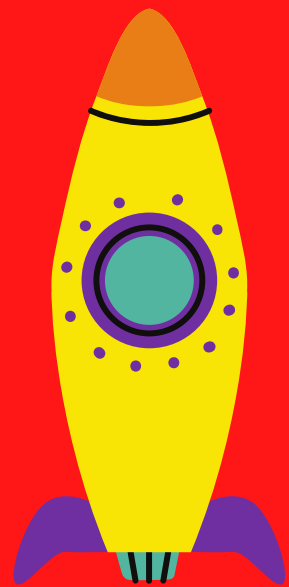




Welcome to the Great Student Wellbeing Experiment

Thank you for helping us test the science. You have been randomly selected to test the relevance of having a sense of purpose in improving student wellbeing

Getting started

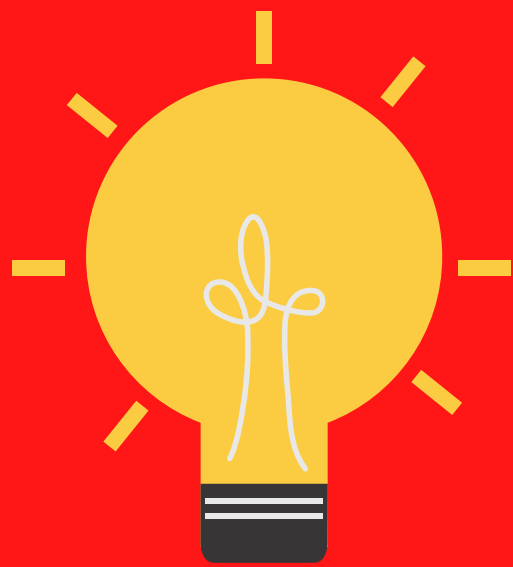


There are some simple things we can do every day to help us interact with the world around us. Please take the next 3 weeks to follow these simple tasks to help find out your answers.

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.

If finding time can be a challenge for you, try spreading your thinking out during the day:

4 mins in shower

2 mins waiting for the kettle to boil

3 mins chopping vegetables

20 mins running

Purpose



Purpose is a big concept – a big question – "What are you here to do?" so let's boil it down.

We are here for who knows how long and during this time we do things. Some things are important and other things aren't important. The important things bring you happiness and meaning, the unimportant things kill time. Discovering one's 'purpose' in life essentially comes down to finding those one or two things that are bigger than yourself, and bigger than those around you. It's not about some great achievement, but merely finding a way to spend your limited amount of time well. Finding purpose takes energy and reflection.

Purpose



A great way to start to find your purpose is by asking yourself the following questions:

1. What do you love doing?
2. What are your qualities?
3. What can you be paid for?
4. What do you get passionate about?

Over the next 3 weeks we'll give you some activities to help you find your answers.

Week 1



Using your notebook record your answers to the following questions:

1. What do you love doing?

Need some tips to help your thinking? Try these activities:

- Think back to your childhood. If it helps look through old photos or listen to music which remind you of that time. What did you love doing or thinking about when you were a child? Don't just look at the function, think about behind it - why did you like climbing trees or playing video games?
- Thinking about you now, what makes you lose track of time or forget to eat? When are you completely and utterly immersed in a task, oblivious to the world, focused only on your own progress and what's going on right here and now?
- If you were asked to present to a room full of people, which topic would you choose?

Week 1



2. What are your qualities?

Need some tips to help your thinking? Try these activities:

- Make a list of the things people ask your help for
- What role do you play with your friends? What role do you play with your family? Are they different?
- At the end of each day this week note down the 3 things you did well
- Choose 3 people that know you really well and ask them to name the things they like about you
- Over the next week notice and record in your book any compliments that you receive from others

Week 2



3. What can you be paid for?

The global coronavirus pandemic has shown what society values and the skills that it pays for can change over time - and sometimes very quickly! Perhaps the most valuable skill any of us can have is the ability to adapt to change.

Need some tips to help your thinking? Try these activities:

- Take your answers to questions 1 and 2 from last week and highlight any areas which you could be paid for
- Notice any patterns and themes
- List any business ideas or professions which could link to these, trying not to limit the possibilities. For example being a good listener might include: counsellor, solicitor, social worker, customer service advisor, mediator, air traffic controller, psychologist, detective, sound engineer

Week 2



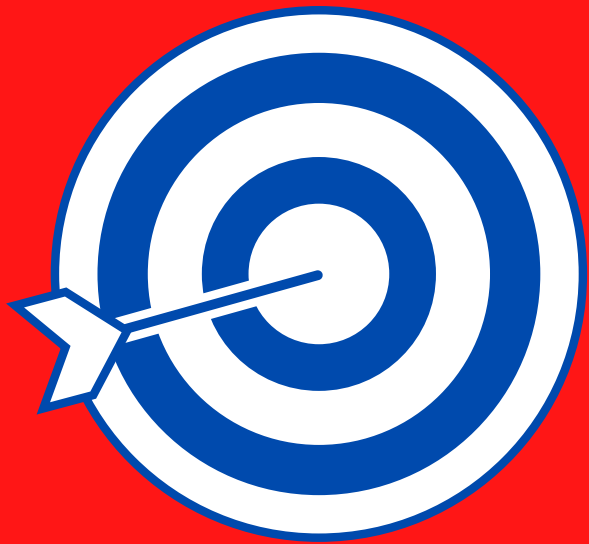
4. What do you get passionate about?

Need some tips to help your thinking? Ask yourself the following questions, think about times in your life when you've felt so passionately about something you just weren't able to hold it in!

- What moves you to action?
- What charities or causes would you give money to?
- Where or for what are you most likely to volunteer your time?
- What do you argue about?
- What causes have you signed a petition for?
- What stalls attract you at Fresher's Fair?

