked)

- B. What approaches are you adopting / prioritising for the year ahead (including Orientation / Induction)

Breakout Room 1 - Social support and Engagement Student Engagement and Wellbeing - Covid and Beyond: What Works?



1:00

- Simple but effective resource –
- vouchers to students for bookstore or College hoodie – sense of community / belonging (TCD)
- Faculty-based peer support groups for mature students – hour long sessions on Wed and Friday – on Teams – hoodies frequently worn – building sense of community and support across all years; Friends made online and a sense of excitement about returning next year (TCD)
- Student ambassadors – peer support from people in course from higher years – class reps organised it themselves – 4th years onto the 1st years. Ambassadors coming on for next year – are current 1st years and are talking about that experience (IADT), S2S a good example in Trinity
- Peer Mentors meeting informally with first years on zoom – Successful in that students did engage by turning on their mics and cameras Also, mindfulness was made available to students at different times in the week. Also photography competition and recipe competition with International students (finbarr.oleary@tudublin.ie)
- International students – rota to make telephone contact with them every week to see how getting on
- Used various online platforms such as metimetre to encourage student engagement and interactions
- Introducing first and second years to Student Services 2021/22: Planned monthly engagement mornings. Working with business in Maynooth campus to give student discounts and Maynooth merchandise to draw them in. Students will have to take surveys, online quizzes etc, before receiving the discounts/merch. Each service in rotation within student services will introduce themselves. The focus will be on first and second years, while reminding the rest of the student body of the services. Maynooth University (jennifer.boltonarbeit@mu.ie)
- Give more information in advance of them coming to college – put it on video – prerecord a lot of it – available for parents, available for students when they come on campus. Students Union run on campus events – treasure hunts, quizzes etc and the services just drop in to those (IADT)
- Prolon the induction – 1st year programme renamed and rebranded – other students need it too from other years. 4 years to join societies etc. (IADT)
- Healthy campus – fitness programme. Yoga, comedy festival, mood watchers, silver cloud – CBT programme (IT Sligo)
- **Interested in getting involved in roll-out and Lunch and learns :**

dawn.oconnor@iadt.ie,

Breakout Room 2 - Social support and Engagement

Student Engagement and Wellbeing - Covid and Beyond: What Works?



- Recording live events sessions for access later at their own time to build a bank of resources. (Website or Moodle)
- Student hub through Moodle to get relevant information about all student support and academic services (videos etc); Examination hotline for support
- SU "I hate Monday's campaign" for light relief and interaction with students (quizzes, games, comedy sessions); Every Monday. Feel good Friday for activities
- Videos from each services on how each member is staying safe and sane
- Regular coffee sessions (all service providers/staff) to build community among the services
- Keeping the virtual space alive to expand audience and reduce cost
- Informational events and regular update webinars for information; Themed coffee mornings and quizzes, games Abigail Odekeye (aodekeye@tcd.ie)
- Regular informal one-on-one chats with students to check in (To be kept up)
- Skill sharing sessions; collective study sessions (Pomodoro sessions; stop for 25-minute breaks for students on zoom)
- Bear in mind transition for everyone (both first and second year students are new in person next year)



Breakout Room 3 - Social support and Engagement

Student Engagement and Wellbeing - Covid and Beyond: What Works?

Maggie, GAP UCC:

- Covid Stories #ThisIsUCC
- Nurturing Bright Futures
- #MadeInUCC Videos
- Virtual Open Days
- LinkedIn Learning - Free Licenses
- Graduate Attributes and Values Student Profiles
- GAP Infographics – Interactive, downloadable exercises and worksheets

Carol, GAP UCC:

Student Success Zone
SilverCloud Tool
Covid Student Stewards
Animated Video series (Mental Health, Growth Mindset, etc.)
Instagram Takeovers
Everyday Matters series
Infographic content for Keep Well website
PG Interdisciplinary Hackathon
Student Experience Showcase
Give it a Go Festival (Societies)
Transition In Programme for incoming and returning international students

Kai Fic IADTSU:

- **Centralising information** (one platform, not multiple platforms, or same information on all)
- Organising a recurring **social event** every fortnight
- Creating short **videos** to demystify **support services** and put a face to each service
- **Prizes/competitions**
- Facilitating support **staff/student communication** (Zoom etc.)
- Recording sessions/webinars/workshops.

