

NStEP's Network Event – 29<sup>th</sup> November 2023

Wellbeing and Belonging, through the lens of Student Engagement

ATU Sligo – Student Engagement Case Study

What does a Healthy Campus Look Like? An investigation into what the campus population at the Atlantic Technological University Sligo identify as the essential elements of a Healthy Campus



# The Back Story

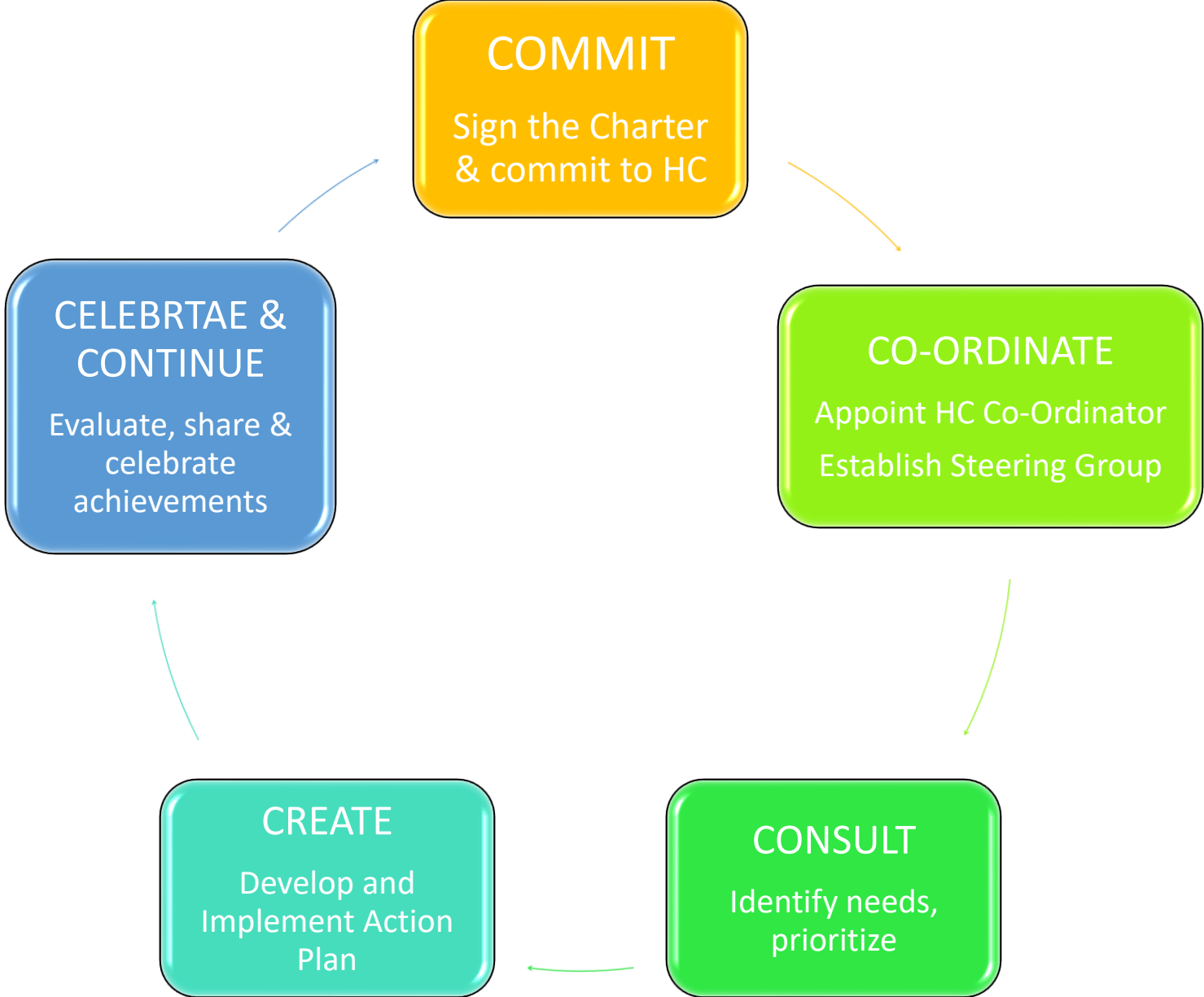
An illustration of several hands holding up white papers with green icons. The icons include a heart, a lightbulb, a hand, and a gear. The background is a mix of blue and green.

In July 2021, the Government launched the Higher Education Healthy Campus Charter and Framework which must be implemented in all Higher Education Institutions in Ireland (Government of Ireland, 2021).