Over the past two weeks you have been asking yourself 4 key questions. By putting your answers into the boxes below you should be able to have a great idea about what links these 4 areas together and what sits in the middle of it all - your purpose. Need more help? See the next page...

Week 3



What do you love doing?

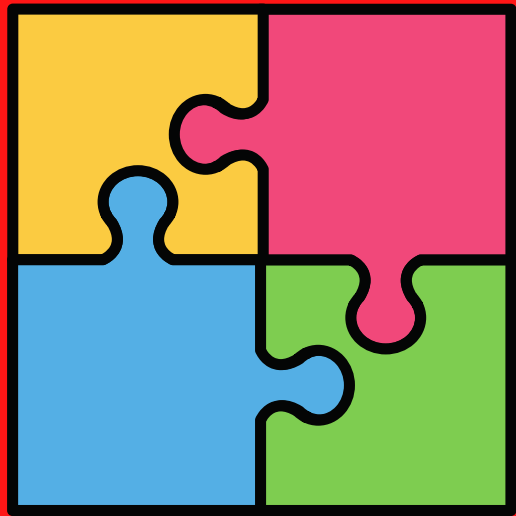
What are your qualities?

What is your purpose?

What can you be paid for?

What are you passionate about?

Week 3



It may help to pick a verb which resonates with you.

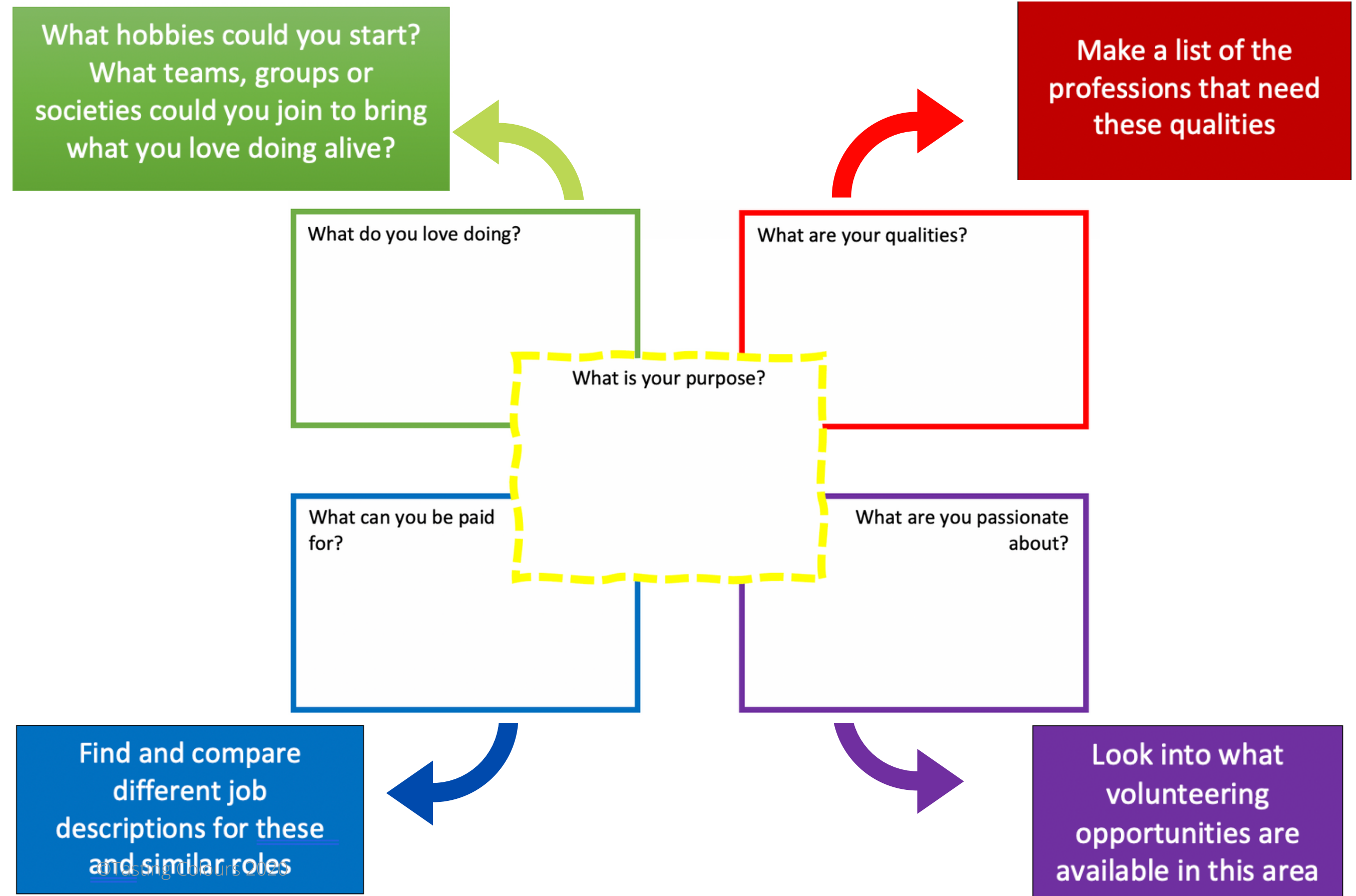
Here are some examples:

- to serve
- to create
- to delight
- to nourish
- to provide
- to teach
- to heal
- to connect
- to build

Week 3



Now that you've filled in the grid, complete the activities in each of the coloured boxes to bring your purpose into everyday life.



The words 'THANK YOU' are written in a colorful, hand-drawn style. 'THANK' is in uppercase with letters in teal, pink, yellow, and pink. 'YOU' is in lowercase with letters in yellow, teal, and yellow. The background is a solid red color.

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.