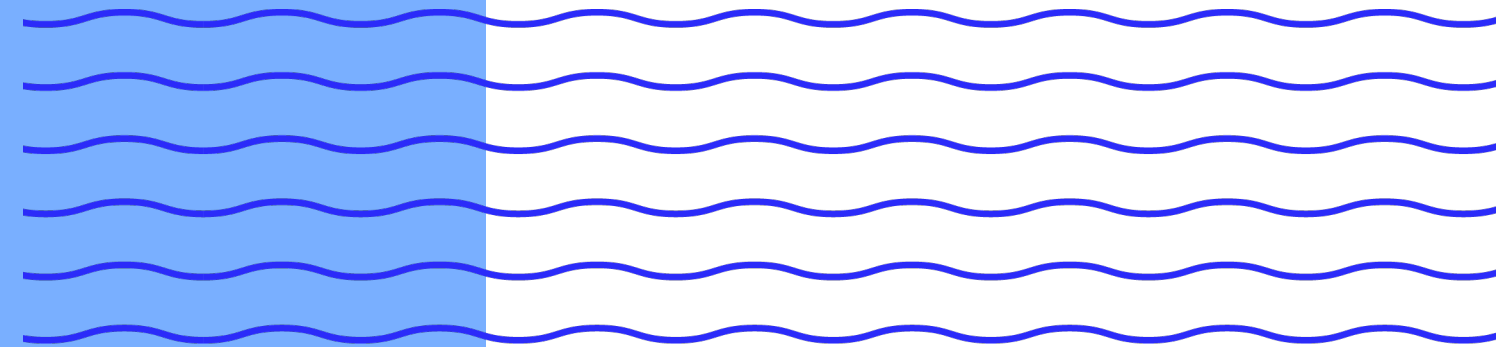


# This week

<b>Mond</b>	<b>SU Essentials</b>
<b>Tue</b>	<b>Understanding quality and standards in HE</b>
<b>Wed</b>	<b>Mental health in HE</b>
<b>Thu</b>	<b>The governance and democracy of SUs</b>
<b>Fri 9.30</b>	<b>Understanding student loneliness and belonging</b>
<b>Fri 2pm</b>	<b>Understanding your university's finances</b>



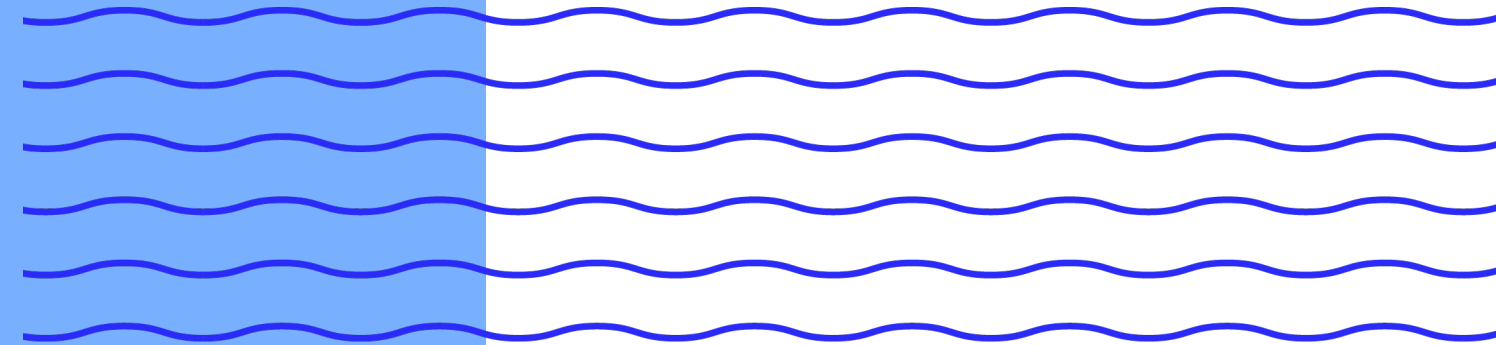
**WONKHE**  
SUs



# Only the lonely?

What can we do about  
higher education's student  
loneliness epidemic?

JIM DICKINSON | WONKHE SUs  
@JIM\_DICKINSON | JIM@WONKHE.COM



**WONKHE**  
SUs

# Student mental health

- Single biggest public policy challenge facing HE outside of Brexit
- Huge rise in demand for counselling services and significant drop in self reported mental health perceptions
- Problem is shifting from “treatment” to “prevention” and from “wicked” to “tame”
  - Wicked – Long term, complex, multiple factors
  - Tame – Straightforward, best practice, fixable
  - Critical – Crisis, commanding, no dissent







**“  
9.8% of young  
people said  
that they were  
often lonely.”**

**ONS 2018**

# YouGov 2018

- People in cities surveyed had a higher incidence of reporting feeling lonely than the UK overall (56% v. 44%)
- 25% of adults have reported feeling lonely on weekends.
- Over the weekend, the evenings are the most likely time for people to feel lonely (16%).
- Young people aged 18-24 are most likely to say they have felt lonely (75%).
- In contrast, 63% of people aged 55 and over said they never feel lonely.
- Previous research shows nearly three quarters (74%) of people said when they felt lonely, they didn't tell anyone despite most having someone they could count on.

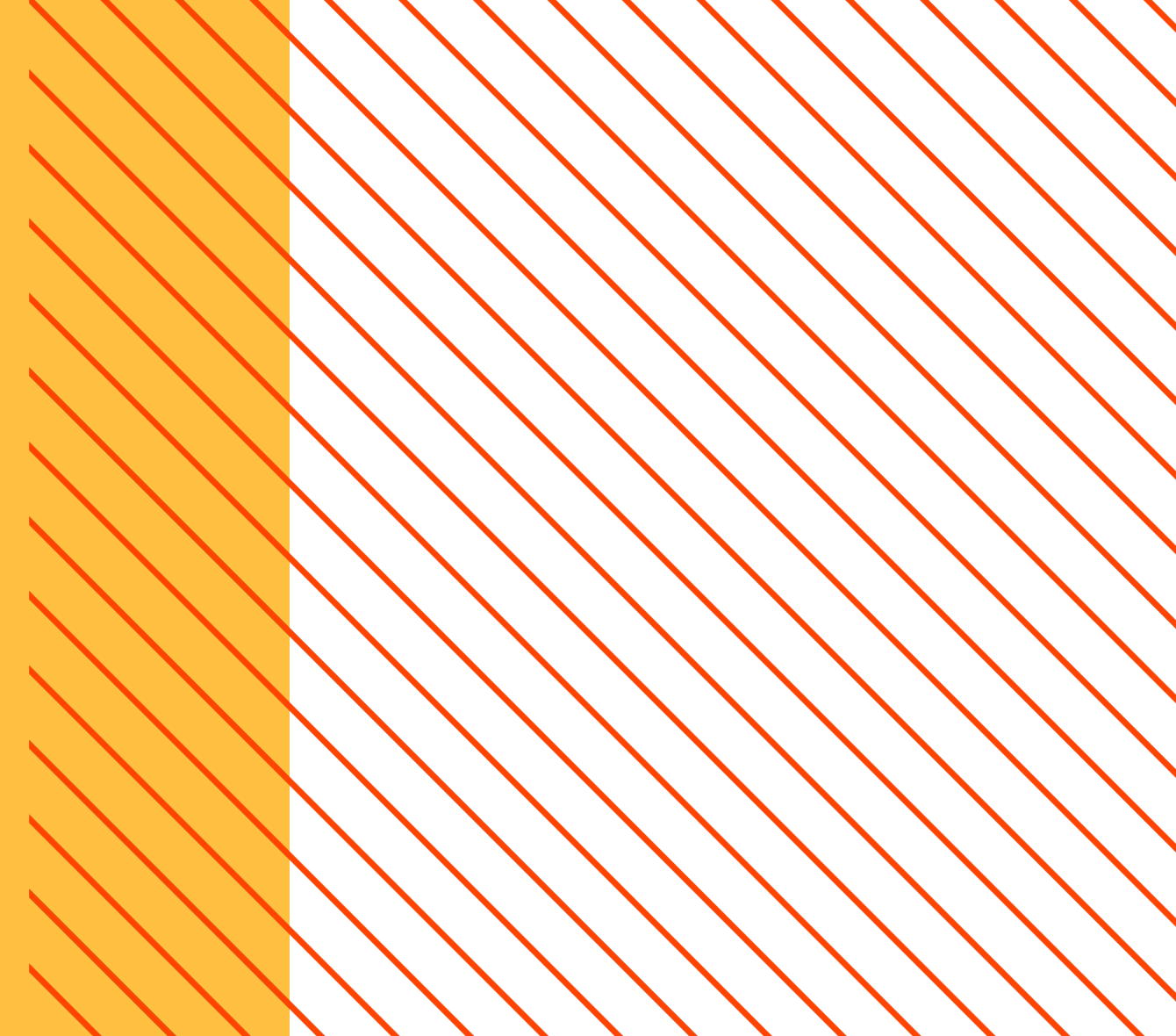
**Lockdown - one in four adults (24%) said they had feelings of loneliness in the “previous two weeks”.**

