

SESSION 6: WELLBEING



Australian
National
University

Best practice wellbeing support

- » Provide candidates with clear information to support candidature progression
- » Provide candidates with good administrative support and services.
- » Supervisors and candidates to define shared expectations and responsibilities
- » Provide supervisors with training on supporting candidate wellbeing
- » Enhanced career development with:
 - industry engagement opportunities
 - mentoring activities
 - networking and alumni engagement
- » Enable connectivity with peers through social and inclusive spaces, celebrating research contributions and achievements



Establishing clear expectations

Common institutional and regulatory requirements

- » Established milestones to assess candidature progression
e.g. Confirmation, annual reviews
- » Monitoring and surveying mechanisms to:
 - track and act on academic and wellbeing issues
 - assess performance with developed indicators in relation to demographic characteristics
e.g. time to completion, overdue milestone, etc.
- » Supervisor eligibility requirements standards and registration
- » Provide supervisor professional development for improved supervisory practice



Supporting HDR candidates' wellbeing



- » Psychosocial safety
- » Cultural safety
- » Respectful Relationships, Student Safety
- » Service delivery:
 - Access to counselling/EAP/mental health support pathways
 - Access to legal advice
 - Access to financial support/ advice
 - Student association
 - Access to good research training opportunities
 - Access to opportunities to connect with other students

Food Relief for HDRs at ANU

Community Connect food security program

Food Co-op: running for over 30 years. Volunteers get discount food and groceries. Cheap café.

ANU Students Association :

- Free breakfast daily
- Student Bites program-distributing food leftovers from businesses
- Lunch vouchers
- Grocery voucher program

Student Life Kitchen Garden program:

- Working bee twice a week
- Participants get to harvest and eat food from the garden, take home seedlings



HDR wellbeing support Sub-groups

Who might need additional or specialised support?

- » Indigenous candidates
- » International candidates
- » LBGTIQ+
- » BIPOC
- » People with a disability
- » Neurodiverse candidates
- » Remote or external candidates
- » Carers