In September 2021, I was nominated as the ATU Sligo Healthy Campus Coordinator who would oversee the implementation of the Charter.

I was studying a MA in Leadership in Workplace Health and Wellbeing in TUS Limerick which required me to undertake a Research thesis by July 2022.

# The Healthy Campus Process



## The principles of the Healthy Campus Charter and Framework

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**Participation** – Where, student, staff and the wider campus community are actively engaged in deciding on and implementing health and wellbeing promotion actions

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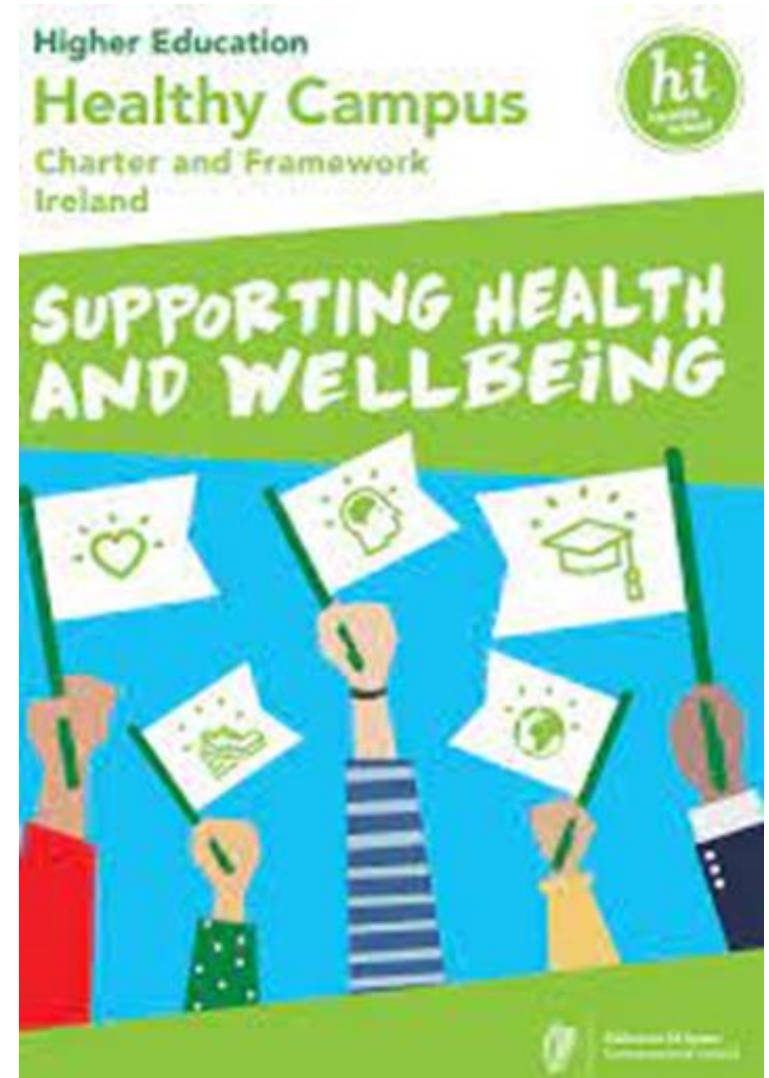
**Partnership** – Where trans-disciplinary collaborations and cross-sector partnerships are fostered to create connections between health, learning and the campus structure