**When the same question was asked shortly before lockdown, just one in ten people (10%) said they had these feelings.**

**Young people aged 18 to 24 were most likely to experience loneliness since the lockdown began.**

**Before lockdown, one in six (16%) said they felt lonely.**

**In lockdown, young people were almost three times more likely to have experienced loneliness, with almost half (44%) feeling this way.**





# Loneliness

- A hidden issue?
- SU officers (and often their staff) inherently “popular” and “social”
- If they’re lonely and don’t participate, do their voices ever show up (or if they do in surveys, does that get noticed)



# Only the lonely

ONLINE SURVEY

JAN/FEB 2019

1,615 RESPONSES, 103 UNIVERSITIES

WEIGHTED BY GENDER

SURVEY HEADLINED “STUDENT LIFESTYLE”

BROADLY REPRESENTATIVE

NOW EXPANDED AND REPEATED BY A GROUP  
OF SUS

WONKHE | ONLY THE LONELY





# Value of SUs

ONLINE SURVEY

JUNE/ JULY 2019

17,359 RESPONSES, 145 UNIVERSITIES

WEIGHTED BY UNIVERSITY & GENDER

SURVEY HEADLINED “STUDENT LIFESTYLE”

BROADLY REPRESENTATIVE



ONLY THE LONELY

# General wellbeing

Overall, how satisfied are you with your life nowadays?

7.35 (ONS YP 7.7)

Overall, to what extent do you feel the things you do in your life are worthwhile?

7.41 (ONS YP 7.8)

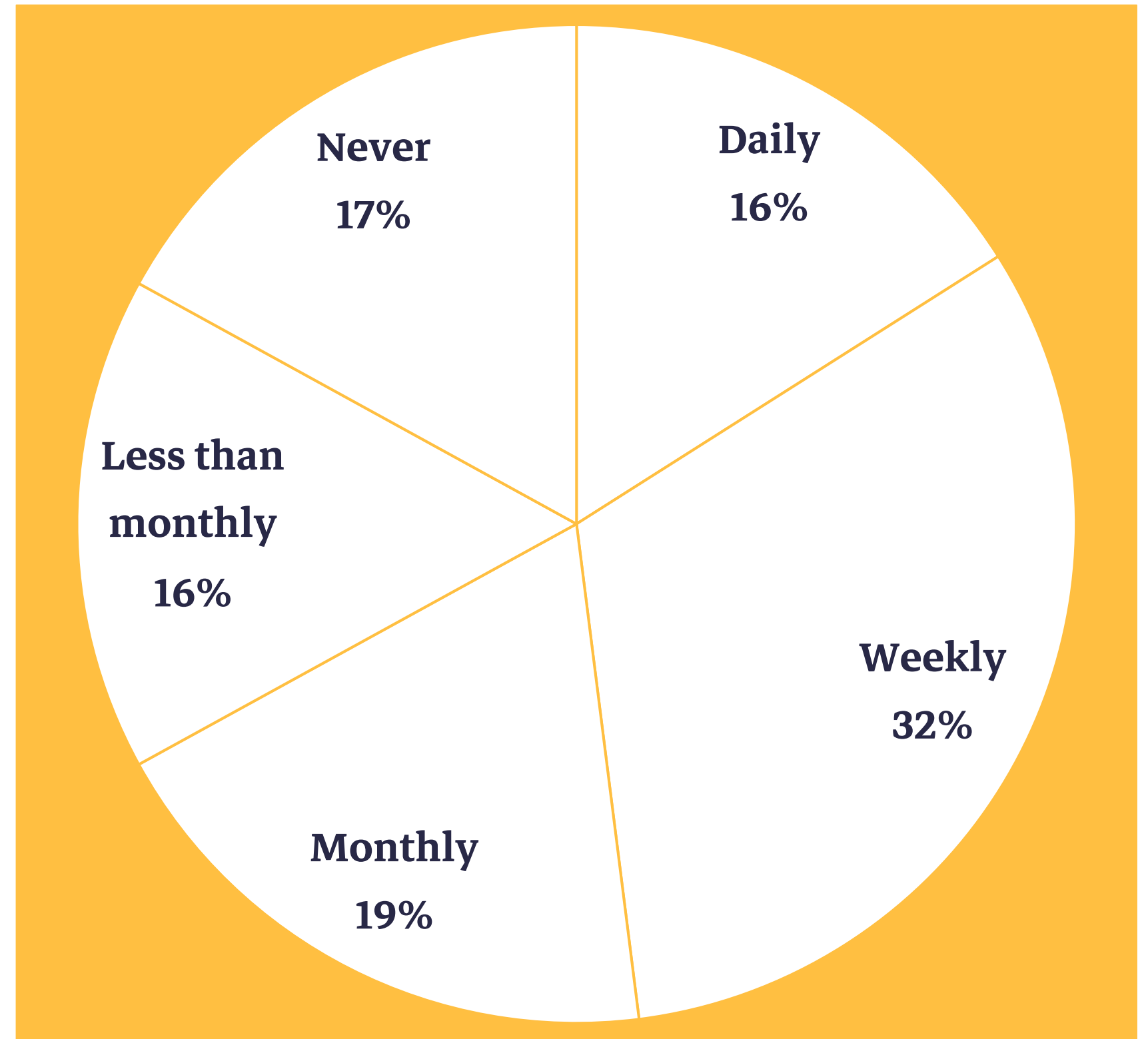
Disability, Gender, Ethnicity, Commuting, Bursaries all **lower** scores