Iona DBS:

- Big presence on social media. Instagram lives, virtual common room, videos
- Creation of different types of events, Virtually, evening, daytime... (themed weeks, workshops, roundtable talks, Friday events, events focus on allowing conversation between student making friends.)
-

Imelda – WIT

- Focusing on social media campaigns with initiatives like motivational Mondays which focuses on Students mental health as well as self-development.
- Focusing on reels and TIK TOK with student information and getting all sections to speak e.g. Counseling, chaplaincy etc.
- Sending out resources via WhatsApp to student mentors to pass onto first year students eg. Dates for exams, disability info etc.
- Created podcasts and got students to speak about their experiences Aswell as staff

Conor- WIT (cphelan@wit.ie)

- StartWIT Online Orientation (First years)
- Ongoing orientation online Pre Xmas (First years)
- EngageWIT highlighting Student Supports (2-5years)
- Online workshops: SAF, Academic Writing,
- Themed Weeks first 6 weeks- Linked with WITSU and all of the student supports
- More use Moodle Platform- Communication on Students Supports
- use of online forms eg: survey Mokey, Cognito Forms, Menti.com, slido.com
- Individual student meetings online via Zoom
- Just Ask information points

Riona - NUIG

Set up **Virtual Help Desk** for student/societies drop-ins Mon – Thur 2pm – 8pm. Will continue when back on campus to facilitate student in outlying campuses and on placement.

Posted 2000 gifts to students: Christmas care-packs, society committee gifts, new international students, and final year good-bye gifts, arranged free easter eggs in the library and next week **positivi-tea** packs for study areas with teabags, goodies and positive quotes from students and societies.

Supported our societies by developing a suite on **online training modules**, and explored the possibilities of a wide range of platforms favourite Zoom and Discord. Hosted 1750 **society events** so far this year. with society activity by having a supportive presence and business as usual despite lockdown so have almost 1000 students on committees and 3500 new students joined. Approved a large number of new societies through the year to facilitate any student with an idea. Week-long on-campus orientation in semester 1 and reorientation in semester 2, March Meetups at lunch for each year and college to meet. Videos news-letters, explored new methods of communication and themed weeks. Hosted Virtual Society Awards, great engagement. Up graded our extracurricular student support portal and engaged new supports in a one stop virtual shop. Email riona.hughes@nuigalway.ie

Breakout Room 4 - Social support and Engagement

Student Engagement and Wellbeing - Covid and Beyond: What Works?



- Q1:

- Regular informal coffee mornings – MTU Cork

- Drop in Google Hangout-Sessions- MTU Cork

- Drop in Virtual one to ones MTU Cork

- Using social media to connect with students, regular posts, polls, Q&A, Student Takeovers- MTU Cork

- Using tools as part of sessions to keep students engagement- mentimetre, music, group chat groups, staff can leave sessions and allow students to engage themselves

- peer perspective in classes e.g. on placement and get peer feedback, allows for informal engagements – UCC Careers

- Student online pre-placement boot camps, meet many students in one session 'Gearing up for Success' - UCC Careers

- Conquer your career anxiety – UCC Careers

- Weekly Career Cafe – UCC Careers

- Online academic workshops- large jump in numbers attending- all

- New digital assets as events/sessions are recorded – UCC Careers and all

- Student Supports Podcasts- use of polls in sessions and Q&A - WIT

- Improving students digital skills, accessing digital resources - all

- Q2

- Blended approach, allowing students to get used to being back on campus

- Meeting students in smaller groups, one to one contact

- ice breaker sessions in person

- anxiety with meeting people in larger groups

STUDENT
AFFAIRS
IRELAND

Breakout Room 5 - Academic and Learning Support



Student Engagement and Wellbeing - Covid and Beyond: What Works?

