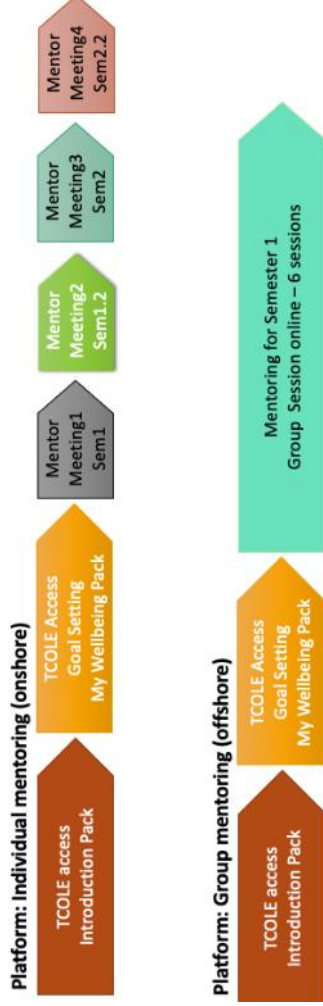


My Wellbeing Planner – During Coronavirus

The group mentoring program has been designed for AM online students (for current and transition states)



It is a collaborative and friendly space in which we will talk about wellbeing and how it influences studies.

Wellbeing and performance are closely linked, and you don't normally have one without the other.

The group sessions will help students learn skills to improve wellbeing while you are studying online.

August Mentoring Program Poster

AUGUST MAIN GROUP MENTORING PLAN

Starts 24 August - fortnightly (once every two weeks!)

1. Your mentor will send you a TEAM invite next week.
2. Your mentoring session is on your timetable (one hour each!)

You will each have a group mentoring code.

Buddy Program - Pre and During Coronavirus

Extended program students are paired with a senior buddy (Trinity volunteered alumni) that does the same major academic at Unimelb subject

Record keeping - Senior buddy completes an online diary after each meeting

Pre-Covid	During Covid
Senior Buddy onsite training (1x 4 hours)	Senior buddy to watch training (Pre-recorded video)
Pairing Up Onsite	Pairing up on TEAMS
6 formal session in person 1x each week	8 formal session 1:1 online meeting
2 fun activities	
Get-together	Buddy video abt their gratitude and experience

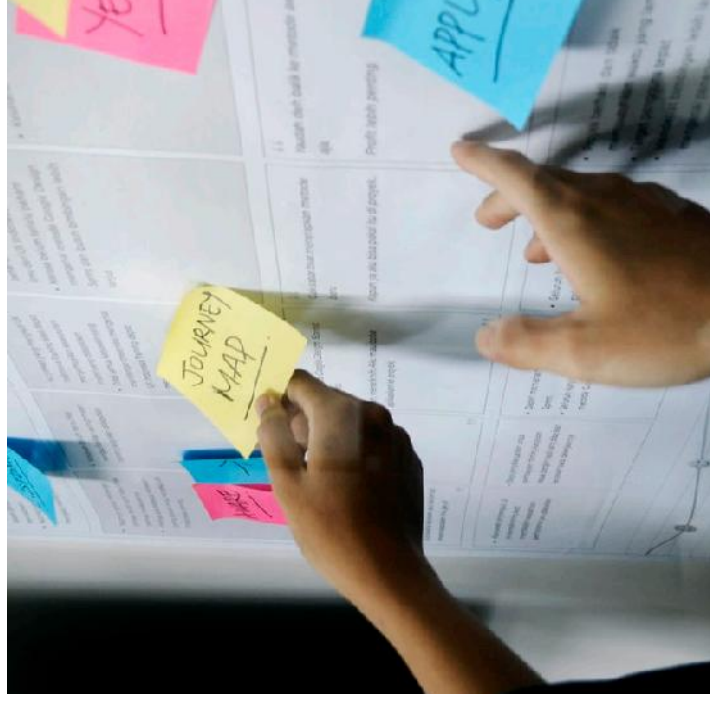
Buddy Program



Trinity Care Packages - Accommodations in Lockdown

What lessons were learned and how did the COVID environment inspire innovation?

- **Pre-COVID** – In person inspections every six months
- **During COVID:** Trinity created communities of practice (service questions based on My Wellbeing Planner)
- We provided up to **700** care packages
- **Sticky notes** were a hit!
- **PBSA Supervisors**



Play Video



Student Wellbeing - Positive Meaningful Conversations

How did you encourage positive and meaningful conversations with your students during this time?