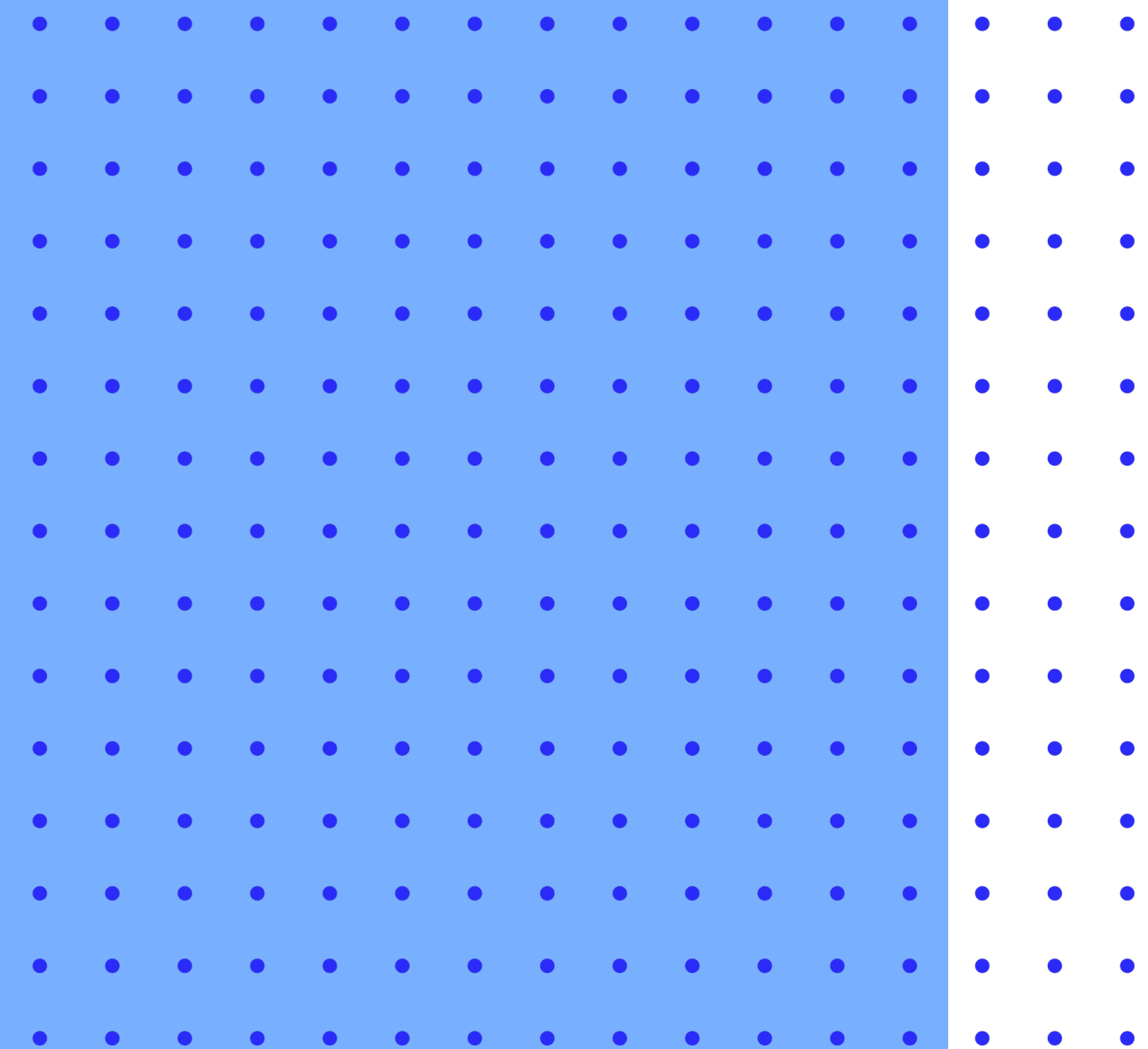
# How often do you feel lonely at university?

**16% of students feel lonely every day**

ONS says 9.8% of young people (16-24) said that they were “often” lonely.

