

Utilising student-led Peer Mentoring to address identified health risks and support gaps

in the Faculty of Science, Engineering and Built Environment (SEBE), Deakin University

Krystal Agourram and Lynette Round



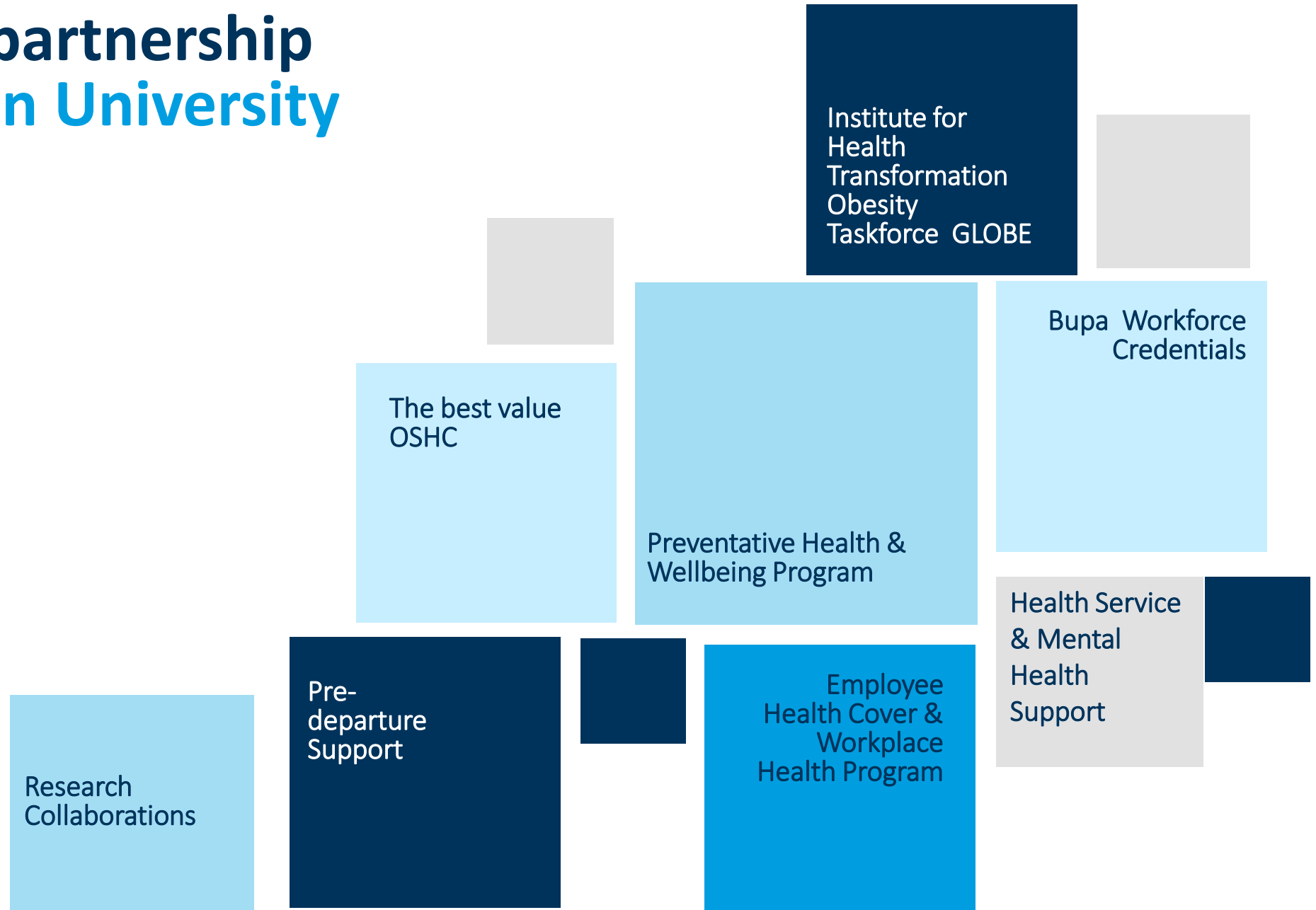
Deakin University and Bupa

**A Partnership that Creates a Shared
Vision for Health**

Lynette Round
Head of Health Partnerships
Bupa Australia



A connected partnership Bupa & Deakin University



Student Health Review

The Student Health Review is a comprehensive and convenient on-site 30 minute health consultation that provides students with an opportunity to learn more about key health areas and become motivated to make a positive change to their health.

