



**Flinders
University**

BetterU
SUPPORTING WELLBEING



Supporting Student Wellbeing: A Guide for Staff on Partnering with BetterU

Our Shared Goal

The BetterU initiative (<https://www.flinders.edu.au/betteru>) aims to provide students with the knowledge, skills, tools, and resources to look after their wellbeing.

As key connectors in the student journey, staff are our most valuable partners in this mission.

By building wellbeing capacity within topics and teaching teams, we can significantly increase our collective reach and impact.

This guide outlines the practical ways the BetterU team can support you in supporting students.

How We Can Work Together

1. Consultation & Curriculum Integration

Dr Gareth Furber is available for consultation on how to embed wellbeing-related content into your topics. We can help you identify needs and integrate resources in a way that is authentic and relevant to your students.

2. Ready-to-Use Resources

We have a range of existing guides and articles that you are welcome to use in your topics or share with students. Popular resources include guides on self-care, study tips, managing placement stress, and building healthy habits. Check out our main guides [here](#). With sufficient time, we can customise guides to your specific setting.

3. Guest Lectures & Presentations

Pending availability, members of the BetterU team (and extended Student Life team) can present guest lectures or short presentations for your students on key wellbeing topics.

4. A Simple, Powerful Referral

Simply directing students to the BetterU website (<https://www.flinders.edu.au/betteru>) is a crucial first step.

The site is a central gateway to:

- New articles on relevant wellbeing topics.
- Links to core services like HCDS and Oasis.
- Information on workshops, resources, and programs.
- A subscription option for regular updates.

5. Event Support

BetterU and Oasis are tightly linked. If you are running an event with a wellbeing focus and would like a stall, we can often help (with sufficient notice). Our trained Wellbeing Ambassadors can manage these stalls to promote university-wide wellbeing supports.

6. Student Placement & Volunteer Opportunities

We offer placement and volunteer roles for students interested in creating wellbeing content. Contact Gareth.furber@flinders.edu.au to discuss options.

7. Strategic Input

Members of our team sit on the university's Wellbeing Working Group (WWG). We can help represent student wellbeing issues you identify at this strategic forum.



<https://www.flinders.edu.au/betteru>

Topics We Can Help With

Our priorities are informed by both what students say they are interested in (such as through BetterU sign-ups) and the issues for which students seek support. Together, these provide a useful picture of the wellbeing topics most relevant to students:

- Academic survival: study skills, exam preparation, placement stress and navigating university
- Mental health: anxiety, low mood and understanding mental health conditions
- Identity and direction: confidence, imposter syndrome, values, purpose and future direction
- Relationships and conflict: romantic relationships, breakups, family difficulties and conflict resolution
- Stress management: pressure, uncertainty and balancing study, work and life
- Neurodivergence: living and studying with ADHD, autism, dyslexia and other learning profiles
- Social connection: loneliness, friendships, belonging and finding community
- Productivity and focus: procrastination, perfectionism and time management
- International student life: adjusting to a new culture, language and country
- Grief and loss: homesickness, bereavement and significant life changes
- Physical wellbeing: sleep, nutrition, physical activity and sexual health
- Financial wellbeing: budgeting, student discounts and managing cost-of-living pressures
- Self-care and everyday wellbeing: practical habits and strategies for modern life
- Finding calm: skills for attention, mindfulness and emotional regulation

We do not yet have ready-made curriculum content across every area, and the core BetterU teaching team does not hold specialist expertise in all of them. However, relevant expertise often exists across the broader Student Life and wellbeing teams. With sufficient notice, we may be able to develop something appropriate or connect you with the right people.



Our Team & How to Connect

The core BetterU team is small, but we leverage collaboration to extend our impact.

- **Dr Gareth Furber:** eMental Health Project Officer (Content, Teaching & Consultation)
- **Jamie Scroop:** Oasis Coordinator (Oasis Management)
- **Chris O'Grady:** Counsellor (Programs, Teaching & Consultation)
- **Magnolia Paulino:** Community Development Officer (Events & Activities)
- **Daniel Randell:** Associate Director, Student Life (Management & Strategy)

To discuss any of these opportunities, please get in touch with **Dr Gareth Furber** - gareth.furber@flinders.edu.au

Finally, Don't Forget Your Own Wellbeing

Supporting students also means looking after yourself. Staff wellbeing supports and resources are available through the **Thriving @ Flinders** portal: <https://www.flinders.edu.au/about/thriving-flinders>