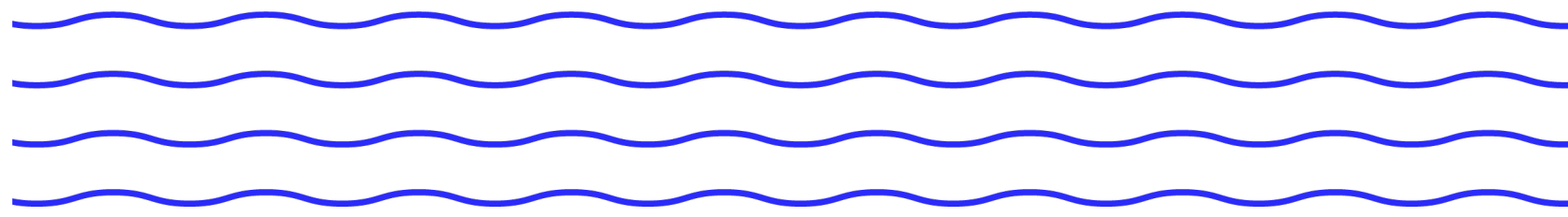


**Disabled  
students are  
twice as likely to  
be lonely on a  
daily basis**





If I needed help, there are people  
who would be there for me



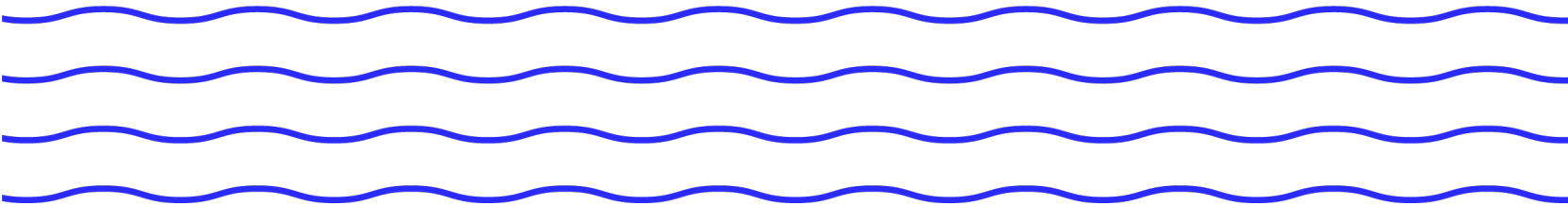
**77%**    **17%**    **6%**

**AGREE**

**NEITHER**

**DISAGREE**

If I wanted company or to socialise,  
there are people I can call on



75%    15%    10%

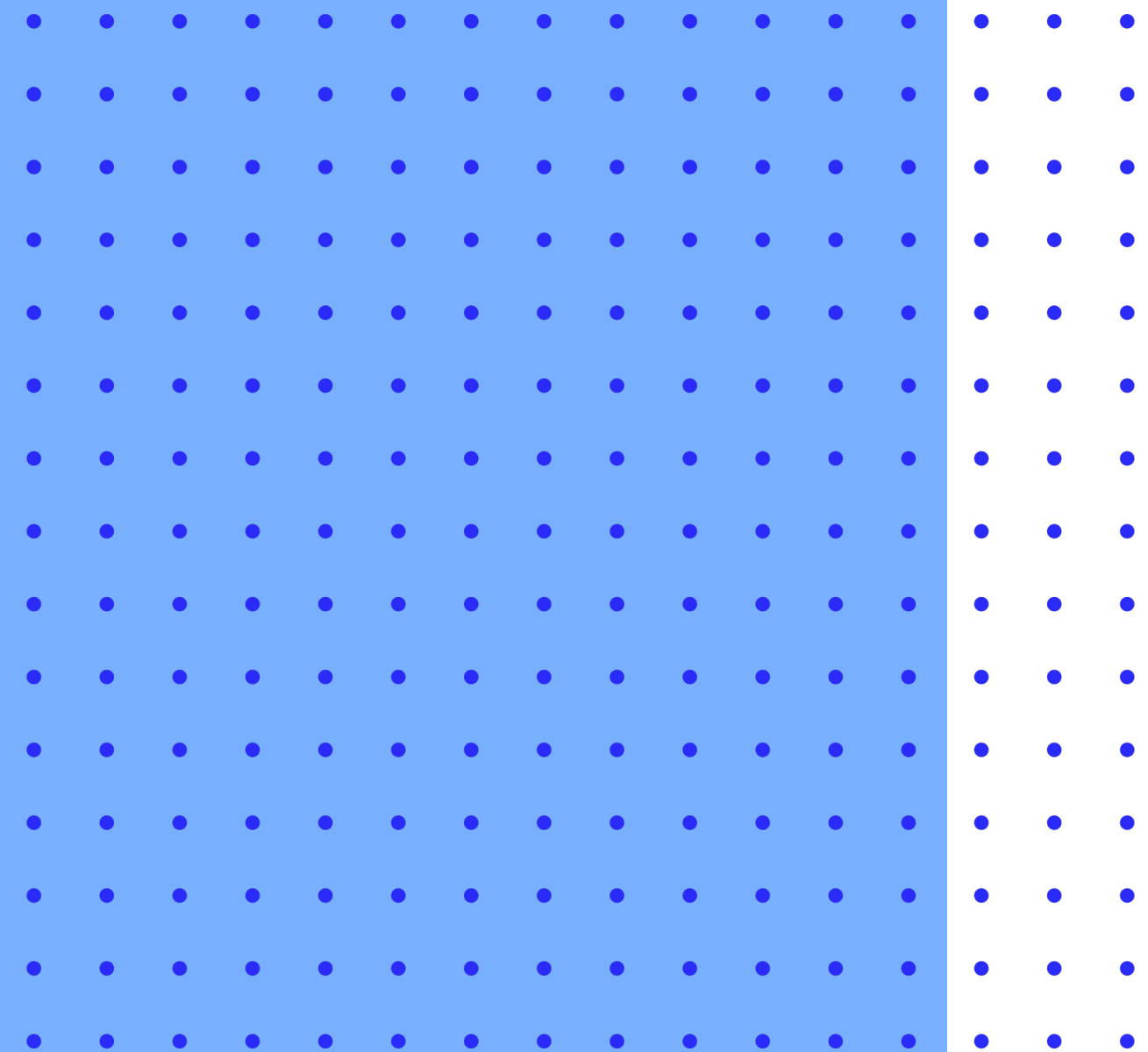
AGREE

NEITHER

DISAGREE



**Non-EU students are almost 10% points less likely to agree that there are people they can call on.**





# Which of the following statements is most like you at university?

**21.4%**

**LOTS**

I have a large group of friends at university

**61.9%**

**SOME**

I have a small group of friends at university

**16.6%**

**NONE**

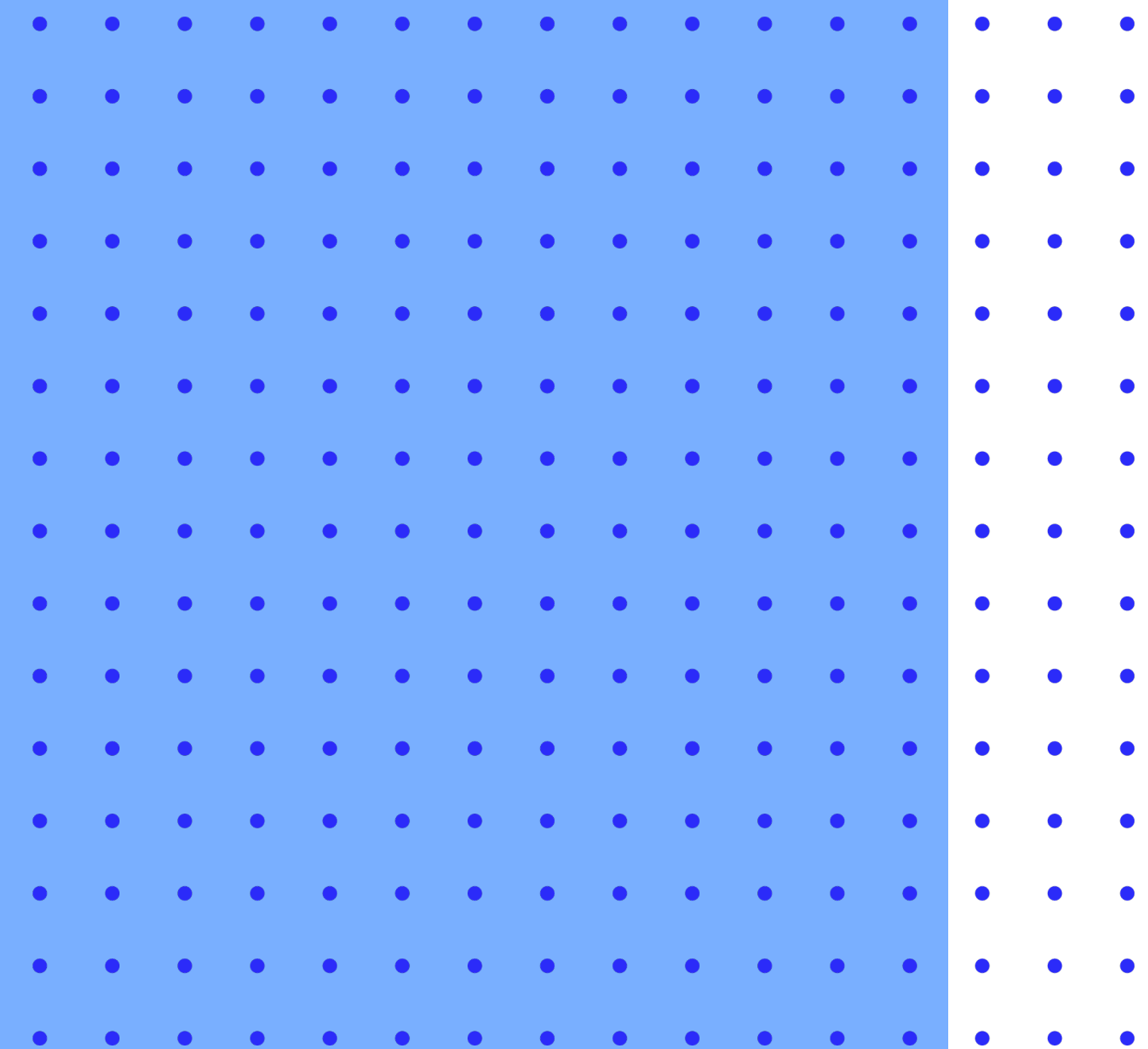
I do not consider myself to have any true friends at university

How often, if ever, do you feel lonely at university?		Av	Uni	PHall	Parent	Own	HMO
	Daily	12.4%	12.2%	14.0%	16.0%	13.3%	10.8%
	Weekly	26.4%	30.4%	27.4%	21.9%	18.4%	26.4%
	Monthly	20.6%	22.0%	21.1%	15.9%	10.0%	22.2%
	Less than monthly	22.0%	21.3%	20.4%	18.7%	19.0%	24.1%
	Never	18.6%	14.2%	17.0%	27.5%	39.3%	16.5%

Summer 2019



**20% of  
international  
students say they  
have “no true  
friends”**



# Top concerns

Coping with the course	55.1%
Making the most of my time at university	48.6%
My mental health (including stress / anxiety)	45.5%
Having enough money to get by	45.3%
Gaining skills / experience for career	41.6%

## NOTE

International students much more likely than average to worry about accommodation and transport and finding part time work

# Life cycle

There are clear student life stage effects, but friendship still an issue for some all way through - 12.6% of final year students list meeting new people / making friends in their top three

	All	1st	Mid	Final
Meeting new people / making friends	18.7%	29.6%	17.0%	12.6%
Gaining skills / experience for my career	41.6%	27.1%	38.9%	41.1%
Finding a job after graduation	46.3%	22.7%	38.4%	57.7%



# Who's most lonely?

- Almost half (44%) of the students in their first year of study report feeling lonely on a daily or weekly basis compared to 40% of those in their middle year(s) and 35% of finalists.
- 15% of first year students do not believe that they have any true friends at university. While the percentage drops by the time students reach their final year, still more than 1 in 10 respondents (12%) feel that they did not make any true friends by the end of their studies.

(Summer 2019 results)

# General wellbeing

Overall, how satisfied are you with your life nowadays?

7.35 (ONS YP 7.7)

Overall, to what extent do you feel the things you do in your life are worthwhile?

7.41 (ONS YP 7.8)

Disability, Gender, Ethnicity, Commuting, Bursaries all **lower** scores

# Involvement and wellbeing

Involvement in activities is related to better wellbeing

	All	Socities	Sports	Rep'n	Night	Day evnt
Satisfied	7,35	7,60	7,81	7,76	7,80	7,83
Worthwhile	7,41	7,69	7,82	7,86	7,72	8,06
Happy	6,98	7,22	7,37	7,48	7,31	7,62
Anxious	6,33	6,26	5,99	6,07	6,09	6,18



# Friendship and involvement

Which of the following statements is most like you at university?

	All	Soc	Spo	Rep	Nite	Day
I have a large group of friends	21.4%	29.6%	31.8%	33.2%	34.6%	34.0%
I have a small group of friends	61.9%	62.4%	59.7%	55.8%	60.7%	60.8%
No true friends	16.6%	8.0%	8.5%	11.0%	4.7%	5.2%

# Social capital

- Friendship *acquisition* differs by student group
- Chinese students are among the UK's loneliest students (but often treated as a “bonding” social capital lump)

We also asked students about the sources of their friendships:

	ALL	White	BaME
People from my hometown	53.3%	58.3%	45.6%
People from my course / faculty / department	66.4%	64.8%	68.8%
People I share my hobbies / interests with	35.1%	34.1%	36.7%
People I play sport with	14.7%	16.4%	12.3%
People I work with	13.8%	16.1%	10.1%
People I volunteer with	2.8%	3.2%	2.3%
People I was allocated accommodation with	33.0%	37.8%	25.3%
The local community I live in (if different from hometown)	3.2%	3.5%	2.8%
People that share my faith	7.0%	3.3%	12.5%
A group I share my identity with	4.1%	2.9%	5.9%
International students, (own country or another)	16.8%	11.3%	25.4%
The student population as a whole	5.3%	5.7%	4.7%

