**Semester Two - Have your say!**

**Pilot Study of a Student-led Peer Support Wellbeing Programme** is a new initiative being piloted in semester 2 during your PASS sessions – you can choose the top 12 wellbeing themes that are important to you. Your PASS leaders will be trained by Student Wellbeing to run the sessions and as first-year students you can co-design this initiative! We will deliver the most popular 12 wellbeing themes as chosen by you. If there is a wellbeing topic that you would like to see included, please provide details of this at the end of the survey (Pg.3).

Please rank your top 12 choices in order of importance to you with 1 being your most preferred theme – 12 being your least preferred theme. Place the corresponding number in the column labelled ‘Rank (1-12)’.

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| **Wellbeing Theme** | **Description** | **Rank**  **(1-12)** |
| **Relationships** | Transition to university, changes in relationships, making new connections, building a social life, staying safe on-line, dealing with rejection, appropriate boundaries. |  |
| **Living away from home** | Finding accommodation, moving house, sharing with others, cooking, budgeting, dealing with difficult situations in shared living. |  |
| **Academic achievement** | Understanding rules of course, what is expected, staying motivated, procrastination, perfectionism, fear of failure. |  |
| **Consent** | Healthy relationships, sexual decision making, sexual misconduct. |  |
| **Disabled at university** | Valuing diversity, being neuro-diverse, mental health issues, accessibility challenges. |  |
| **LGBTQ+ at university** | Valuing diversity, access to services, gender and sexual orientation understanding, making connections, mental health issues. |  |
| **BAME at university** | Valuing diversity, access to services, making connections, mental health issues, cultural needs. |  |
| **Loneliness/isolation** | Being alone, peace, resilience, independence, feeling left out, problems connecting with others, being away from loved ones. |  |
| **Mental health matters** | Long term MH conditions, getting support, feeling safe, overcoming/coping with difficult experiences. |  |
| **Managing anxiety and stress** | Understanding the physical symptoms of anxiety, the fight or flight response, facing your fears, mindfulness and breathing techniques. |  |
| **Negative thoughts and over-thinking** | Challenging negative thinking, what is in our control/out of our control, learning thought techniques. |  |
| **Self-esteem and self-talk** | How self-esteem is established, examining how we talk to our self, improving low self-esteem, positive affirmations. |  |
| **Low mood and self-care** | Behaviour, sleep tips, structure and routine, me time and self-care, goal setting. |  |
| **Life during a pandemic** | Living at home (both positives and negatives), studying remotely, staying in touch, communication systems between students and academics, types of support available. |  |
| **Managing physical health conditions** | Looking after your physical health e.g. diet & alcohol use, setting limits, chronic physical health conditions and 'invisible' illnesses, the relationship between physical and mental health, what support is available at UU if you have a long-term health condition. |  |

**Please feel free to suggest any additional wellbeing themes that are not included above!**

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