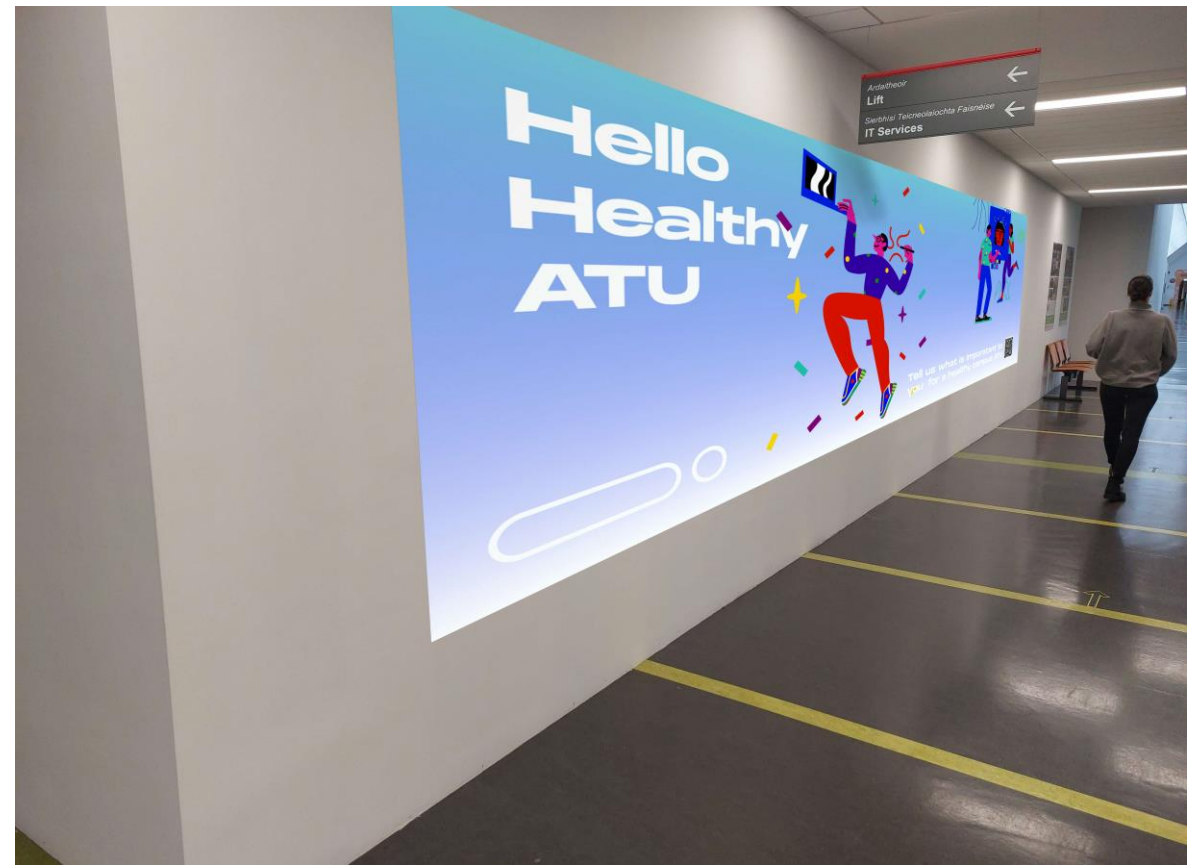
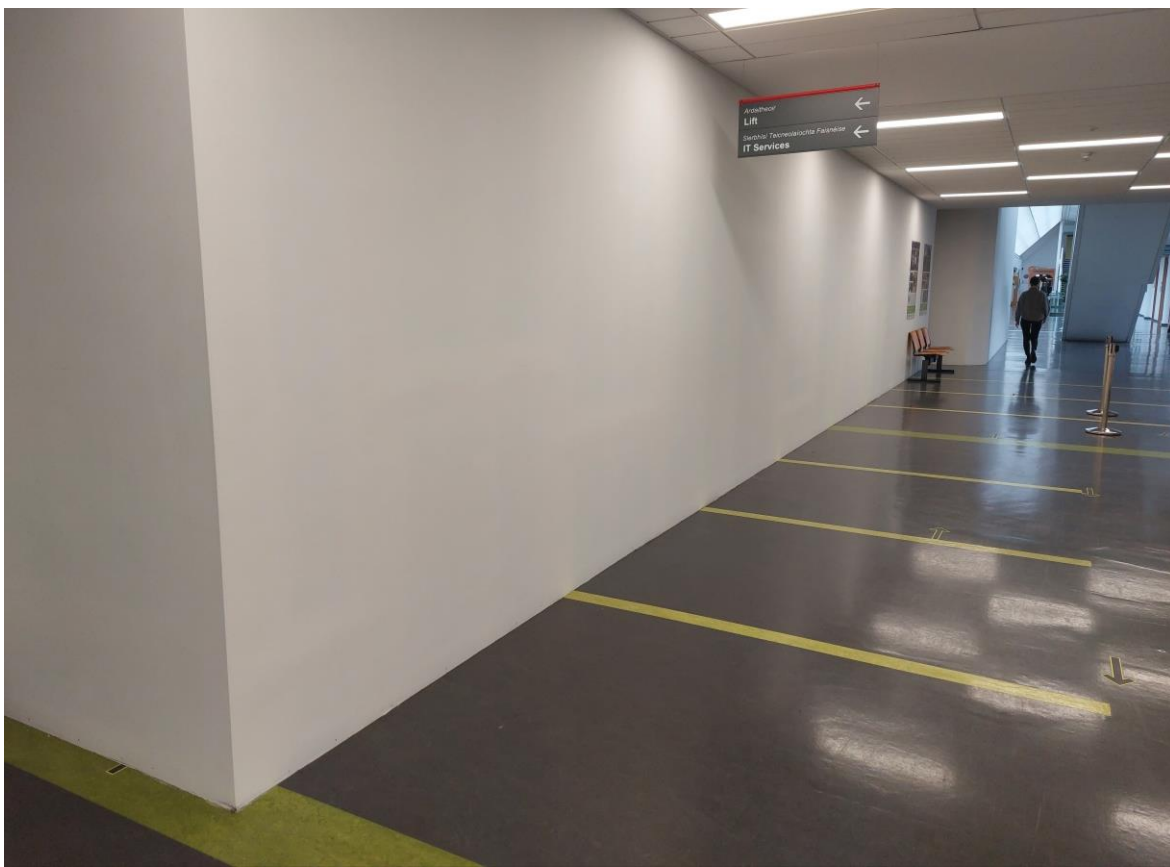
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**Evidence based** – Where formulation of policies and practices are guided by evidence , and where knowledge is created through action and research