"I feel part of a community of staff and students (NSS Q21)"		Avg	Agree	Disagree
How often do you consider dropping out of your course?	Every day	15.3%	12.3%	31.0%
	Every week	29.6%	34.1%	38.0%
	Every month	28.6%	27.6%	18.5%
	Less than monthly	17.7%	18.7%	11.3%
	Never	8.8%	7.2%	1.2%

"I belong at my university"		Avg	Agree	Disagree
How often do you consider dropping out of your course?	Every day	15.3%	13.7%	27.5%
	Every week	29.6%	28.3%	30.7%
	Every month	28.6%	24.1%	24.9%
	Less than monthly	17.7%	17.1%	15.8%
	Never	8.8%	16.8%	1.1%

"I belong at my university"		Agree	Disagree
How confident do you feel about completing your current university degree?	Very confident	48.0%	19.3%
	Mostly confident	42.7%	31.4%
	Neutral	6.1%	18.0%
	Not very confident	2.9%	22.4%
	Not at all confident	0.3%	8.9%

"I belong at my university"		Agree	Disagree
Which of the following statements is most like you at university?	I have a large group of friends at university	32.6%	8.1%
	I have a small group of friends at university	60.2%	52.5%
	I do not consider myself to have any true friends at university	7.2%	39.4%



# Loneliness and M/H

- Loneliness is linked to happiness and life satisfaction.
- The lonelier the students are, the more likely they are to feel unhappy and anxious and less likely to feel that the things they do in their lives are worthwhile.
- Those that self-identify having a disability, LGBT students and students living with their parents have lower wellbeing scores compared to the average.

Summer 2019

# Implications

- Students feeling lonely are more likely to thinking about dropping out of their course.
- Only half of all students 55% believe that their university cares about their mental health and a similar proportion of students (56%) believe that there has been sufficient provision of student wellbeing and support services at their university.
- Black/African/Caribbean ethnicity are less likely compared to white ethnicity students to believe that their university cares about their mental health and wellbeing.
- 2 out of 10 final year students do not believe that there is sufficient provision of student wellbeing and support services to meet their needs at their institution.

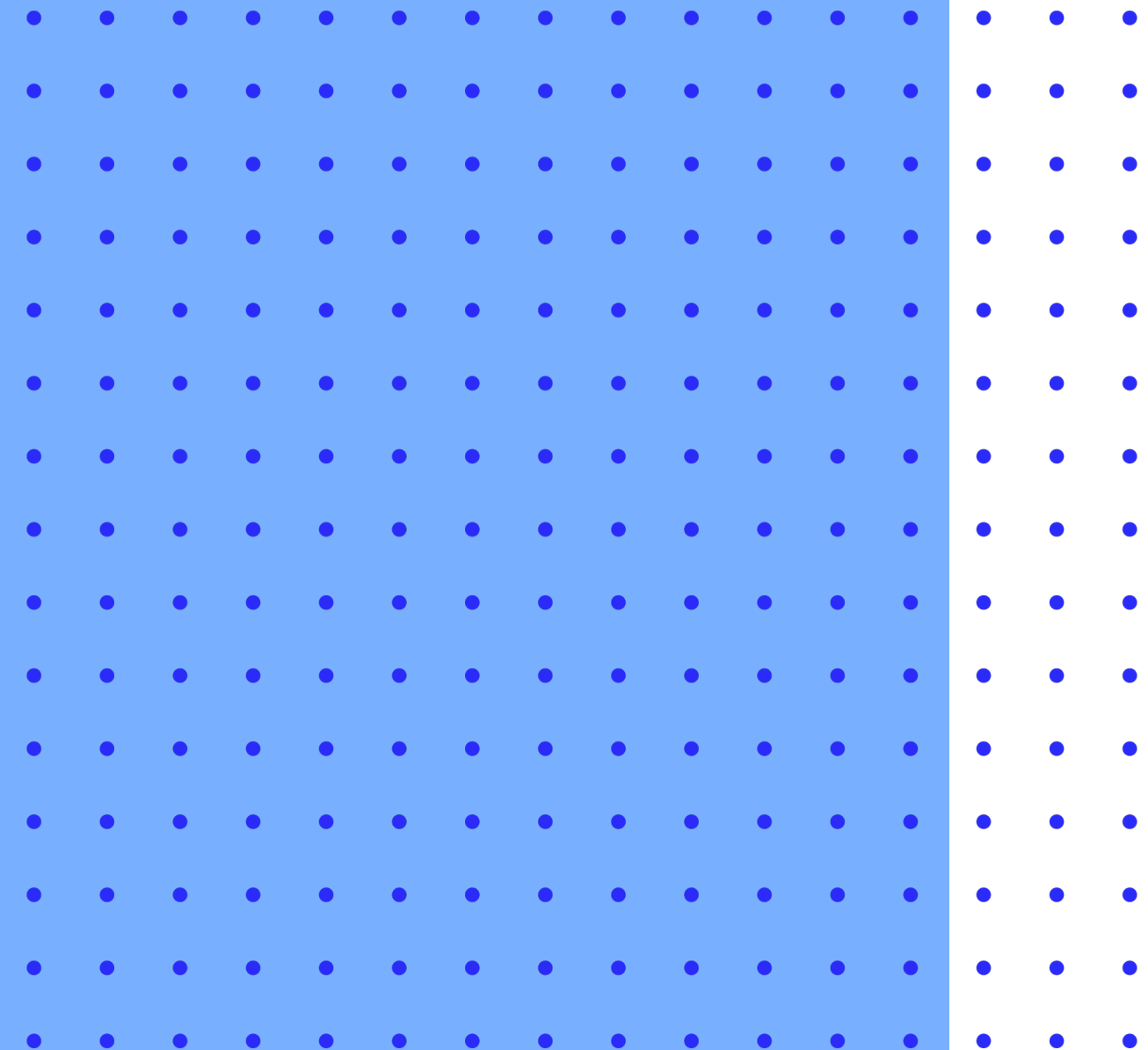
Summer 2019

Loneliness/Friendship

Mental Health

(Concerns  
and outcomes)

Involvement





# Access and participation

# We noticed something . . .

- Home students are around 33% more likely to take part in Sports Clubs than home students, with a similar differential for BaME students
- None-EU students are almost twice as likely to take part in daytime social events than home counterparts
- Students undertaking paid part time work are significantly less likely to be participating in any activities
- Students that commute (20+ min journey) have broadly consistent participation levels with those that don't – except in Sports Clubs where those close to campus are much more likely to participate
- Despite the uneven participation, participation in Sports Clubs is most closely linked to positive wellbeing – followed closely by participation in daytime social events.

# International?

Home students v International

	Home	EU	NonEU
Student society	53.9%	64.0%	53.2%
Sports club	41.1%	30.3%	27.2%
Student representative	15.7%	15.9%	16.7%
Volunteering/Charity Fundraising	24.5%	22.4%	33.2%
Student social events (night time)	48.3%	51.9%	35.9%
Student social events (day time)	19.0%	33.9%	35.6%

# Ethnicity?

	White	BaME
Student society	52.2%	59.7%
Sports club	41.8%	29.1%
Student representative	16.3%	15.3%
Student media	6.1%	5.4%
Volunteering/Charity	23.1%	30.6%
Social events (night time)	53.0%	35.1%
Social events (day time)	21.4%	28.8%



# Parental XP?

	Parents Uni	Parents Not Uni
Student society	57.4%	52.2%
Sports club	40.5%	31.9%
Social events (night time)	49.5%	41.6%
Social events (day time)	27.8%	19.8%

# Where students live?

	Uni	Family
Student society	61.4%	55.7%
Sports club	38.7%	22.9%
Volunteering/Charity Fundraising	19.9%	32.4%
Student social events (night time)	46.2%	38.8%
Student social events (day time)	24.2%	33.9%

# Students at work

	+15	Occasional
Student society	41.3%	59.6%
Sports club	25.7%	35.2%
Student representative	10.4%	24.4%
Volunteering/Charity Fundraising	27.3%	25.4%
Student social events (night time)	43.3%	47.3%
Student social events (day time)	22.6%	26.0%



