

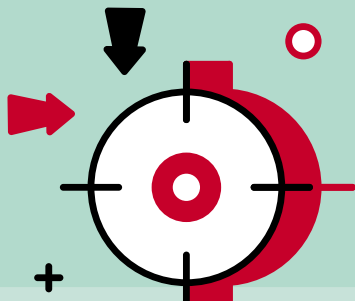
# WELLBEING MONITOR FOR STUDENTS

*Greater insight into personal wellbeing*

The wellbeing monitor is a personal tool that students can use to gain insight into their wellbeing. The monitor helps them become more successful and get more pleasure out of their studies.

## Student wellbeing

When students feel good about themselves, they are more successful and have fewer mental health issues that could lead to delays in their study progress or dropping out of a programme. At Avans, we feel it's important to take preventive action to enhance the mental wellbeing of students. This helps them be pro-active in managing and reducing the stress they experience.



## Wellbeing monitor

Avans has developed a wellbeing monitor to provide support that meets the needs of each student individually. The tool gives students a better understanding of their own wellbeing and offers help where needed. It also gives Avans an excellent opportunity to develop a less stressful learning environment and suitable support services.

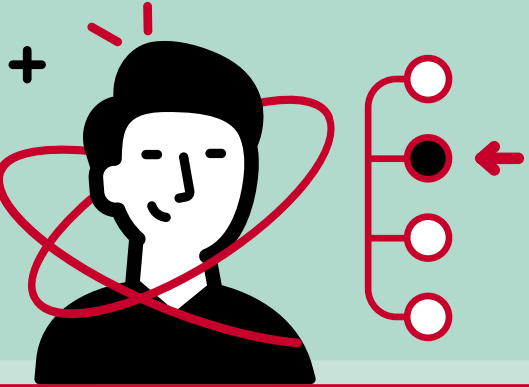


## Valuable insights

The wellbeing monitor presents students with a better picture of the things that give them a lot of energy along with the things that demand a lot of energy as they go about their daily lives. It makes it easier for students to identify the cause of a problem or the source of a particular need. It gives them valuable insights that they might also bring to you as student counsellor. Because they are better able to articulate their needs, you will be better able to offer guidance or refer them for additional support.

## Self-help method

Students start with questions about their own wellbeing. Based on the monitor's advice regarding this resiliency measurement, they get personalised feedback and guidance to help them work independently on their own wellbeing. The tool also offers them the option of choosing more advanced modules geared to their personal needs, which also provide feedback. These include mindfulness, motivation and learning strategies. Students are also welcome to follow additional counselling sessions relevant to their needs through Avans Extra.

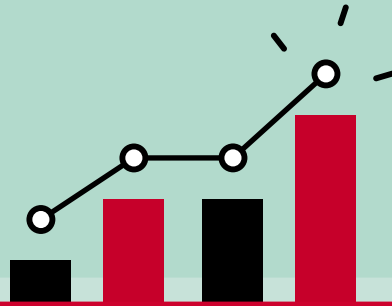


## Discussions with students

With personalised feedback, students have a better idea how to ask for help and are better able to decide which issues should be discussed with you as their student counsellor. Students have to take the initiative themselves to share insights that they glean from the monitor. It's entirely up to them to judge whether the feedback rings true or whether they quickly push it aside.

## You can help them along

The wellbeing monitor can prevent problems. Because of the insights provided by the tool, both you and the student will be alerted earlier and have a better idea of what their needs are at any given time. You will also be able to offer them better support. Therefore, always tell students about the tool and how it can help them.



## Privacy and data protection

Everything that the students enter in the wellbeing monitor will be kept confidential and not shared with others. They decide themselves whether they want to share the information with you. Avans uses the anonymous data from the monitor exclusively at an aggregated group level to gain a better understanding of what students need in general to improve their wellbeing.



## At a glance

### For students

- Resilience monitor
- Can be accessed 24/7
- Personal dashboard
- Self-help method with advanced modules
- Useful tips and strategies for improving wellbeing
- Counselling tailored to personal needs
- More valuable discussions with student counsellor
- Thorough insight into all available referral options

### For student counsellors

- Preventively enhance student wellbeing
- Easy to monitor student wellbeing
- Better articulated requests for help
- Quick start on counselling
- More valuable discussions with student

Scan the QR code or go to [welzijnsmonitor.avans.nl](https://welzijnsmonitor.avans.nl)