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**Sustainability** – Where health and wellbeing of the campus community is infused in the everyday policies, teaching and learning, and research and innovation





The Research Idea – Began with the Wall



# An idea becomes reality – Dec 21/Jan 22

- Got permission from ATU management to use the wall for a Healthy Campus mural.
- Worked with the module leader from ATU Sligo Bachelor of Arts in Creative Design to generate a project brief under the 3<sup>rd</sup> Year “Product Design” module.
- It would be a co-design project and a large assessment piece for the students.
- Research proposal was accepted, and ethical approval was got to undertake the research as part of my MA in Leadership in Workplace Health and Wellbeing
- Four 3<sup>rd</sup> Year ATU Sligo Creative design students came forward to work on the project, they became the “Design team” with me as their client.



# The Research Design

- A qualitative Participatory Action (PAR) research design, with a reflexive thematic analysis was chosen to undertake the research
- The use of Participatory Action Research (PAR) is ideally suited for use in healthy communities such as third-level campuses, it is an approach that centers around the idea that people who are affected by a decision, event or product should have an opportunity to influence it.
- It offers rich and compelling insights into the real worlds, experiences, and perspectives.
- It also embodied the Principles of The Healthy Campus Charter in particular participation and partnership.
- I chose an open-ended question “What does a healthy campus look like to you?”
  - It allowed me to take a holistic and comprehensive look at the issues being studied.
  - Allowed participants to provide more opinions, giving the data more diversity than would be possible with a closed-question or forced-choice survey measure.



# What does a Healthy Campus look like? – The Research Objectives

## 1. Design

- Design an innovative data collection method to elicit the opinions of the campus population

## 2. Consult

- Consult with the campus population to identify what they feel are the essential elements of a Healthy Campus

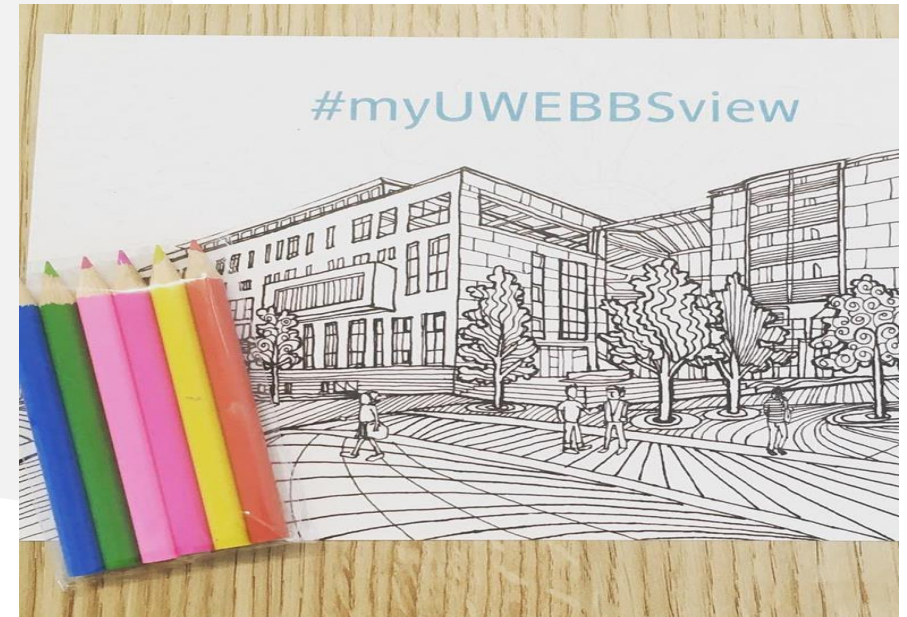
## 3. Create

- Create a visual legacy installation (mural) that would represent what are the essential elements of a Healthy Campus, as determined in the research study.