- Personal Connection with Students (Signpost to necessary support) (TU Dublin)
- Reaching out to students by phone – person touch, issues were easier to raise (proactive) (TU Dublin)
- Using the online virtual meetings effectively – Remote support, have this as an option going forward (Reduce anxiety, convenience) (IADT-loreto.meagher@iadt.ie Loreto Meagher)
- Referrals between service groups (IADT)
- Online Modules – Go to guide for hybrid learning (key skills for Academic Learning) – develop this and pool our online resources (IADT)
- Integration of our systems with MS Teams – made resources more accessible (ALL)
- Learning Study Skills Profiling for 1st Years (LIT)
- Flexible assignment for students – take home exams, continues assessment etc (ALL)
- Laptop Loan Scheme (NUI Galway: grace.mannion@nuigalway.ie)
- In person orientation for 1st years – making friends on Day 1 (NUI Galway: grace.mannion@nuigalway.ie)

Breakout Room 6 - Academic and Learning Support

Student Engagement and Wellbeing - Covid and Beyond: What Works?



A. What worked for you? (Be as specific, with rationale as to why it worked)

- The basics – ensuring weekly touching base (email/Teams) with students, more than normal, esp. 1st yrs – check in, and support that way as didn't see them till after Xmas. (St Angela's)
- Virtual open days and Orientation – did follow-ups (email/phone; most liked to meet online) (St Angela's)
- Student Engagement Officer – did online events; met all yr grps; prioritised 1st yrs; Ss reported finding X things difficult (e.g. Ss embarrassed to ask qs); SEO reported back; worked on supporting Ss to deal with difficulties and encouraging them via one-to-ones (St Angela's)
- Used COVID financial supports and student funds --> enabled facilitation of additional academic help – small grps and extra tutorials (St Angela's)
- Engaging through Teams – regular appts and follow-up emails; cameras on or off? Continuing Ss – easier to turn on cam; new 1st yrs, more reluctant (choice given) (CIT)

B. What approaches are you adopting / prioritising for the year ahead (including Orientation / Induction)

- Stage 2 Ss – some kind of welcome to campus and many haven't been to campus (not a replication of Orientation but something that would be appropriate for this group) (UCD)
- TT some more warm-up/breakout sessions for Ss; Ss want to engage with each other more – this will be timetabled for them (CIT or St Angela's?)
- Fear of asking questions – using anonymous polls, etc. may help (St Angela's)
- blended approach to student support (UCD)

Breakout Room 7 - Health & Wellbeing

Student Engagement and Wellbeing - Covid and Beyond: What Works?



1:00

- **What worked for you?**
 - Social media to engage with students, liaising with Students' Union
 - Follow-up calls with students who had engaged with student health service
 - Goody hampers for students diagnosed with COVID and living away from home (IADT)
 - MU Student Help Desk proactively contacted students identified by academic departments struggling / opt-in
 - Social activities such as open mic nights, online cafe, drop-in sessions (TU Dublin British Institute of Modern Music)
 - Peer Mentor use extended further into academic year (UCD)
 - 'Feel Good Friday' - collaboration between Students' Union and TU Dublin health/counselling/chaplaincy with activities and messages
 - Some students found it helpful to engage with support services online (counselling, mental health supports, etc)
- **Plans for Orientation/induction**
 - TU Dublin 'Wellness Orientation' - possible introduction of wellness module
 - Possible health focus on welcome packs – Maynooth
 - Disability awareness information during Orientation 'First Year Matters'

Attendees: Colleen Doyle & Ruth Killeen at Maynooth University Student Services (student.support@mu.ie); Jason Last at UCD, IADT, TU Dublin, BIMM,

Breakout Room 8 - Health & Wellbeing

Student Engagement and Wellbeing - Covid and Beyond: What Works?



1:00

- Online Programmes –
 - virtual gym programmes, fun runs, scholarship webinars, step challenges (MTU Cork)
 - strava groups, healthy food made easy course, Lunch time meet ups- college & year specific (NUI Galway)
 - Be Well Workshop- 4 weeks delivery to 1st years on MsTeams (Carlow College)
- On campus orientation 1st years (3 days)- (NUI Galway)
- Outreach calls to incoming first years (domestic / international) & those diagnosed with COVID-medication/shopping (NUI Galway)
- Skills for life workshops – around health & wellbeing/ mental health/ study tips/exams etc (NUI Galway& Carlow College)
- Collaboration Themed Weeks (student health & wellbeing, SHAG week etc.,) with Students Union/ Societies/ Clubs /Student Services
- Initiatives-
 - packs to first years – help to study from home (tea, t-shirts etc.), (MTU Cork)
 - secret santa, easter egg initiatives, Positivi-Tea Campaign (upcoming), photo competitions, final year gifts (NUI Galway)
 - Cara Connect/ Holiday Hangout (international students)- peer to peer to combat isolation (NUI Galway)
- Going forward- re-orientation for all years- particularly 1 & 2

Group Members- Aisling Harrington –(NUI Galway aisling.harrington@nuigalway.ie),
Norma Buckley- (Munster Tech University Cork), Martina Kelly (Carlow College)



1:00

Breakout Room 9 - Health & Wellbeing

Student Engagement and Wellbeing - Covid and Beyond: What Works?

