

Bringing wellbeing into the role of International Student Advisor



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Student Development International | **UNSW Sydney**

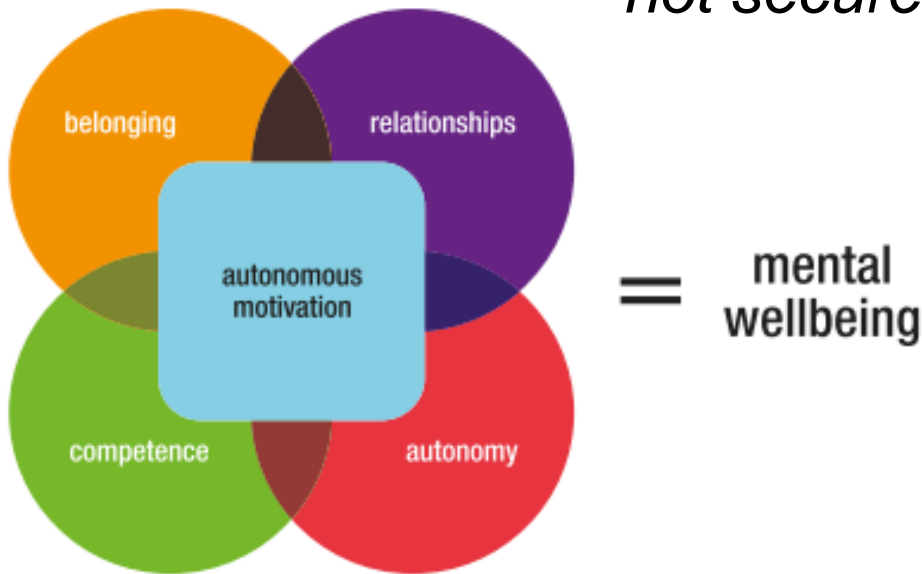
Wellbeing in the university context



Wellbeing of university students

“The university environment plays a significant role in supporting or undermining student wellbeing. The best possible personal habits will not secure mental wellbeing

if a person’s environment does not supply the appropriate psychological ‘nutriments’.”

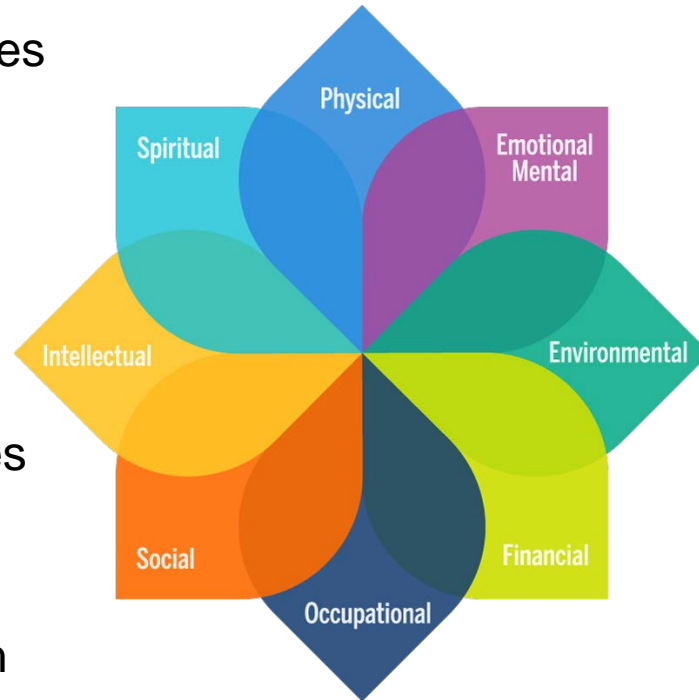


Enhancing Student Mental Wellbeing: A Handbook for Academic Educators

Chi Baik, Wendy Larcombe, Abi Brooker, Johanna Wyn, Lee Allen, Matthew Brett, Rachael Field, Richard James

Factors influencing the wellbeing of university students

- Academic issues
- Living situation
- Employment
- Relationships
- Financial issues
- Stress
- Physical health
- Sexual health and/or sexual identity



- Mental health
- Psychological distress
- Alcohol and other drug use
- Gambling
- Sleep
- Social isolation
- Parental expectations
- Life events

Report: The Wellbeing of International Students in the City Of Sydney

“Studies have highlighted the vulnerabilities international students face on all three fronts [physical, mental and social wellbeing]. Their lack of English language proficiency, difficulties with housing, poor and insecure employment conditions, financial pressures, weak academic performance, social isolation from the host community, loneliness, homesickness, racism and discrimination can all potentially contribute to poor overall wellbeing.”