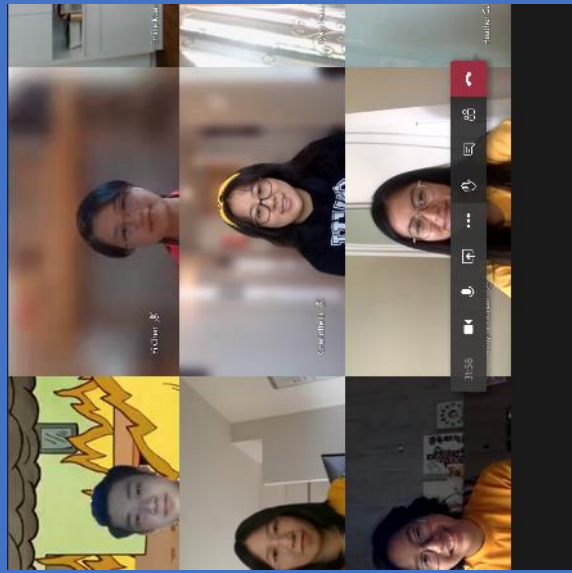
- The Student Wellbeing team encouraged students to submit videos to share about their experience and some tips about wellbeing
- Virtual R U OK? online event
- Check-ins with students
- Invite vulnerable student to come onsite weekly to monitor their wellbeing
- Weekly Health Champions Check-in

JOIN THE CONVERSATION; MAKE NEW FRIENDS!

ENGLISH CONVERSATION CORNER

Join us online on TEAMS to practice and develop your English Conversation Skills!

Every Friday, 1pm to 2pm (Melbourne time)



SPECIAL STORYTELLING SEMINAR

1 JULY, WEDNESDAY 7PM TO 8PM

Join the Multicultural & Multi-faith Club on TEAMS for details!

Learn how to communicate your unique story with your peers, future employers and your world of influence.

Jump online, bring a bowl of noodles and be ready to craft your story!

EVENT PLANNING MASTERCLASS

with Eugene Wong
21-22 Oct
7:30pm

YOU ARE INVITED TO ATTEND

VIRTUAL FAIR DINKUM

THIS SEMESTER, TRINITY LIFESKILLS CLUBS AND ACTIVITIES ARE GOING ONLINE!

PLEASE JOIN OUR BI-ANNUAL FESTIVAL ON TEAMS

WED 16 SEP	THU 17 SEP	FRI 18 SEP
ALFRESCO DINING	AT HOME BAKING	ANYTIME FITNESS
ANIMAL LOVERS	CYBERBAND	CRAFT CLUB
AUSTRALIAN PLAY-READING	MOVIE CLUB	ENGLISH LANGUAGE CLUB
CREATIVE WRITING	KPOP CLUB	PEACEBUILDERS
MUSIC CLUB	THE MELBOURNE LIFESTYLE MYANMAR STUDENT ASSOCIATION	PLANET UNI 2
PLANET UNI		SINGAPORE STUDENTS SOCIETY
		VIRTUAL HANGS

FEATURING CLUBS FROM THE UNIVERSITY OF MELBOURNE

Collaboration to support Trinity Staff

How did you support staff during this time?

- Wellness during lockdown” series of webinars
- Increased all staff briefings and Q&A sessions hosted by our Warden
- The College has COVID-19 Response plans
- Free Pilates and meditation
- Staff connectedness e.g. online coffee catch ups, online book club, all staff online games, online staff social club
- College wide monthly pulse survey
- Weekly Health and wellbeing corner in our Trinity College

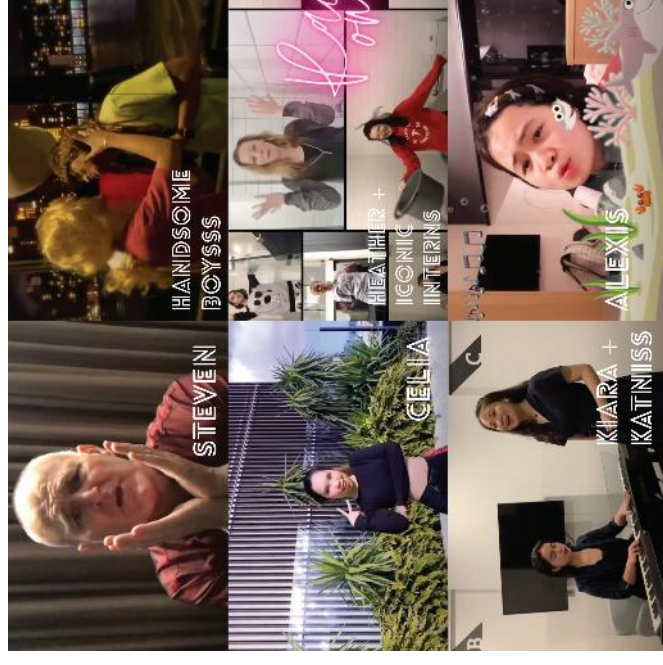


Student Experience

How did you support the wellbeing experience and social inclusion during COVID lockdown period?

