ANU – Division of Student Life (Access, Inclusion and Wellbeing)

Internships available for Semester 2, 2019

The Division of Student Life supports the university to meet its strategic objectives by ensuring an enriched student experience for all students. The Division provides a range of support, enrichment, advisory and business services to help underpin the university's educational goals for students living both on and off campus and strives to ensure high quality and responsive services are delivered effectively to students from all backgrounds.

The newly developed ANU Healthy University Strategy provides a universal and whole of system approach to supporting the wellbeing of ANU students. The Strategy draws heavily on the Ottawa Charter for Health Promotion, the World Health Organization’s Health Promoting Universities Framework for Action and recommendations from Healthy Universities UK. Activities under the Healthy University Strategy are embedded across all areas of ANU and are coordinated through the Access, Inclusion and Wellbeing Unit within the Division of Student Life.

These projects provide opportunities for enthusiastic and high achieving third year or postgraduate students to contribute to our understanding of the health of ANU students and to inform future ANU health and wellbeing programs. The positions are located within the Access, Inclusion and Wellbeing team and will work closely with the Wellbeing Project Coordinator.

Please nominate whether you are interested in one or both projects and which project you prefer.

Project 1: The health concerns and health service usage of ANU students living off-campus

Internship Details:
- Internship Availability: Semester 2, 2019
- Internship Discipline: Psychology, health science, public health
- Internship Level: Undergraduate 3rd yr; Postgraduate Coursework
- Available to International Students: Yes
- Specific Skills Required:
  - Qualitative research skills (or an interest in developing these)
  - Strong communication and liaison skills
- Host Supervisor: Bernadette Morris, Wellbeing Project Coordinator, (E: Bernadette.Morris@anu.edu.au)

Summary:
Limited information is available about the health concerns or health service usage of ANU students. Research from the University of Queensland suggests that those living in share housing, those living alone and those aged 25-34 have higher levels of psychological distress than other students.(Stallman, 2010) It is not known whether this is also true at ANU. Research from ANU suggests that mental health, physical activity, nutrition, dental hygiene and sexual health are all significant issues for ANU students.(Shadbolt & Grant, 2013)

Under supervision, the intern will conduct focus groups and analyse qualitative data to build a greater understanding of the health concerns and health service usage of ANU students who do not live on campus or in university accommodation. This includes those living in share houses, living alone off-campus, living with their own families or living with their parents or carers.

A detailed research protocol has been developed and ethics clearance will have been obtained by the work area prior to the intern commencing.
The project will culminate in a report suitable for presentation to senior ANU staff with recommendations about how ANU services and programs could be improved to meet the needs of this student group.


Project 2: Strategies for increasing the help-seeking behaviour of Chinese students.

Internship Details:

- Internship Availability: Semester 2, 2019
- Internship Discipline: Psychology, health science, public health
- Internship Level: Undergraduate 3rd yr; Postgraduate Coursework
- Available to International Students: Yes
- Specific Skills Required:
  - Qualitative research skills (or an interest in developing these)
  - Strong communication and liaison skills
  - Mandarin language skills are essential as the focus groups will be conducted in Mandarin
- Host Supervisor: Bernadette Morris, Wellbeing Project Coordinator, (E: Bernadette.Morris@anu.edu.au)

Summary:
In 2017, ANU had over 9000 international students enrolled, including over 5000 Chinese students. Chinese students constitute approximately one fifth of the total student population, with over 5000 students from China currently studying at ANU.

This project will explore barriers to help seeking behaviours among Chinese students and develop strategies to encourage students to seek support for their mental or physical health.

A detailed research protocol has been developed and ethics clearance will have been obtained by the work area prior to the intern commencing.

Under supervision, the intern will conduct focus groups and analyse qualitative research data to build a greater understanding of how ANU services can be improved to meet the needs of Chinese international students. The project will culminate in a report suitable for presentation to senior ANU staff with a set of recommendations that could be implemented in the future.