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Translating strategic commitments into real-world delivery

**UWE
Bristol**

University
of the
West of
England

Mental Wealth First

| Our commitment to putting mental health and wellbeing first

#MentalWealthFirst

What we know.

Biggest concern before joining UWE Bristol?*

1. Time management – balancing course, work, etc.
2. Having enough money
3. Making friends
4. Adjusting to a new way of life

The Five Secrets to Success at UWE Bristol

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Approach:

Five modules available on the UWE Bristol website, each exploring a skill that the project team feels that students need to manage their wellbeing. Delivered to new students via multiple digital channels.

Each module contains:

1. a short introduction
2. a film to get students to start thinking
3. self-reflective tasks
4. a podcast that brings the theme into an academic space
5. signposting to resources

Proposition to students:

Are you looking for the secret to success at UWE Bristol? It's actually pretty simple, and it's within you. Often, the way we think determines how we feel. By understanding your own motivations and taking the time to be self-reflective, you'll be able to take ownership of your wellbeing. And being able to manage the stresses of everyday life will help you be successful not only during your studies, but also throughout your life.

Across these five modules, we've brought together insight from our lecturers and support services that will help you develop the five skills you need to be in control of your wellbeing.

DISCOVER | *your student self*

Who do you want to be at UWE Bristol? For many of you this will be your first taste of independence – you'll have a new city to explore and people to meet. But this new-found independence can bring some pitfalls, so knowing who you want to be will help you figure out your own balance.

DISCOVER | *your student self*

See the entire module online

ENGAGE | with your course

Starting well is important because your journey to graduation is made up of thousands of small, daily steps. Sometimes, taking that first step can feel daunting, but if you build good habits from the beginning, you'll get the satisfaction of achieving something of value everyday, which is vital for wellbeing.

ENGAGE | *with your course*

See the entire module online

GROW | your confidence

There's nothing more stressful than being asked to do something that you don't think you can do. In that moment you feel exposed and vulnerable. Prepare yourself. Over the next few years you will be stretched and challenged through the learning process. There will be many times when you feel uncomfortable, when you think you've failed. You may even question whether you have the ability to be successful. This is normal. So embrace it - because it's how you'll learn and grow.

GROW | your confidence

See the entire module online

VISUALISE | your future

You determine what is important to you. Your vision for yourself is your choice. Having a vision not only gives you purpose and direction while at university, but it also gives you a sense of optimism and the expectation that you will make something good happen. It gives you the confidence to focus on tomorrow's solution, instead of today's setback. And when you understand what your vision is, your decisions aren't dictated by circumstances, or others - they are yours.

VISUALISE | *your future*

See the entire module online

CONNECT | with others

It's the people that make UWE Bristol. And it's those people living together, learning together and supporting each other that makes it such a great place - you're never on your own. But we're all strangers at the start of term, and lots of people would do just about anything to avoid an awkward conversation. But those interactions will help you feel part of a community. So, while it might be tempting to avoid awkward social situations, just remember that everyone is feeling the same way - sometimes it just takes a smile.

CONNECT | with others

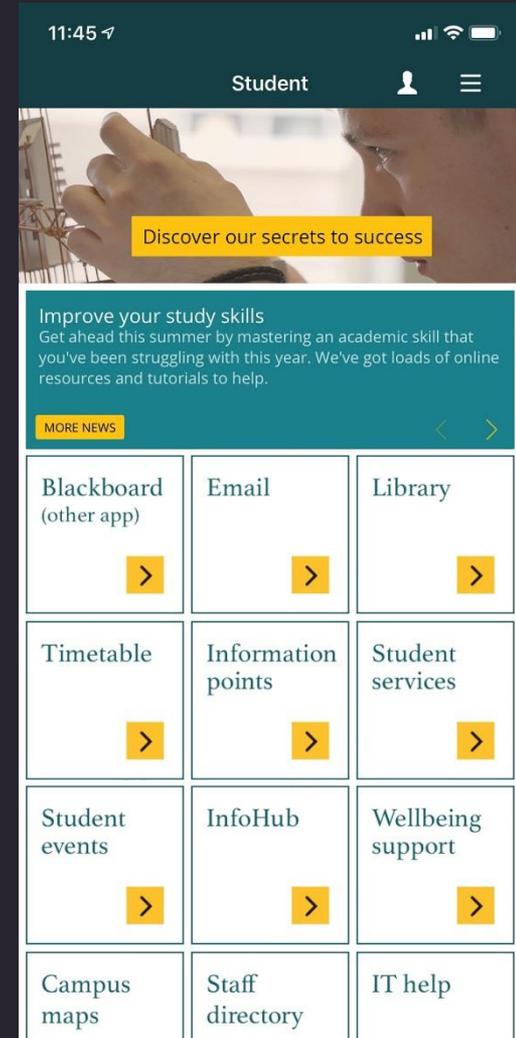
See the entire module online

Success?

Launched 22 August to new starters. Since then:

- 10,339 page views
- 2,453 film views
- 640 podcast listens
- Hosted a webinar for staff to help them integrate it into programme induction.
- Thought-leadership piece in WonkHE. →
- Covered by BBC Bristol
- Material is being used by faculties as part of induction

Further insight into success will be gathered as part of the 2019 SOTY survey, results of which will be available this year.



Next steps

go.uwe.ac.uk/wellbeingmodule