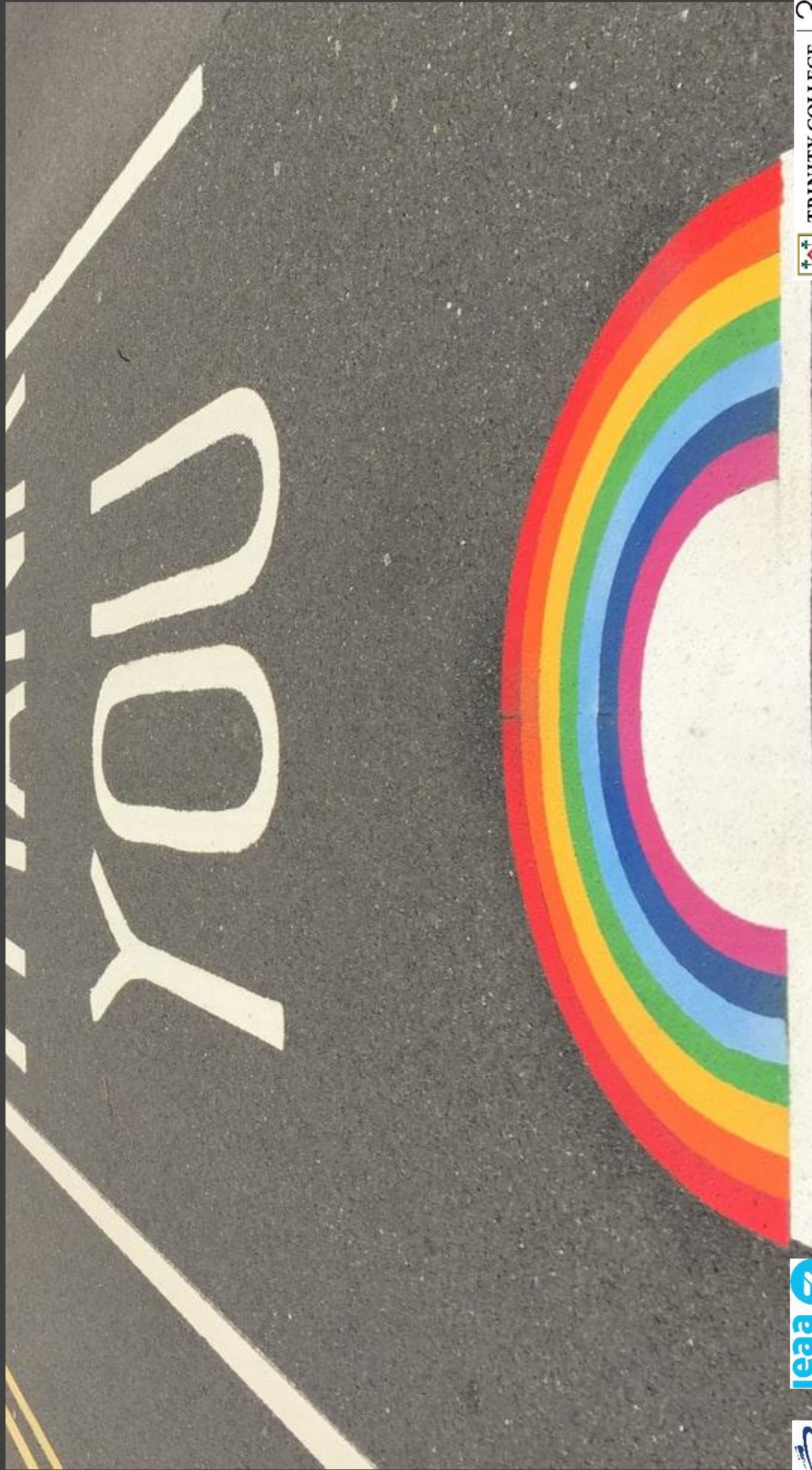
- **Community** and connection
- **Engage** both on and offshore students
- **Pivoting** to online platforms from F2F allowed us to be more creative/innovative
- **Boosted** staff morale in what has been challenging COVID times

One of the most successful events we were able to host to bring the Trinity community together with over 1000 (1.2k) views on YouTube



Play Video





TRINITY COLLEGE
THE UNIVERSITY OF MELBOURNE

30
YEARS
FOUNDATION
STUDIES