The Wellbeing of International Students in the City of Sydney, July 2016. UTS:IPPG. p.11



Additional factors influencing the wellbeing of international students

- English language difficulties
- Cultural differences
- Adjustment issues settling in a new country
- Accommodation issues and exploitation
- Navigating new systems and accessing services
- Exploitation in the workplace
- Social integration
- Discrimination
- Safety and security
- Homesickness





International students at UNSW



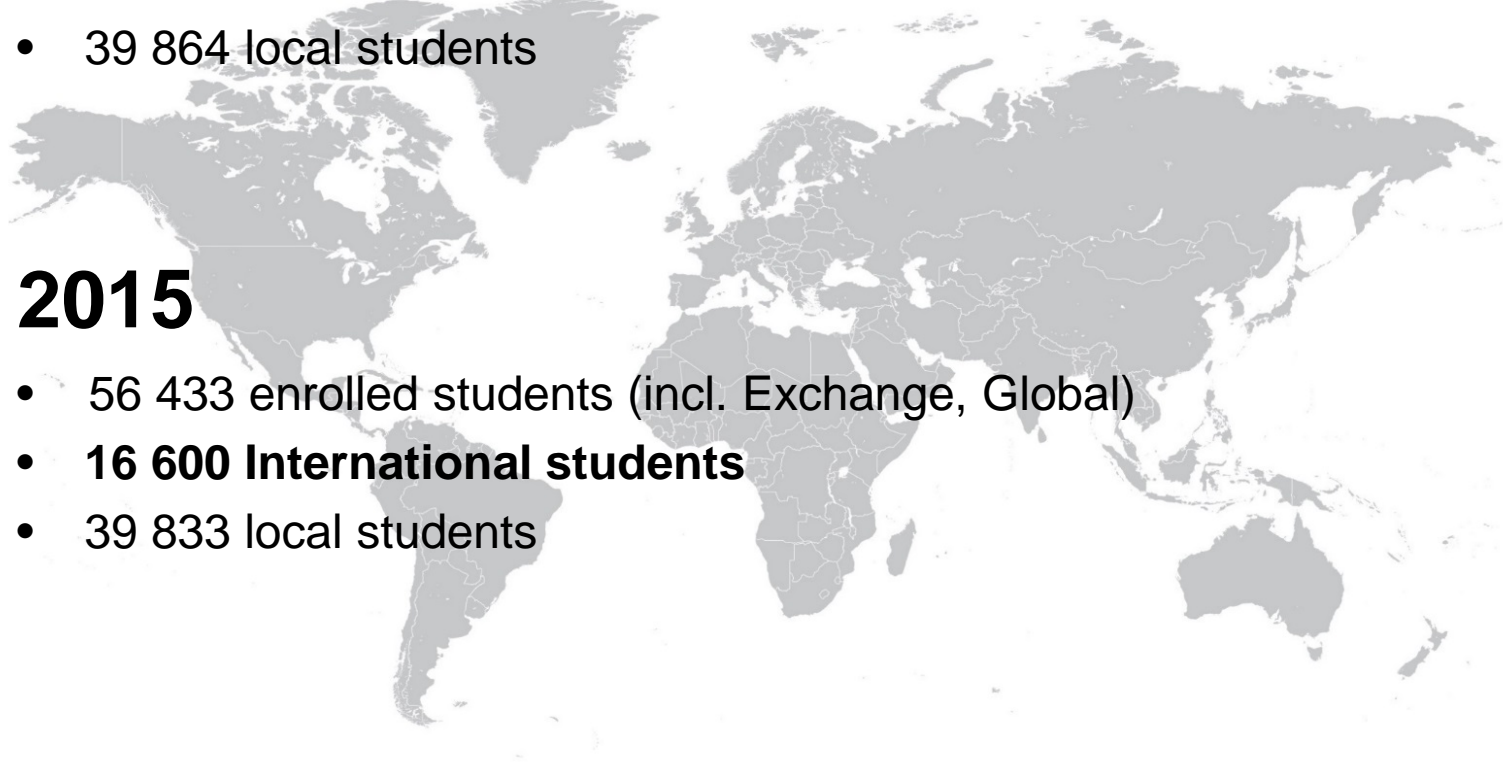
Student Numbers

2018

- 68 170 enrolled students (incl. Exchange, Global)
- **28 306 International students**
- 39 864 local students

2015

- 56 433 enrolled students (incl. Exchange, Global)
- **16 600 International students**
- 39 833 local students