## Stage 1 – “Design” the data collection piece – Feb/Marc 2022

- Brainstormed (used figma, miro boards) possible ways to elicit the opinions of the campus population, printed postcards, Instagram, photos were all considered.
- Evaluated each method using specific criteria, which included, cost, ethical considerations, ease of use to gather data (for the Team and participants), visual presence, time to fill out (for the participant), accessibility (e.g. access to participants’ email), the time to extract key themes.
- Decided to use a “White board” that people could write on.



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## Stage 1 – “Design” – A dry run

- We piloted it, in –sitiu - early March 2022.
  - Students loved the simplicity and were “thankful” not to have to fill out a survey
  - It is necessary as a data collector to engage with participants e.g. to give information about the project but also to be able to speak about Healthy Campus
  - Some people didn’t want to write on the wall because of literacy issues, some asked us to write their comments for them
  - Staff were not as engaged as students
  - Would also need a mechanism to be able to gather more detailed feedback
  - Could gather relevant data in a very short collection time which was easy to code



# Design the Data Collection Piece



Korneliusz Dabek and Dawid Blasevac

# The Data Collection Piece

## HELLO HEALTHY ATU SLIGO

### What does a Healthy Campus look like to you?

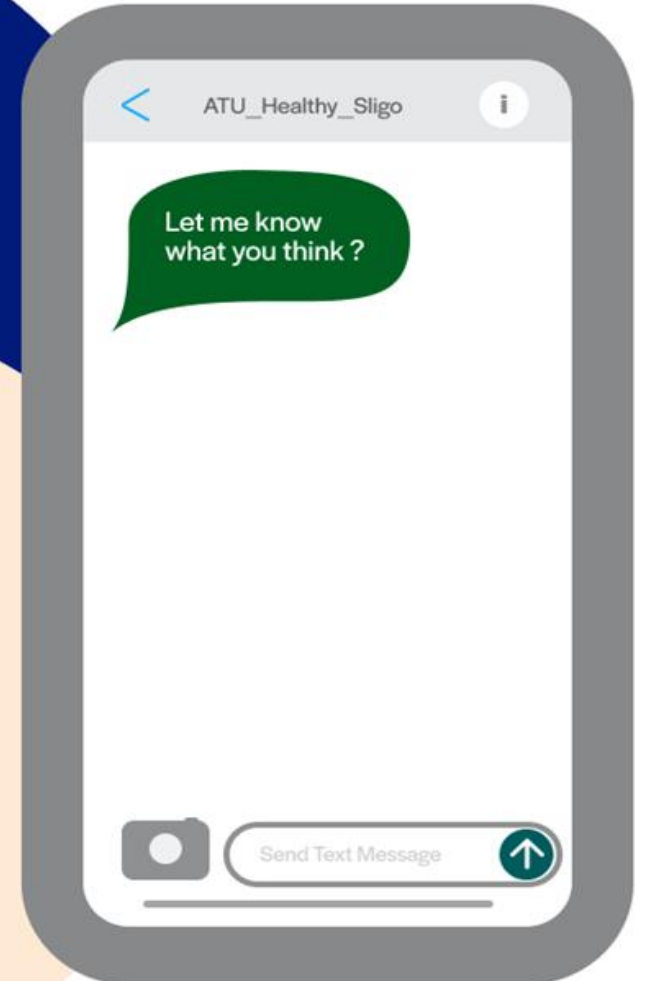
The ATU Sligo Healthy Campus Charter has committed "to create a learning environment and organisation culture that enhances the health, wellbeing and sustainability of its community and enables people to achieve their full potential".

This is a co-design project between Healthy Campus and Third Year Creative Design students.