The health review includes :

- Demographic and culturally specific biometric tests (glucose, blood pressure, mental health assessment and waist circumference measurement)
- Individualised health education
- Goal setting discussion
- Opportunities for referrals back into the institution's support network
- Quality consultation time with a health professional

Participants will be provided with a comprehensive booklet with details of all of the health tests as well as additional health information.



Participant demographics

446
Participants

Nationality

India (43.0%)
China (10.0%)
Sri Lanka (5.0%)
Vietnam (5.0%)

Gender



Age

Average age: 24.2 years

Time in Australia

0-6 months – 36%
6-12 months – 19%

K-10 Result

37% likely to have a mild-moderate mental disorder
13% likely to have a severe mental disorder

Most challenging

Maintaining fitness / physical activity – 68%
Feelings of stress, anxiety or depression – 12%
Eating healthy foods – 12%

Healthy relationships

33% issue identified
17% 'Knowledge'
7% 'Safety'
5% 'Contraception'

Blood glucose

39% increased risk

Physical activity

29% not meeting guidelines

Waist circumference

29% not meeting guidelines

The SEBE Transition and Engagement Team

- Manage the Peer Support Network Program, including the Drop-in Desk and Events Program
- Provide tailored support to students
- Manage Orientation for the Faculty



2019 (so far)



- Over 1,600 students have registered to be a **Mentee** in the Program
- 94%* of Mentees reported that joining the Program had better equipped them for successful study at Deakin
- 98%* said that they would recommend the Program to a friend
- 194 students have joined the program as **Mentors**
- Over 600 enquiries have been made at the Drop-in Desk
- 147 engagement activities have been run by SEBE with over 1,800 students participating (so far)

The **Drop-in Desks** are staffed by SEBE Peer Support Network Program Mentors who can provide advice, referrals and answer student questions. They can assist with:

- Connecting students to the most appropriate support services,
- Discussing general study strategies and techniques,
- Assisting students with understanding where and how to access information both online and on campus,
- Informing students about upcoming events and opportunities,
- Supporting students to develop a more in-depth understanding of the expectations of them as Deakin University students.



Social Engagement Program



	Trimester One	Trimester Two	Trimester Three
Burwood	Making Friends in Australia Workshop Social Sports Meditation Microwave Cooking Demonstrations	Welcome to Melbourne Walking Tour* Welcome Lunch* Making Friends in Australia Workshop Social Sports Yoga Microwave Cooking Demonstrations	Weekly Mentor Program Lunch (5wks)* Yoga Social Sports
Waterfront	Meditation Beach Sports*	Welcome to Melbourne Walking Tour* Welcome Lunch* Making Friends in Australia Workshop Board Games*	Weekly Mentor Program Lunch (5wks)* Yoga Microwave Cooking Demonstrations Board Games*
Waurnd Ponds	Making Friends in Australia Workshop Social Sports Meditation Microwave Cooking Demonstrations	Welcome to Melbourne Walking Tour* Welcome Lunch* Making Friends in Australia Workshop Social Sports Yoga Microwave Cooking Demonstrations	Weekly Mentor Program Lunch (5wks)* Social Sports Yoga Microwave Cooking Demonstrations

Social Engagement Program



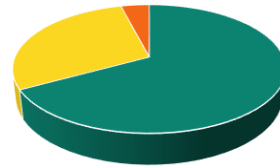
Trimester	Activities	Welfare Pool Funded	Participants
One	37	36	458
Two	51	34	764
Three	59 (34 have taken place to date)	33 (18 have taken place to date)	651 (in the first 4 weeks of trimester)