# Why consider drop out?

- Because I'm lonely and miss my dogs and mum
- Because I'm struggling with the workload and my mental health is not at its bad right now
- Feel completely isolated, have not been able to meet anyone
- No friends. Hard course. Lonley
- I have no human interaction with anyone and I understand this is mostly because of COVID-19
- The isolation associated with living away from home with few opportunities to build new and meaningful friendships
- It's lonely and depressing. No student support for depression/suicidal ideation
- Because my university experience this year is awful and very detrimental to my mental health



■ Daily ■ Weekly ■ Less than weekly ■ Never

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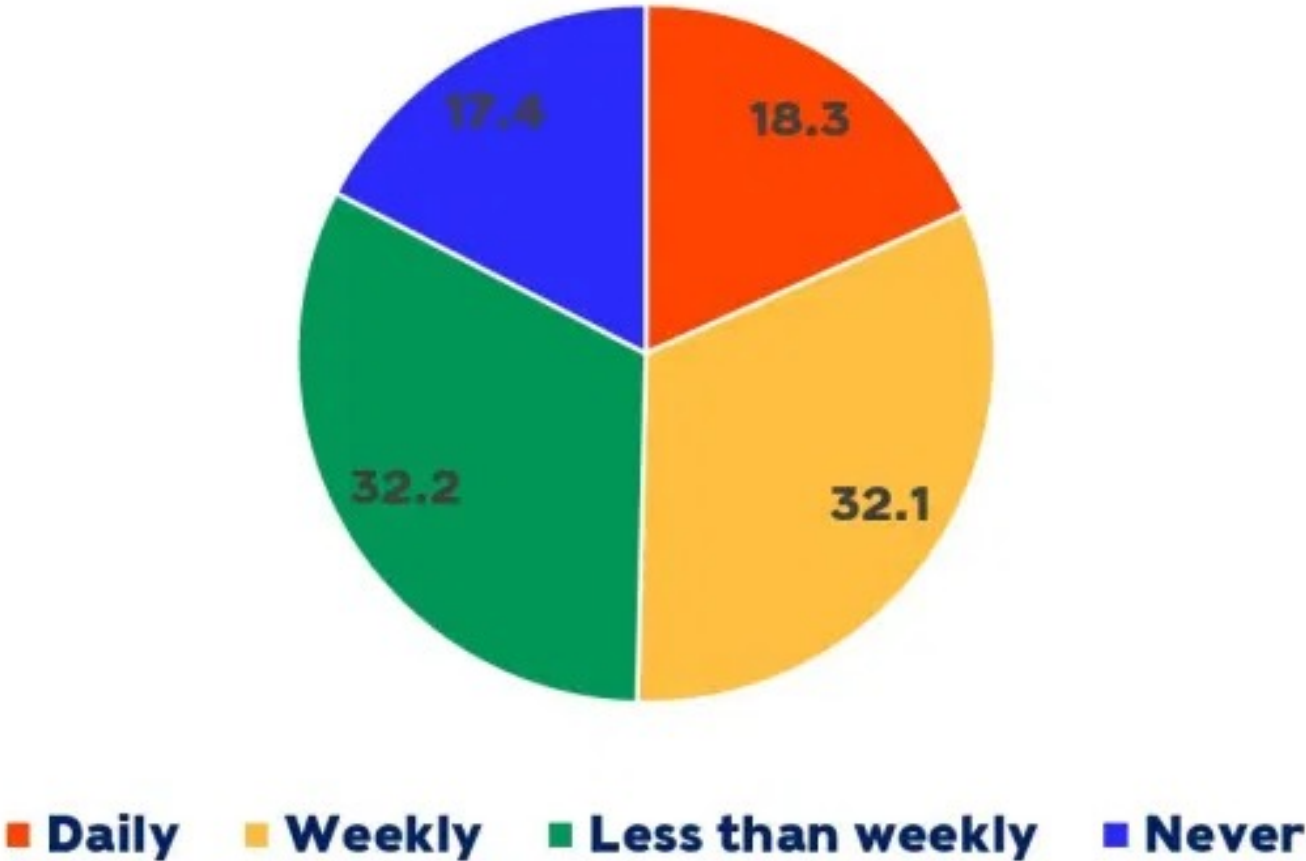
E would say "well we've asked  
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# How often, if ever, do you feel lonely?

## Oct 2020



- Because I'm lonely and miss r
- Because I'm struggling with t its bad right now
- Feel completely isolated, hav
- No friends. Hard course. Lon
- I have no human interaction because of COVID-19
- The isolation associated with opportunities to build new a
- It's lonely and depressing. No ideation
- Because my university exper to my mental health

WONK CORNER

10/03/21



Jim Dickinson

Jim is an Associate Editor at Wonkhe

Tags

COVID-19

STUDENTS

# More than one in four students feel lonely often or always

There’s a new batch of survey results out today on students and Covid-19 which reveals a remarkably lonely student body.

In [the ONS release](#), over a quarter (26 per cent) reported feeling lonely “often or always”, compared with 8 per cent of the adult population in Great Britain over a similar period. “Hardly ever” or “never” runs at 18 per cent here, compared to 47 per cent for GB adults.

Given [the links](#) between loneliness, mental health and student outcomes, we ought to worry quite a bit about this – universities and SUs should be considering how to address the issue over the summer, and the government should be considering a specific strand for students in [its loneliness work](#).

(As ever, given [that strategy](#) owned by Culture, Media and Sport, even if the officials see the stats they’ll probably think “well that’s Gavin’s problem”, a recurring theme during the pandemic).

Nevertheless, average life satisfaction scores for students have improved a little bit following a dip in January 2021 from 4.8 to 5.1 out of 10 – but the figure is still statistically significantly lower than the average life satisfaction scores for the adult population in Great Britain at 6.4 over a similar period:

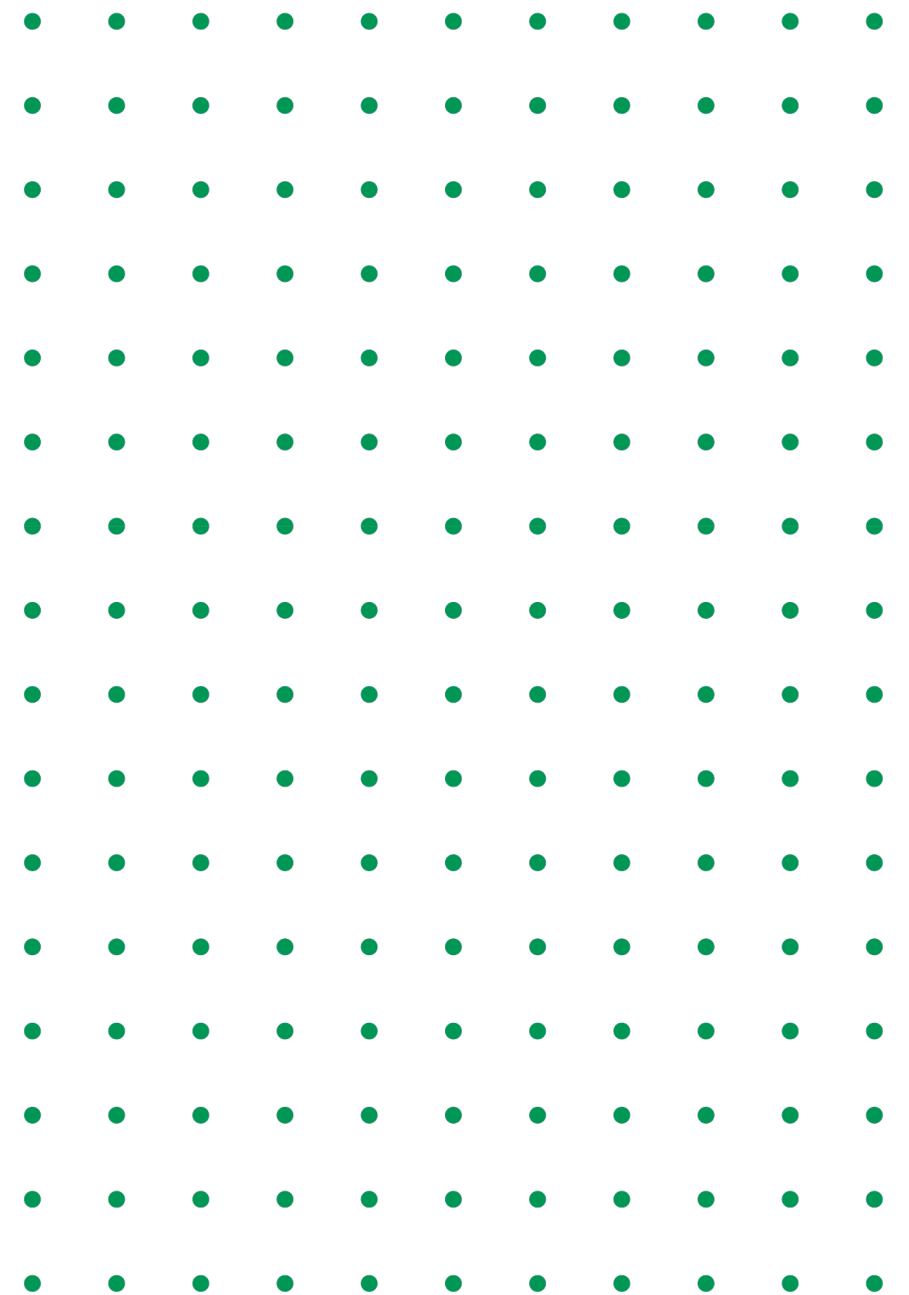
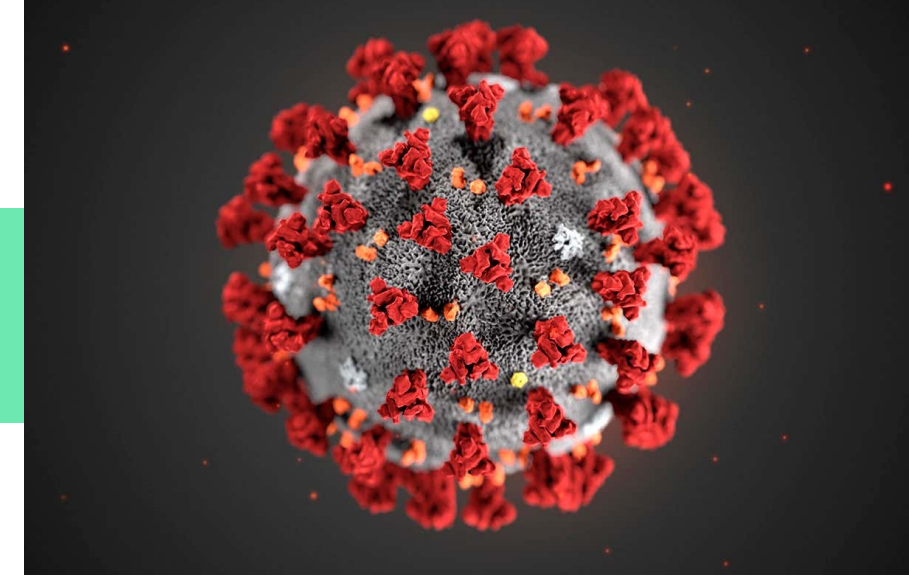
	Life Satisfaction	Worthwhile	Happy	Anxious
ONS Students February 2021	5.1	5.8	5.5	5.1
ONS Students January 2021	4.8	5.2	5.2	5.2
ONS Student Pilot Nov 2020	5.3	6	5.6	5.3
Students SAES Spring 2020	7	7	6.6	4.3
ONS General Population Feb 2021	6.4	7	6.6	4.1
ONS General Public Nov 2020	6.5	7.2	6.7	4.3
ONS General Public Jan 2021	6.4	7	6.5	4.6

[Edit](#)

Universities UK has a [quote out](#) in response calling for mental health funding, and doubtless DfE would say “well we’ve asked universities to prioritise this and we’ve also invested in Student Space” like it always does. That blame game is what it is – but

# Covid-19

- Major exacerbation effect
- Several surveys confirm problem and worsening of problem esp for groups we would normally be worried about
- Cybil - 24% of students don't have a single friend at university, even into their second and third years
- Links to year, diversity and contact hours





# This February...

- One-in-four students were feeling lonely “all” or “most” of the time
- Black and LGB+ students on 3 in 10, disabled students 36 per cent and and trans students on 47 per cent.





# What's going on?

# What stopped you?

University only seem to care for the wellbeing of on campus or in the city students, if you're a commuting student nobody seems to care if you struggle to make friends due to not being able to participate in normal student events in order to meet people and make friends

In the past, my family did not support my activities as they thought it would hinder me from my studies. Working alongside studying due to the financial limitations of my situation and the cost of living in London means I have not been able to fully immerse myself in the student experience.

My classes are 9-5, Monday to Friday. Then I have to study and work on the projects. Every 3 or 4 weeks I have exams. I must also travel back home, cook, clean, rest. Whenever there is "free time" I am either in bed trying to rest, or occasionally working out.

The stigma and the competitiveness and judging from societies. Although it is not overt it does need to be tackled as it is a large stigma and for those around me have reported the same things

Having to come home from these activities on my own at night because our student village is highly unsafe (selly oak). Also fear of not being good at them.

I often felt too nervous to join in group activities and stopped attending as a result. I would only go to events with people I knew that were also going. I also was not motivated during my first or second year to socialise as I often felt lonely and depressed. It was a never-ending cycle.



# What stopped you?

Lots of sports societies tend to have a drinking and party culture which meant because I don't enjoy those events frequently I felt I couldn't join.

When I first arrived I struggled to get involved as all the information was so overwhelming. But even as I moved through university, I always felt like I wasn't good enough at sport/hobbies to join the societies. I think this stems from the fact that many people who are educated in private/independent school also are able to invest in their hobbies/extra curricular is provided for them at a much higher standard than in many state schools.

Private schooled students tend to have better sports training, so are too difficult to play against. Most musical societies have people who went to paid music lessons, I did not have that money or opportunity.

I have not found activities that that I would really like to be more involved in like, Afro dance, dancehall etc.

My faith- as a Muslim woman there are so many events at night and involves alcohol that I can't attend. Which is why I felt that I didn't make as many friends as some who does drink alcohol would have.

Commuting Living at home (If I lived on campus I would be able to go these events but as I live at home with my parents I have to ask them first before I go to an event. This includes telling them where it is, what time it ends etc and most of the time I can't go because some events are held at night like 6pm onwards or they're at times I have to go home as I go home straight after lectures :(

