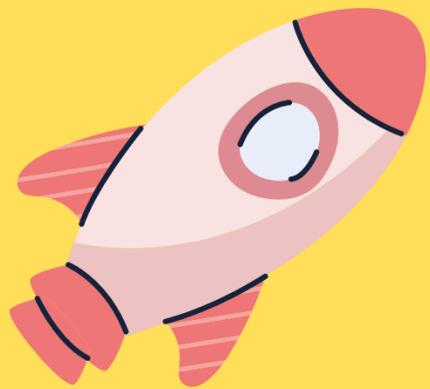




Welcome to the Great Student Wellbeing Experiment

Thank you for helping us test the science. You have been randomly selected to test the relevance of personal resources in improving student wellbeing

Getting started



Please take the next 3 weeks to follow these simple activities to enable you to get a great understanding of what is important to you.

Before each activity find yourself a pen, notebook, time, quiet space and an open mind.

- Make a list of all the things buzzing around your head and put it to one side.
- Go outside and look around – be in the moment.
- Find a quiet space, get comfy.
- Read the activity and think it through.
- If anything else pops into your mind along the way, make a note in your book and come back to it.

Tips



There is no rush.

You can change/add/delete your answers throughout the 3 weeks and if you really can't find an answers that's ok too.

If you get stuck – externalise things, get it out of your head. Get drawing, writing anything that makes you think differently.

Our lives are busy and it can sometimes be hard to make time to simply think. Here are some examples of how others have achieved spreading the thinking time:

4 mins in shower

2 mins waiting for the kettle to boil

3 mins chopping vegetables

20 mins running

Week 1



We use our personal resources to express ourselves emotionally, intellectually, socially and physically. Our personal resources are unique to us and include our core values, qualities and passions.

1. Using the word set on the next page choose 5 words you feel most resonate with you.
2. Prioritise these 5 words in order of importance.
3. Write what they mean to you.

Don't use a dictionary!

Accountability	Contentment	Empathy	Happiness	Loyalty	Rigor	Temperance
Accuracy	Contribution	Enjoyment	Hard Work	Making a difference	Security	Thankfulness
Achievement	Control	Enthusiasm	Health	Mastery	Self-actualization	Thoroughness
Adventurousness	Cooperation	Equality	Helping Society	Merit	Self-control	Thoughtfulness
Altruism	Correctness	Excellence	Holiness	Obedience	Selflessness	Timeliness
Ambition	Courtesy	Excitement	Honesty	Openness	Self-reliance	Tolerance
Assertiveness	Creativity	Expertise	Humility	Order	Sensitivity	Traditionalism
Balance	Curiosity	Exploration	Independence	Originality	Serenity	Trustworthiness
Being the best	Decisiveness	Expressiveness	Ingenuity	Perfection	Service	Truth-seeking
Belonging	Dependability	Fairness	Inner Harmony	Positivity	Shrewdness	Understanding
Boldness	Determination	Faith	Inquisitiveness	Practicality	Simplicity	Uniqueness
Calmness	Devoutness	Fidelity	Insightfulness	Preparedness	Soundness	Unity
Carefulness	Diligence	Fitness	Intelligence	Professionalism	Speed	Usefulness
Challenge	Discipline	Fluency	Intellectual	Prudence	Spontaneity	Vision
Cheerfulness	Discretion	Focus	Status	Quality-orientation	Stability	Vitality
Clear-mindedness	Diversity	Freedom	Intuition	Reliability	Strategic	
Commitment	Dynamism	Fun	Joy	Resourcefulness	Strength	
Community	Economy	Generosity	Justice	Restraint	Structure	
Compassion	Effectiveness	Goodness	Leadership	Results-oriented	Success	
Competitiveness	Efficiency	Grace	Legacy		Support	
Consistency	Elegance	Growth	Love		Teamwork	

Week 2



1. Dig through some old photos and find 1 photo that sticks out to you and brings back happy memories. If you can't access photos, try using songs. Immerse yourself in that time - the people who were with you, the sights, the sounds the smells.
2. Put yourself, as best you can, back to that moment and using the word set again, choose 5 words that you feel most resonate with you. Prioritise these 5 words in order of importance to you and write what they mean to you.