Snapshot of international student cohorts

Top 10 nationalities

- **China (65.6%)**

- **India**

- **Malaysia**

- **Hong Kong**

- **Indonesia**

- **Singapore**

- **USA**

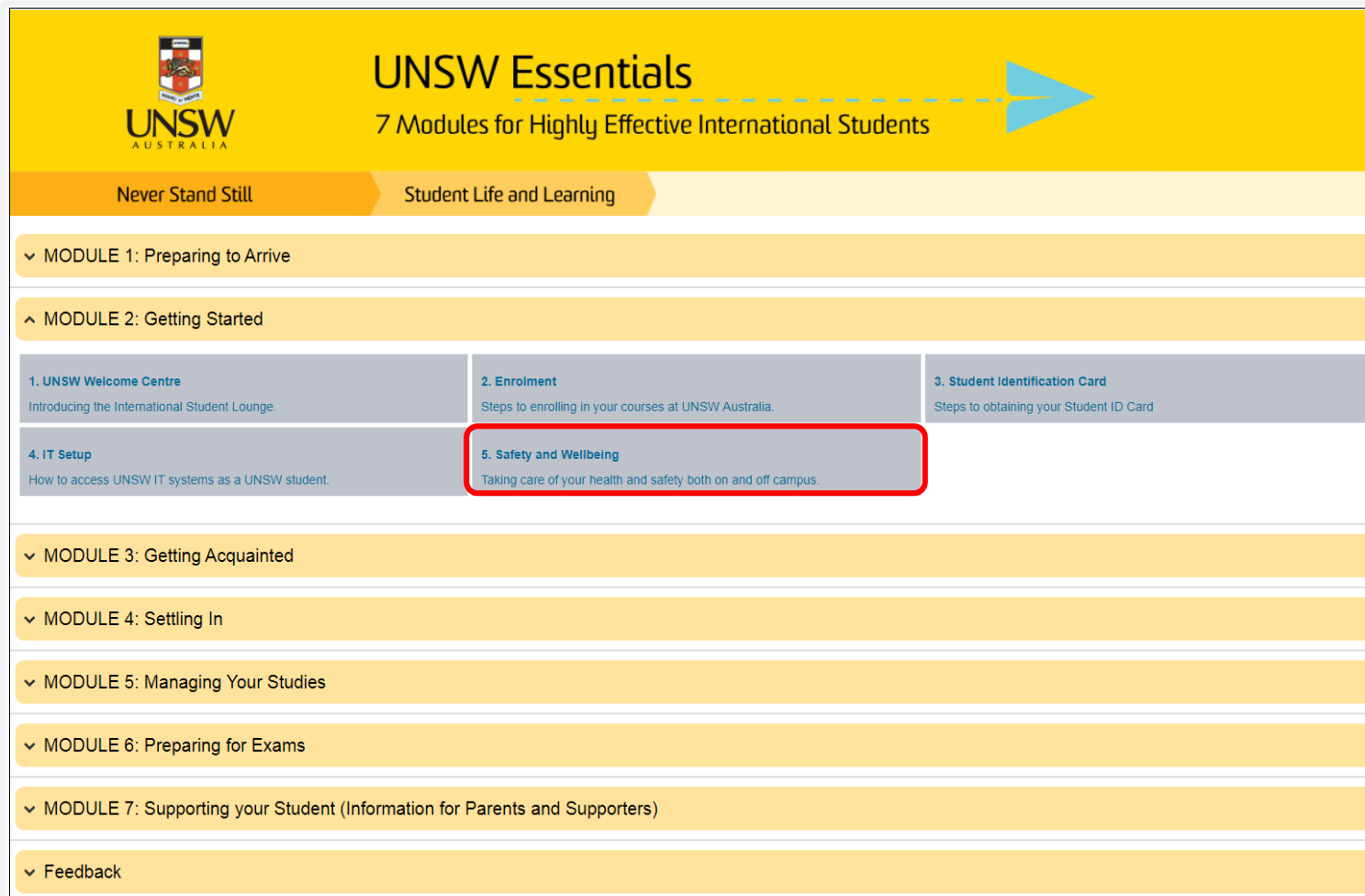
- **Vietnam**



- **Republic of Korea**

- **Bangladesh**

Student Development International services

Pre-arrival transition programs



 **UNSW Essentials**
7 Modules for Highly Effective International Students 

Never Stand Still Student Life and Learning

- ▼ MODULE 1: Preparing to Arrive
- ▲ MODULE 2: Getting Started
 - 1. UNSW Welcome Centre
Introducing the International Student Lounge.
 - 2. Enrolment
Steps to enrolling in your courses at UNSW Australia.
 - 3. Student Identification Card
Steps to obtaining your Student ID Card
 - 4. IT Setup
How to access UNSW IT systems as a UNSW student.
 - 5. Safety and Wellbeing
Taking care of your health and safety both on and off campus.
- ▼ MODULE 3: Getting Acquainted
- ▼ MODULE 4: Settling In
- ▼ MODULE 5: Managing Your Studies
- ▼ MODULE 6: Preparing for Exams
- ▼ MODULE 7: Supporting your Student (Information for Parents and Supporters)
- ▼ Feedback