85% of participants* said that the activity they attended helped them to be healthier

Microwave Cooking Demonstrations

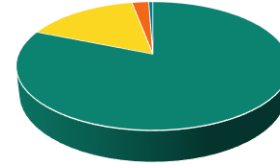


I have learnt how to be healthier



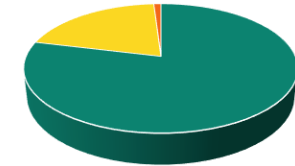
- Strongly Agree
- Agree
- Neither Agree or Disagree

I liked this activity



- Strongly Agree
- Agree
- Neither agree nor disagree
- Disagree

I would like to join another activity like this one



- Strongly Agree
- Agree
- Neither Agree or Disagree

"It's really good for me to make food at home easily."

"It was an awesome experience, learned a lot about healthy eating."

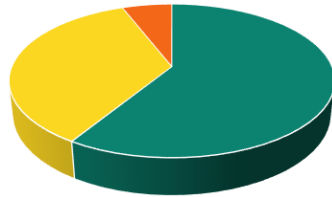
"Was enjoyable, fun and I got to learn something new."

"This is a very educative session and looking forward to more of such on campus."

Yoga (Trimesters 2 and 3)

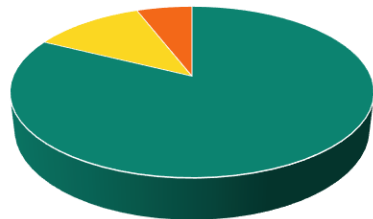


I have learnt how to be healthier



■ Strongly agree ■ Agree ■ Neither agree nor disagree

I would like to join another activity like this one



■ Strongly Agree ■ Agree ■ Neither agree nor disagree

"I really enjoyed it, can't wait for the next one!"

"Very nice to have space and time to check in."

"I would strongly recommend this to anyone for a healthy body and mind"

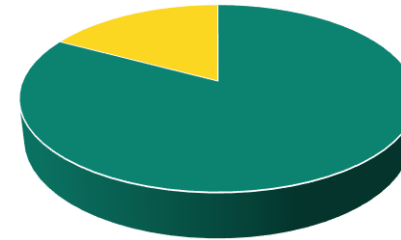
"I feel healthier and more relaxed and ready to study."



Social Sports

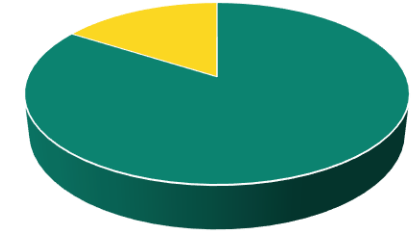


I would like to join another activity like this one



■ Strongly Agree ■ Agree

I liked the Activity



■ Strongly Agree ■ Agree

“Great way to promote physical fitness. Love it.”

“Catching up with friends and making new ones. Keep it up!”

“Love to play and meet new people”

“(Haven’t) played in a long time. Really appreciate the opportunities.”

Mentor Feedback



“Being able to lead an activity that promoted health, physical activity, making connections and engagement was very rewarding.”

"The SEBE PSN program has equipped me with vital skills and experiences that I will be able to transfer into my career and utilise throughout my lifetime."

“I have particularly valued the ability to connect with a wide range of international students, which was wonderful to learn about different cultures and contexts.”

“Before joining the program I was extremely anxious and nervous about social engagements and talking to people. This program has given me confidence and aided in the reduction of my social anxiety and has allowed me to step outside of my comfort zone and get involved on campus.”

"It's a great opportunity for personal development but also extremely rewarding as you can see you make a difference."

"Joining the Peer Mentor Program has taught me many skills that I can use during my studies and after graduating.

As my course requires me to interact with people, I'm more confident in talking and explaining ideas. As well as this, after I graduate I feel prepared to work with a diversity of people."



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