Academic and professional staff can have a significant impact and influence on student wellbeing – from the design of classes, building rapport with students, enabling access to services, and through day-to-day interactions with students both on and off campus.

University students are identified as a high-risk group for experiencing psychological distress and mental disorders, so it is important that staff are aware of the role we can all play in supporting students.

1. Design learning experiences that afford choice and flexibility in approach, create social connections, build competence and foster intrinsic motivation
2. Create inclusive social, physical and virtual environments to foster student life and academic engagement
3. Provide relevant information so that students can identify options and make decisions conducive to good health
4. Foster a learning environment within the formal curriculum where students develop health promoting knowledge and skills
5. Encourage access to a variety of appropriate mental health and academic services and reduce barriers to access

See the next page for further details about implementing each of these actions.
1. Student mental health and wellbeing is supported when curricula and learning experiences afford choice and flexibility in approach, create social connections, build competence and foster intrinsic motivation. Engaging curricula and learning experiences are fostered when educators understand the needs of diverse students and adopt teaching practices that best support their learning.

2. The social, physical and virtual environments for student life and academic engagement play a significant part in promoting or undermining student mental health and wellbeing. Social isolation and a lack of sense of belonging to an institution are strongly associated with mental health difficulties. It is essential to create social, physical and digital environments that are strongly inclusive, promote respectful interactions and relationships and meet people’s daily needs.

3. Mental health and wellbeing is supported when individuals within a community have the information and abilities needed to identify options and make decisions and choices conducive to good health. Resources, programs and activities that strengthen awareness of mental health among all members of the university community will help to support student mental wellbeing.

4. All students should have opportunities to develop mental health knowledge and skills within their academic course of study. Provide opportunities within the formal curriculum for students to learn health promoting knowledge and skills - such as resilience, conflict resolution, emotional intelligence, mindfulness, and time and task management.

5. Ensuring that students who may be experiencing mental health difficulties have access to appropriate services and academic adjustments requires not only that those services are in place but also that barriers to access (awareness and perception) are addressed. Ensure diverse, visible and discreet student services to support wellbeing and learning (eg counselling, academic skills, careers).

There are a large variety of support services available to Bond University students not just academically but also in areas such as disability, finance, medical, psychological, residential and career development.

Academics can also encourage students to access the Student Business Centre and the Academic Skills Centre to review brochures on all available services, including those from BUPA on resilience and stress management.

REFERENCES
A framework for promoting student mental wellbeing in universities. https://unistudentwellbeing.edu.au