DBS

International students – weekly social events, games, activity sessions zumba & yoga, round table discussions – sexuality, mental health. Supported by counsellor. SU and student experience team.

LIT

Student Counselling – welcoming of slower pace, mental health recovery time. Re-opening of the world brings anxiety. An increase in mood disorders. Attending online classes in difficult spaces. Identifying student who are de-stressed - motivation and participation for 1st and 4th years is an issue.

Active consent training with NUIG. *PROPEL* framework. Panning for workshops in September.

MTU Cork campuses

Societies – 30 online societies with over 400 student run activities, meeting and events. Workshops, guest speakers, games nights, performances, competitions, cultural nights, quizzes, fundraisers and more. Peer social space.

Health & Wellbeing <http://www.mycit.ie/healthandwellbeing> – Encouraged students to **Be Active, Create Connections** and consider their **Emotional Wellbeing**. Posted packs out to 450 students. Academic calendar, merchandise, fluffy socks, sweets, herbal teas. Tactile connection to create a communication channel.



Breakout Room 10 - Health & Wellbeing

Student Engagement and Wellbeing - Covid and Beyond: What Works?

- Participation of student leaders and student body (online events). Student leading engagement
- SU (Maynooth) drove a lot of initiatives. Consistency of events. Students dipped in and out of virtual events. So much competition for attention. Same events running each week, same time same day.
- Peer mentor programme, faculty based. In groups of 3-4. Kept First Years engaged. Great feedback from this. Check-ins every third week to cover health and wellbeing. Collaborated over a variety of platforms, once matched on online system.
- Health and wellbeing initiatives, healthy eating instgram competitions, step challenges.
- SU care packs for distributions
- Small campus tours, virtual tours on website
- Role of clubs and societies on social media, very creative to help students make connections
- Work more collaboratively with access students with move online, All info in one place. Used Canvas to look at different supports available (exams, accomodation)
- Kickstart programme to help students find information, avoid bombarding.
- Student to student engagement very important. Has forced a rethink of how students are oriented into university life. In some institutions, induction will continue online as facilitates greater engagement sometimes.



Breakout Room 11 - Digital & Administrative Support

Student Engagement and Wellbeing - Covid and Beyond: What Works?

- Registration information sent by email - All
- Orientation online was recorded and students could watch again - All
- Interactive events for orientation with quizzes and prizes
- Weekly workshops for careers higher attendance use of IT such as google meet, easier to share and update documents realtime - DBS
- Online employer events -DBS
- Workshops mind ed, exploring resilience and motivation and feelings around pandemic, other mental health seminars – reboot
- Communication - Use of 90 second approach to give key information to avoid overload
- Immigration queries, used videos for information, recorded and present on line- TCD
- Drop in online coffee mornings, student ambassadors in open day long zoom open sessions- TCD
- Laptop loan schemes this supported a lot of students, schemes managed efficiently- ALL
- Phonecalls to students helped also to connect - NUIG

Breakout Room 12 - Digital & Administrative Support



Student Engagement and Wellbeing - Covid and Beyond: What Works?

- GMIT: Student Assistance Fund pivoted online; great success; online approach going forward
- GMIT: Student Laptop Scheme application and submission of documents fully online
- UCC: Disability Support Service mentoring programme pivoted online; hybrid approach going forward
- MTU: moved one-to-one meetings online; 100% attendance; hybrid approach going forward
- GMIT: employer networking sessions moved online
- UCC: virtual career fairs; hybrid going forward but employers love online
- Recruitment process online; approach TBC? (hybrid?)
- GMIT -Careers module online; will stay online
- Employer engagement; hybrid. Online working well but very useful to meet in person
- VR videos of campus

- Hoping for in person but planning for online AY 21/22