Student Development International services

Onshore transition programs



Airport Pick-up

Welcome Centre

Welcome Day and Dinners

Orientation workshops

Cultural Mentoring

Student Development International services

Support @ UNSW during your studies



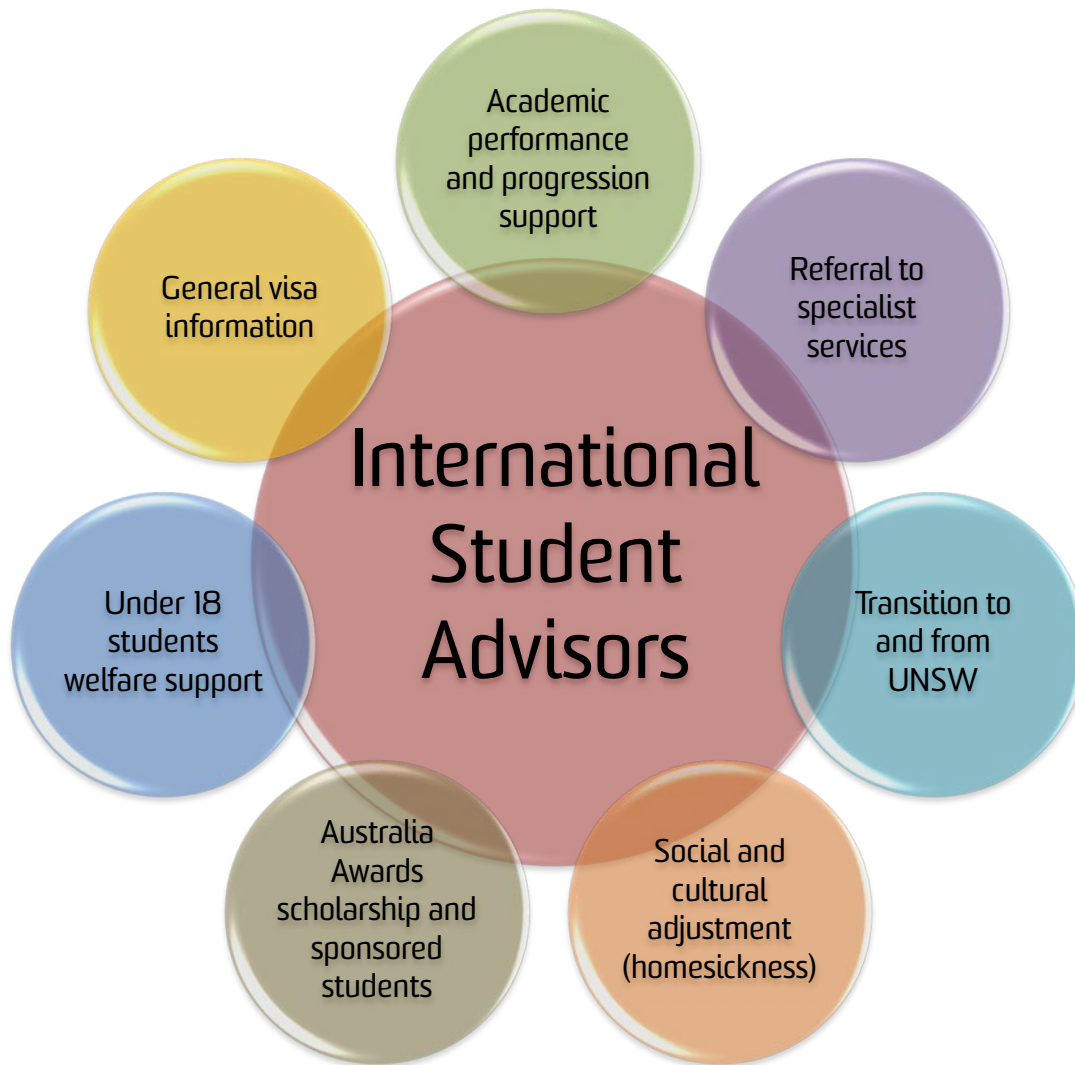
Development & Wellbeing

- Language Exchange
- Discussion groups
- Culture of Oz
- Social activities
- Interchange