Don't use a dictionary!

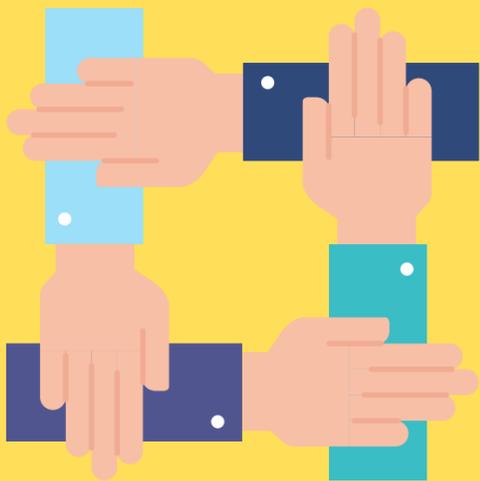
Accountability	Contentment	Empathy	Happiness	Loyalty	Rigor	Temperance
Accuracy	Contribution	Enjoyment	Hard Work	Making a difference	Security	Thankfulness
Achievement	Control	Enthusiasm	Health	Mastery	Self-actualization	Thoroughness
Adventurousness	Cooperation	Equality	Helping Society	Merit	Self-control	Thoughtfulness
Altruism	Correctness	Excellence	Holiness	Obedience	Selflessness	Timeliness
Ambition	Courtesy	Excitement	Honesty	Openness	Self-reliance	Tolerance
Assertiveness	Creativity	Expertise	Humility	Order	Sensitivity	Traditionalism
Balance	Curiosity	Exploration	Independence	Originality	Serenity	Trustworthiness
Being the best	Decisiveness	Expressiveness	Ingenuity	Perfection	Service	Truth-seeking
Belonging	Dependability	Fairness	Inner Harmony	Positivity	Shrewdness	Understanding
Boldness	Determination	Faith	Inquisitiveness	Practicality	Simplicity	Uniqueness
Calmness	Devoutness	Fidelity	Insightfulness	Preparedness	Soundness	Unity
Carefulness	Diligence	Fitness	Intelligence	Professionalism	Speed	Usefulness
Challenge	Discipline	Fluency	Intellectual	Prudence	Spontaneity	Vision
Cheerfulness	Discretion	Focus	Status	Quality-orientation	Stability	Vitality
Clear-mindedness	Diversity	Freedom	Intuition	Reliability	Strategic	
Commitment	Dynamism	Fun	Joy	Resourcefulness	Strength	
Community	Economy	Generosity	Justice	Restraint	Structure	
Compassion	Effectiveness	Goodness	Leadership	Results-oriented	Success	
Competitiveness	Efficiency	Grace	Legacy		Support	
Consistency	Elegance	Growth	Love		Teamwork	

Week 2



3. Compare your list of words from this week with the list you created last week. Are they different? Are they the same?
4. Take the 10 words, re-prioritise them and choose the 3 that you feel most strongly about

Week 3



Qualities are attributes we naturally have and we use them to benefit our life and work.

1. Think about a time when you had to work as a team, when you were growing up. A geography field trip, lost in the car with your friends, a team sport. Note who was there and what part you all played in the group. How did you help the team succeed?
2. If you could interview your friends and ask them the question, "in three words, describe me" - what would they say?
3. On the world stage who do you admire and why?

Group all the thinking together and note if there are similarities, common themes and words.

Week 3



Passion gives us energy, it makes us feel good but it is short lived. It's important to identify the things that make our lives bright. Passion is about what we do, not why we do it. Passions can be selfish and self-indulgent and that's ok!

4. When you are on your own and no one is looking what is it you do?

5. You have 24 hours, the world is open to you:

- Where do you want to wake up?
- What do you have for breakfast?
- What activities fill your morning?
- Where is lunch and what do you have?
- How do you spend your afternoon and where?
- What does the evening look like

6. Take your answers and overlay them onto your day-to-day life – can you make them achievable but not lose the spirit and essence?

THANK
YOU

Thank you for taking part in the

Great Student Wellbeing Experiment!

We will send you a second survey to enable us to look at the differences this project may have made.