

WESTERN SYDNEY
UNIVERSITY



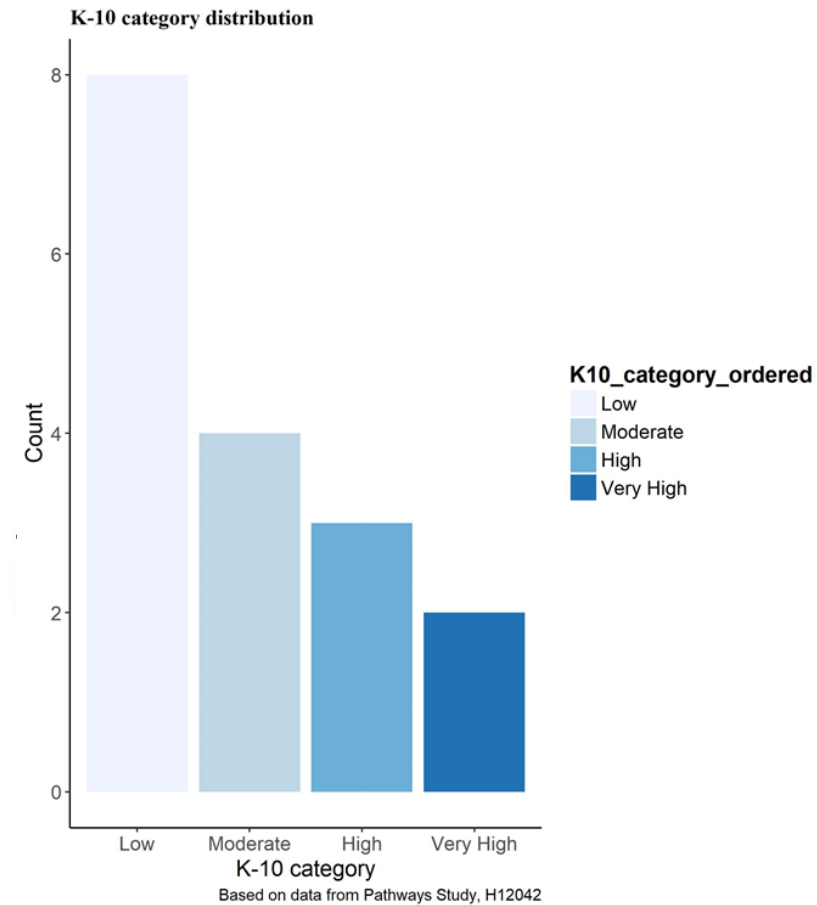
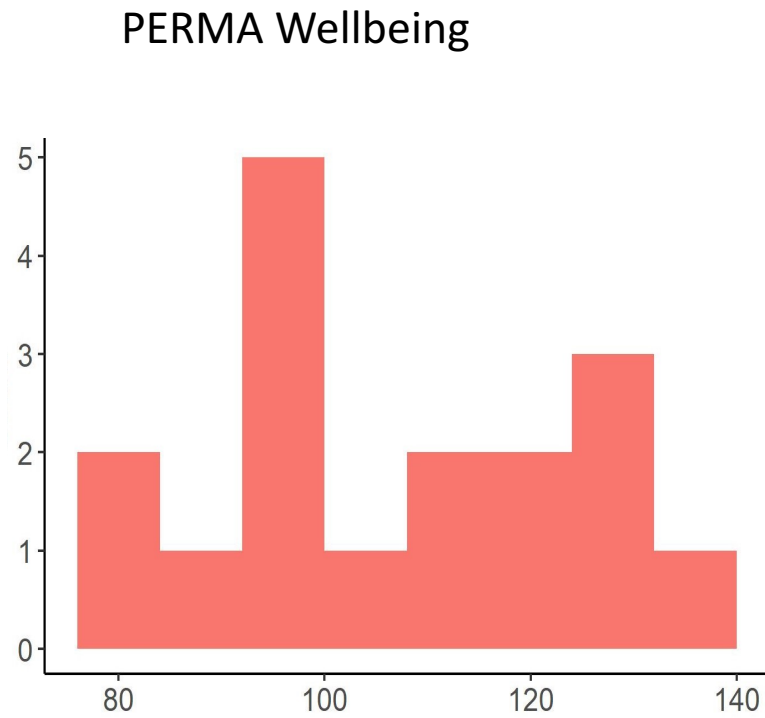
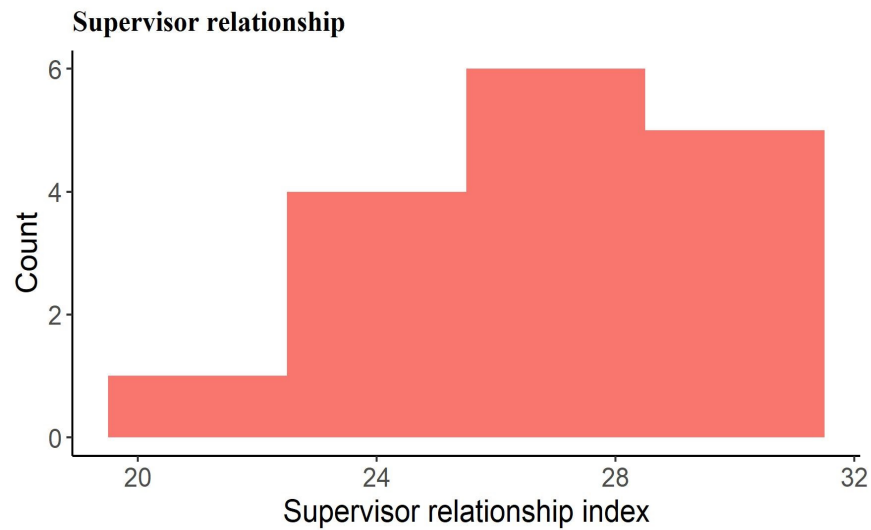
HDR student wellbeing at Western Sydney University
Professor Caroline Smith, Graduate Research School

Pilot HDR study	Mean	(SD)
Mean age	31.1	5.8
K10 (range of possible scores 10-50)	17.4	7.3
Wellbeing (PERMA)		
Positive emotion	20.6	4.4
Engagement	21.1	3.9
Relationships	21.0	6.0
Meaning	22.6	3.7
Accomplishment	22.1	3.1
Negative emotions	11.5	5.0
Physical Health	22.2	5.8
Supervisory Index (range 6-30)	26.5	
¹ My supervisor provides me with practical support	1.6	1.2
¹ My supervisor provides me with emotional support	2.0	1.3
¹ I have regular contact with my supervisor appropriate for my needs	1.6	1.2
¹ My supervisor positively impacts my emotional or mental wellbeing	2.0	1.2
¹ My supervisor provides me with real mentorship	1.8	1.2
¹ I feel valued by my supervisor	1.8	1.2
² How stressful is the University environment to you?	3.8	1.3
¹ I have a good work life balance	3.1	1.3

¹Strongly Agree, Agree, Uncertain, Disagree, Strongly disagree, Not applicable

²Not at all, A little, Somewhat, Very, Extremely

HDR Student wellbeing



New Initiatives and promoting existing support

- Orientation to University services and support
- Early intervention, HDR orientation, social connection, community of support

Optimal health program (OHP)

- OHP develops HDR understanding of the factors that impact wellbeing
- develop skills needed to achieve and maintain optimal health
- program tailored to specific groups such as international students by providing information to programs, services and other opportunities that meet identified needs.
- evaluation
- Supervisory support: HDR Supervisor Forum: Mental Health and Wellbeing
- Ongoing research focus group to identify HDR student needs