Individual consultations

- International Student Advisor (ISA)
- Student Visa information
- Course progression
- ESOS Compliance

International Student Advisor (ISA)



- Advise on personal & family issues
- Financial difficulties
- Accommodation or work related problems
- Problems within the faculty, supervisor or lecturer
- All aspects of university life

Wellbeing initiatives




Student Development International
Culture of Oz: Mates and Dates 
How to meet friends and form safe relationships in Australia



Date: Monday 6 August 2018
 Time: 12pm – 1.30pm
 Register: <https://student.unsw.edu.au/workshop>



Student Development International
Women's Health and Wellbeing workshop




Designed for female international students, this **FREE** workshop provides advice and information regarding personal safety and health issues affecting women.

Date: Thursday 26 July 2018
 Time: 10am-12.30pm
 Register: <https://student.unsw.edu.au/workshop>



Australia Awards scholarship and sponsored students

Two wellbeing-focused workshops as part of the 5-week Introductory Academic Program (IAP) for each newly commencing cohort of students.

Workshop 1: Wellbeing and resilience

Workshop 2: Tailored to meet students' needs

Topics have included

- Healthy eating
- Keeping active
- Stress Management
- Sleep
- Compassion
- How to keep warm in winter (on a budget)



Water Safety initiatives



Aussie Lifesavers invite you to
A Day at the Beach

Improve your water safety knowledge in a practical and fun workshop with Surf Life Saving NSW!

Who: UNSW International Students
When: Saturday 24th March 2018
Where: Maroubra Beach
Time: 12pm – 4pm
Cost: **FREE!**
Register: [Eventbrite](#) or email Debbie d.vadasz@unsw.edu.au for link

FREE BBQ lunch!

*Please note: All swimming abilities welcome. You do not have to know how to swim to do this workshop



8 weeks of swim lessons for just \$20



UNSW SYDNEY | Australia's Global University

UNSW Colleges and Student Development International
Learn to Swim Program



UNSW Fitness and Aquatic Centre
High Street, Kensington NSW 2052
☎ 9385 4881 📧 unsw-ymca.org.au

Food Safety and Cooking workshops




Wellbeing pop-ups



Discussion Group



Student Development International
Discussion Group
Week 5

<p>MONDAY 4PM - 5PM FRIENDSHIPS "A friend is someone who knows all about you and still loves you." - Gilbert Suddard Making new friends in a different country may be daunting for many people. What does friendship mean to you? What kind of characteristics do you look for in a friend? Join us at 4pm to share your views! News.</p> 	<p>TUESDAY 4PM - 5PM "ADVICE TO MY YOUNGER SELF" We have all gone through ups and downs in our life, and each of these experiences help us learn and grow. Now that you are older and have many years of experience under your belt, if you could talk to your 18-year-old self, what advice would you give? Come join us at 4pm to share your thoughts, wise words and good advice!</p> 	<p>WEDNESDAY 3PM - 4PM PERSPECTIVES What influences the way a person thinks? Is it their gender? Perhaps their environment? There are many factors that can affect the way we look at things. Perhaps, you have some methods on changing your perspective from negative to positive? Come join us at 3pm to discuss the different sides of any story's beautiful!</p> 	<p>THURSDAY 4PM - 5PM DATING Let's talk about love! Ever wondered how dating works in Australia, especially in Sydney? Want to know how to whisper sweet sayings to your darlings? Come along on Thursday and let's share tips on how to find love, past love stories, or let us know about how dating may work in your home country!</p> 	<p>FRIDAY 4PM - 5PM PROCRASTINATION Making up excuses to not finish weekly readings? Too lazy to start your next research paper? Distracted by memes and cute puppy videos? Come join us as we share how we overcome procrastination so hopefully you can finish your assignments on time!</p> 
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Discussion Group

- **557 participants** in Semester 2, 2018 Weeks 1 – 12.
- **11 – 12 participants** on average
- Postgrad students approx. **65%**

Participant survey

- 89% of students attend to make new friends
- 72% to improve English
- 67% to meet local students
- 56% to learn more about the Australian culture

“It was fun, great opportunity to meet new friends!”



Countries

China, Japan, Indonesia, Iran,
Korea, Myanmar, Panama,
Taiwan, Vietnam, Bangladesh,
Thailand, India, Singapore,
Mongolia, Malaysia,
Philippines, Cambodia

Student Development International services

Completing your studies



Completing Student
Seminar Series
Alumni Host program



Thank you