The data collected will also be used for a research MA Thesis. If you have any questions, please contact [roache.yvonne@itsligo.ie](mailto:roache.yvonne@itsligo.ie)



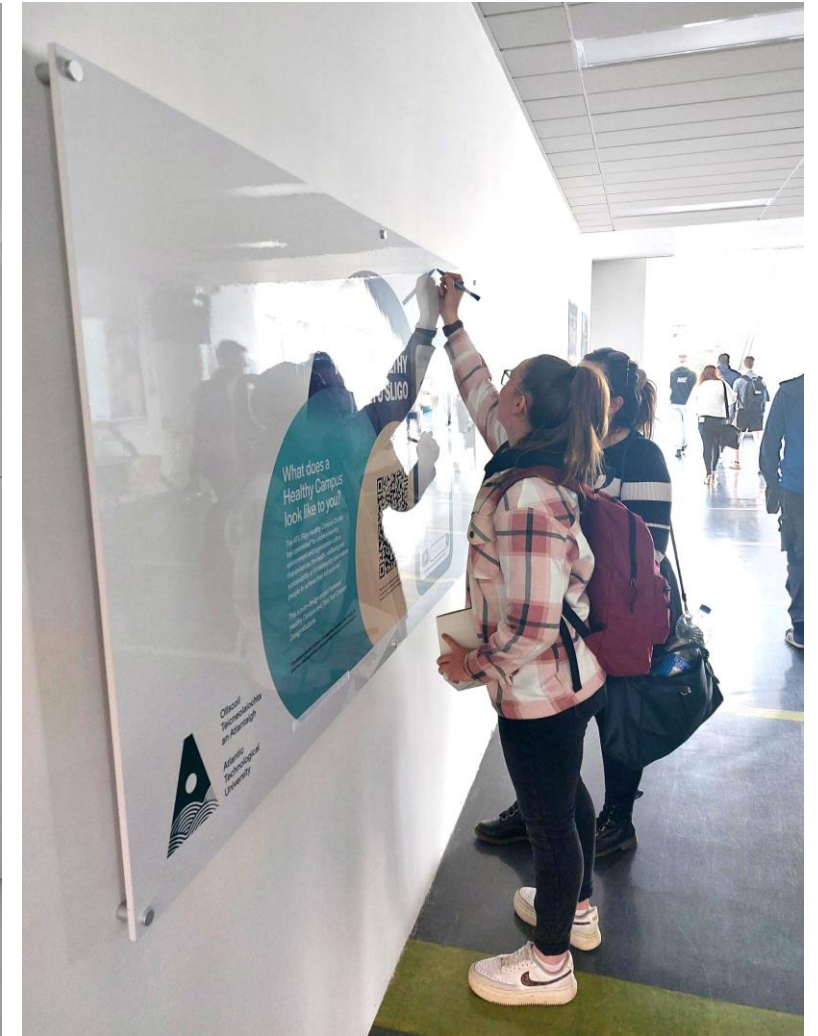
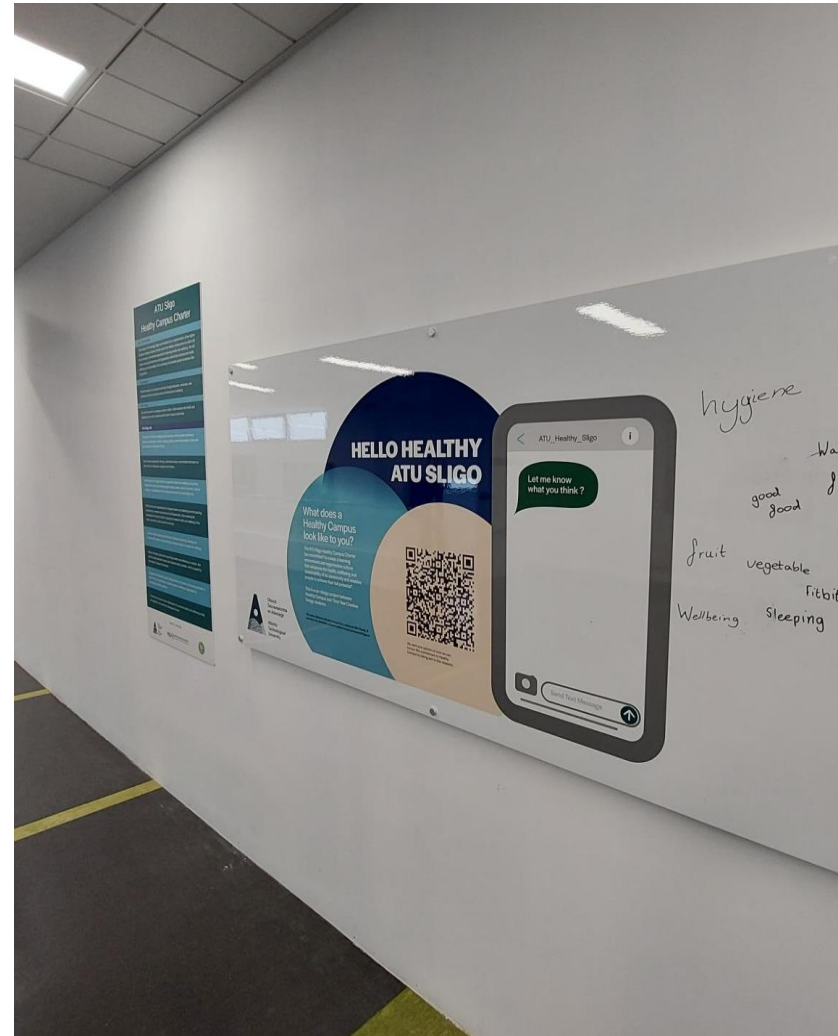
We want your opinion on how we can honour this commitment to Healthy Campus by taking part in this research.



