

ANU – Division of Student Life (Access, Inclusion and Wellbeing)

Internship available for Semester 1, 2019

The Division of Student Life supports the university to meet its strategic objectives by ensuring an enriched student experience for all students. The Division provides a range of support, enrichment, advisory and business services to help underpin the university's educational goals for students living both on and off campus and strives to ensure high quality and responsive services are delivered effectively to students from all backgrounds.

The newly developed ANU Healthy University Strategy provides a universal and whole of system approach to supporting the wellbeing of ANU students. The Strategy draws heavily on the *Ottawa Charter for Health Promotion*, the World Health Organization's *Health Promoting Universities Framework for Action* and recommendations from Healthy Universities UK. Activities under the Healthy University Strategy are embedded across all areas of ANU and are coordinated through the Access, Inclusion and Wellbeing Unit within the Division of Student Life.

This project provides an opportunity for an enthusiastic and high achieving third year or postgraduate student to contribute to our understanding of the health of ANU students and to inform future ANU health and wellbeing programs. The position is located within the Access, Inclusion and Wellbeing team and will work closely with the Wellbeing Project Coordinator.

Please note that only one position is available and that students should nominate their preferred project.

Host Supervisor/contact: Bernadette Morris, Wellbeing Project Coordinator (E: Bernadette.Morris@anu.edu.au; T: 02 6127 0081)

Project 1: The health concerns and health service usage of ANU students living off-campus

Internship discipline: Psychology, health science, public health

Specific skills required: Qualitative or quantitative research skills, strong communication and liaison skills

Summary:

Limited information is available about the health concerns or health service usage of ANU students. Research from the University of Queensland suggests that those living in share housing, those living alone and those aged 25-34 have higher levels of psychological distress than other students. (Stallman, 2010) It is not known whether this is also true at ANU. Research from ANU suggests that mental health, physical activity, nutrition, dental

hygiene and sexual health are all significant issues for ANU students.(Shadbolt & Grant, 2013)

This project will involve developing a research proposal and undertaking research to build a greater understanding of the health concerns and health service usage of ANU students who do not live on campus or in university accommodation. This includes those living in share houses, living alone off-campus, living with their own families or living with their parents or carers.

The project will culminate in a report suitable for presentation to senior ANU staff with a set of recommendations around health priorities.

Shadbolt, N., & Grant, W. (2013). Health-Behaviour-Knowledge: An assessment of ANU Students. (Unpublished thesis - Master of Science Communication). Australian National University, Canberra, Australia.

Stallman, H. M. (2010). Psychological distress in university students: A comparison with general population data. *Australian Psychologist*, 45(4), 249-257. doi:10.1080/00050067.2010.482109

Project 2: Strategies for increasing the help-seeking behaviour of Chinese students

Internship discipline: Psychology, health science, public health

Skills required: Qualitative research skills, or an interest in developing these skills. Strong communication and liaison skills. Mandarin language skills are not required but would be beneficial.

Summary:

In 2017, ANU had over 9000 international students enrolled, including over 5000 Chinese students. Chinese students constitute approximately one fifth of the total student population, with over 5000 students from China currently studying at ANU.

This project will explore barriers to help-seeking behaviours among Chinese students and develop strategies to encourage students to seek support for their mental or physical health. The project will culminate in a report suitable for presentation to senior ANU staff with a set of recommendations that could be implemented in the future.