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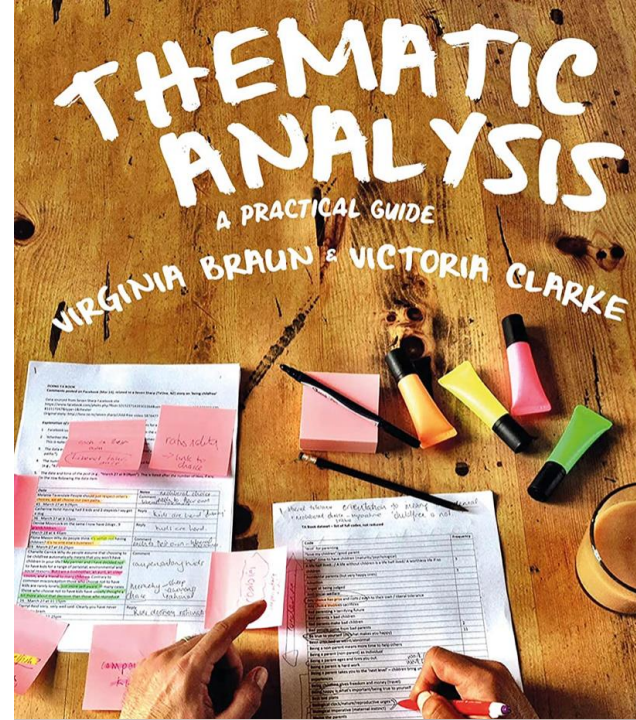
# Stage 2 – “Consult” - Data collection – April 25<sup>th</sup> to 28<sup>th</sup> 2022



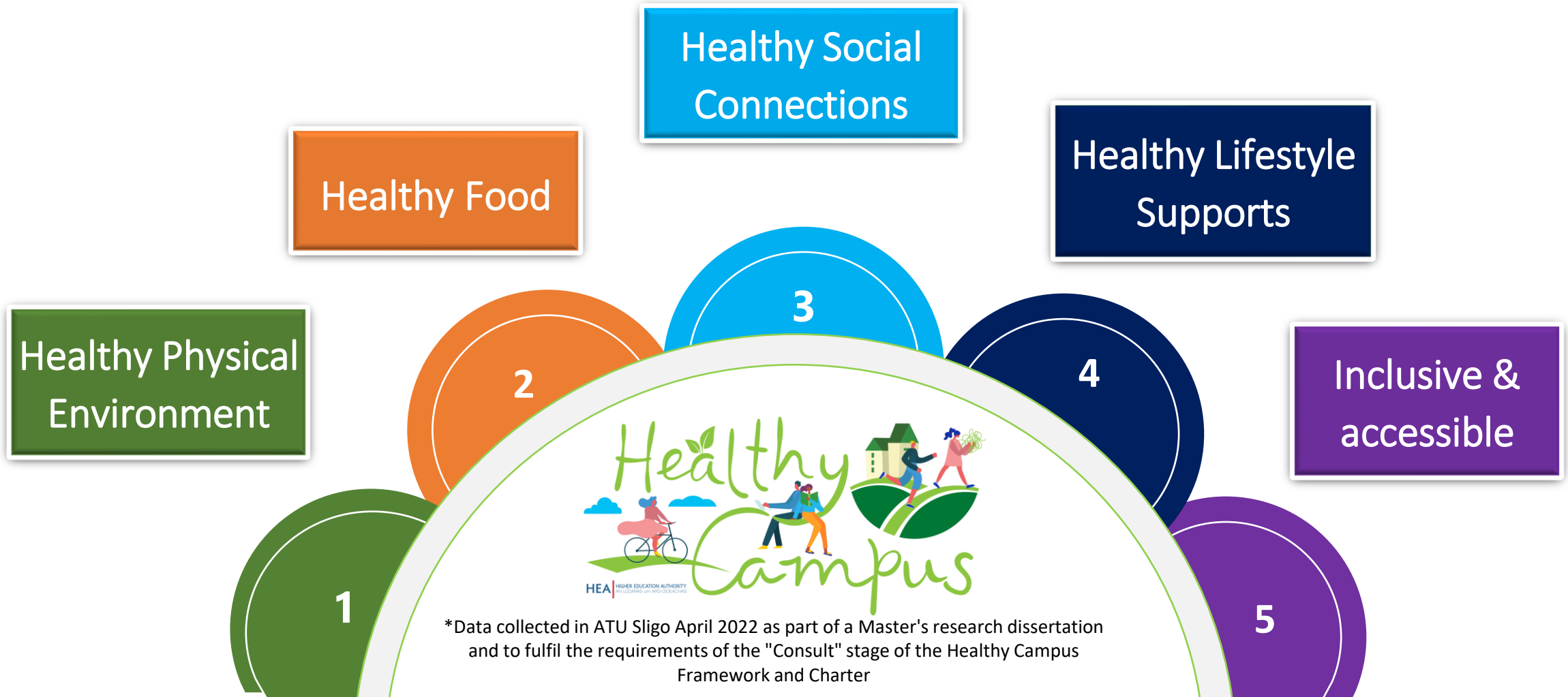
# Data Analysis – A very busy weekend in April 2022

Reflexive thematic analysis is an easily accessible and theoretically flexible interpretative approach to qualitative data analysis that facilitates the identification and analysis of patterns or themes in a given data set (Braun and Clarke, 2022).

1. Gaining familiarity with your data
2. Generating initial codes or labels
3. Searching for themes or main ideas
4. Reviewing themes or main ideas
5. Defining the main themes
6. Producing the report



# What does a Healthy Campus Look like? – Five Themes were identified



\*Data collected in ATU Sligo April 2022 as part of a Master's research dissertation and to fulfil the requirements of the "Consult" stage of the Healthy Campus Framework and Charter

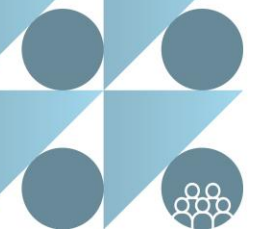
# Stage 3 – Create “The Mural” – Week 1 May 2022



Joshua Donnellan and Gerard Maguire



# HEALTHY CAMPUS



## Hello Healthy ATU!

**Mission** We will empower our campus community through education, resources, and activities to function optimally across all dimensions of wellbeing.

**Vision** We will be a leader in creating a campus culture, which nurtures the health and wellbeing of our staff, students, and the wider campus community.

Mural by Angha Donnellan and Gerard Maguire



# Installation Day – 26<sup>th</sup> May @ 11 am



A graphic illustration of a sun, waves, and a tree. The sun is a large green circle in the top right. Below it are three wavy lines in shades of blue and teal, representing water. To the left of the waves is a vertical orange bar with two green teardrop shapes hanging from it, representing a tree. The background is a light blue gradient.

**Hello Healthy ATU**  
Scan here for further  
information on Healthy  
Campus!



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Teicneolaíochta  
an Atlantaigh  
Atlantic  
Technological  
University

# Launch of the Healthy Campus Mural – 26<sup>th</sup> May 2022 @ 3.00 pm



# Some final thoughts

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- There is need for HEI's to develop and invest time in ways to engage with and gather data from campus populations that extends beyond surveys attached in emails. "We need to embrace the discomfort, unfamiliarity, disruption and uncertainty of alternative methods of qualitative inquiry."
- There is an opportunity for cross functional collaborations between the arts, marketing, health sciences etc to work together.
- Integrate health and wellbeing into the curriculum, make it a win, win.
- Health and Wellbeing of our campus population should be a number one priority. We are unique Health Settings with endless possibilities to influence the health decisions of our future populations.
- The gift of Neurodiversity.
- The Healthy Campus engagement journey continues





The New Healthy Campus engagement piece – Installed October 2023

# Thank You

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Yvonne Kennedy – Health and Wellbeing  
Officer/Healthy Campus Coordinator ATU Sligo

<https://www.instagram.com/atuhealthysligo/>

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