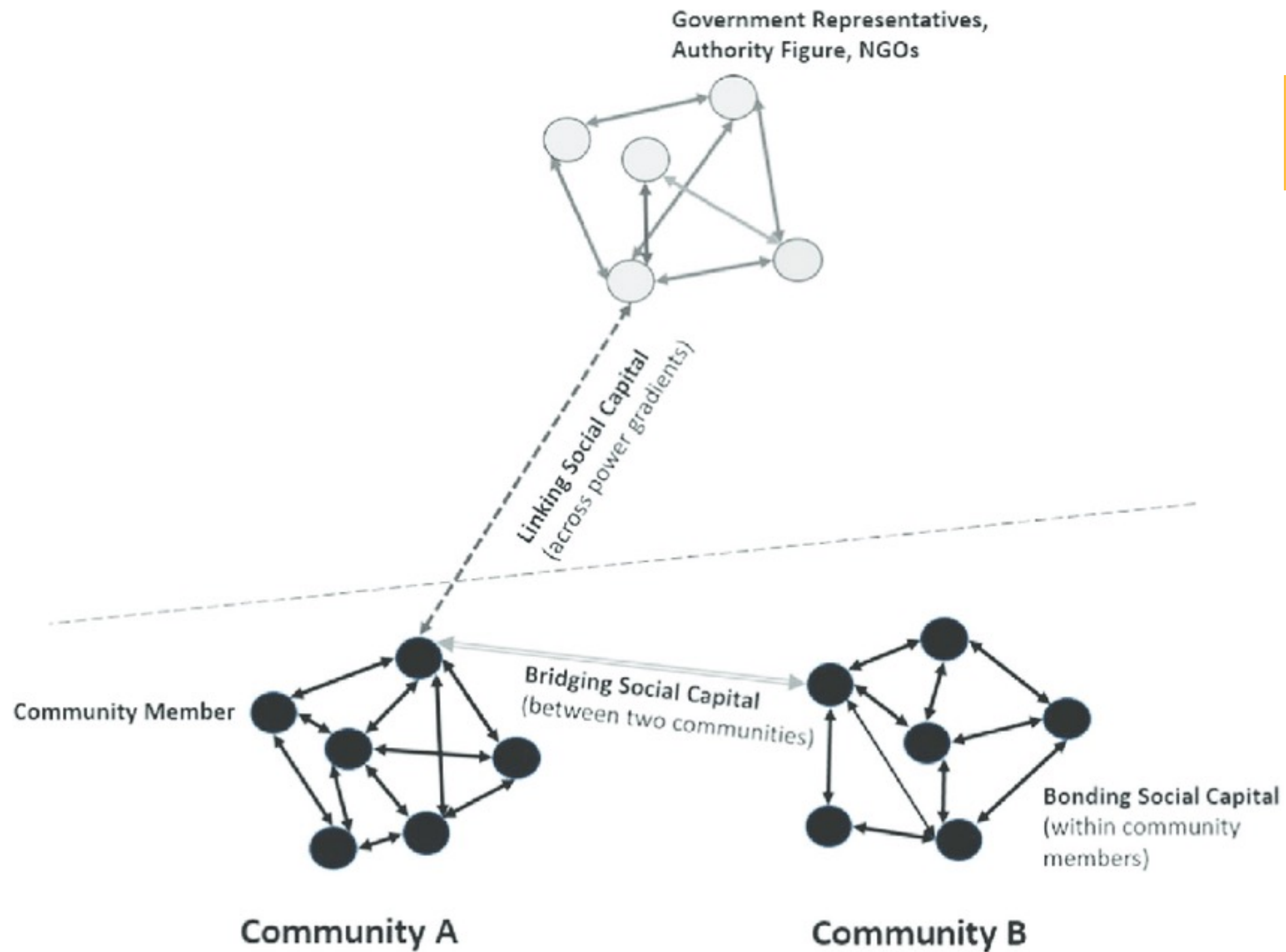
Not being able to afford my way through university due to having a shit student maintenance loan. This caused me to have to get a job and I worked behind a bar until 5am and it messed everything up for me.



# What's going on?

- Confidence in “joining in” – narrower entry points
- Timing of joining in – scarcity of entry points
- Barriers theory – cost, time, course etc
- Large cohorts and class sizes
- Course is important
- Mixed motivations around bonding and bridging social capital





# Policy Considerations

## Whose job is this?

Often the “responsibility” for creating social activity falls on central services or SUs, but it is clear that social activity at course level and with programmes is crucial, particularly for day trippers and those considered (erroneously, these days) to be “non traditional”.

Institutions and SUs would want to consider how this can be facilitated in partnership with academic departments, particularly for students that day trip and for those with demanding practice-based programmes.

## When and what?

Social activity is often assumed (particularly within the UK system) to be something that must be organised at the start of an academic year but this research suggests that a sustained effort is required.

In addition it is clear from free text comments that students want more of a focus on basic activity, the facilitation of friendship and less of a focus on formal participation or having to pay for or join groups.



# Policy Considerations

## Access and Participation

It is clear that many of the issues surrounding class, barriers, comfort, aspiration etc are just as applicable to extra-curricular student activities as they are to academic programmes.

Students' unions, sports departments and other services organising such activity may want to consider the issues of participation from an access and participation perspective, and the OfS might usefully develop an agenda in this area given the links in this research to wellbeing and other research on the employability benefits of student activity.

## Social capital

In the folklore, university is a place where social capital is acquired. But there is a clear risk that this does not happen.

We might theorise that both bonding social capital (where students fund those like them) is much easier for some students to acquire than others; and bridging social capital requires real effort to develop on the part of universities and SUs, particularly for anyone not young, white, full time and affluent.

Critical is activity that requires less formal commitment than more traditional activity



# Non con

How often do you consider dropping out of your course?		Avg	Disability	No Disab
	Every day	15.3%	28.2%	13.5%
	Every week	29.6%	34.0%	30.9%
	Every month	28.6%	28.6%	26.1%
	Less than monthly	17.7%	8.0%	20.3%
	Never	8.8%	1.2%	9.1%

		Avg	Het	LGBT
How often do you consider dropping out of your course?	Every day	15.3%	14.9%	20.1%
	Every week	29.6%	31.5%	32.1%
	Every month	28.6%	26.7%	26.3%
	Less than monthly	17.7%	18.7%	18.7%
	Never	8.8%	8.2%	2.8%

“I belong at my university”		Agree	Disagree
Which of the following statements is most like you at university?	I have a large group of friends at university	32.6%	8.1%
	I have a small group of friends at university	60.2%	52.5%
	I do not consider myself to have any true friends at university	7.2%	39.4%

		Avg	Selective state school	Non-selective state school	Private school
How often do you consider dropping out of your course?	Every day	15.3%	23.7%	17.9%	3.6%
	Every week	29.6%	23.2%	39.8%	30.9%
	Every month	28.6%	27.5%	28.7%	15.4%
	Less than monthly	17.7%	16.5%	11.2%	45.3%
	Never	8.8%	9.1%	2.4%	4.9%

“I feel part of a community of staff and students (NSS Q21)”		Avg	Agree	Disagree
How often do you consider dropping out of your course?	Every day	15.3%	12.3%	31.0%
	Every week	29.6%	34.1%	38.0%
	Every month	28.6%	27.6%	18.5%
	Less than monthly	17.7%	18.7%	11.3%
	Never	8.8%	7.2%	1.2%



# Belonging

"I belong at my university"		Agree	Disagree
Do you take part in any of the following activities?	Student society	47.3%	37.3%
	Sports club	32.9%	21.8%
	Course/department/faculty/school rep	15.6%	12.6%
	Student media <input type="checkbox"/>	5.6%	5.0%
	Volunteering/charity fundraising	21.6%	16.0%
	Student social events (night time)	39.0%	26.0%
	Student social events (day time)	27.9%	16.8%
	Liberation/equality networks, forums or groups	3.2%	4.4%
	Student enterprise	2.1%	1.9%
	Working for the SU	6.1%	4.2%
	Leading/running a student campaign	2.4%	1.7%
	Voting in SU elections	37.9%	24.1%
	Standing in SU elections	2.8%	2.5%
	None of the above	17.0%	31.5%

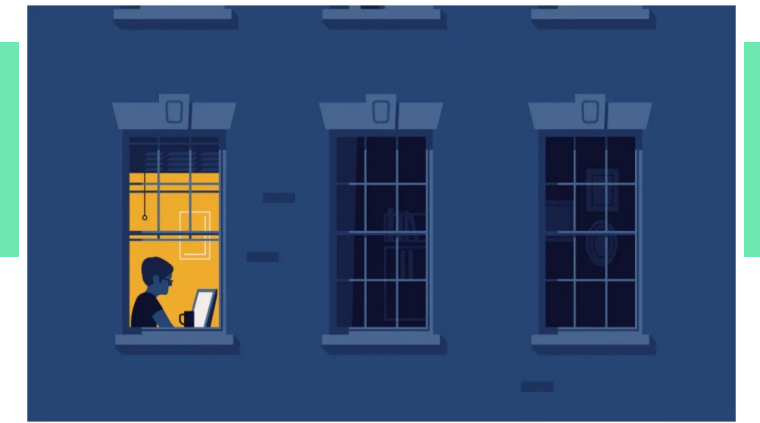
# Research

- **Student services professionals** could offer events where there are informal opportunities to interact, particularly for those who have recently started at university (first years) who may not already have social networks established themselves.
- Similarly, **academics** could be allowing space within formal taught programming for informal social interaction and connection, as well as openly talking about feelings of loneliness and social disconnection in the pandemic context.
- **Students unions** can also play a role in normalising feelings of loneliness and encouraging and providing opportunities for informally (re-)connecting virtually, and actually once virus containment measures allow.

## How to tackle student loneliness

This article is more than  
1 year old  
ANALYSIS | 17/02/21

Maria Loades, Ola Demkowicz, Pamela Qualter and Roz Shafran explain loneliness in young people and identify steps that we can take to help students as restrictions ease.



**Maria Loades**  
Maria Loades is a Senior Lecturer/Clinical Tutor at the University of Bath.

Recently, we have been **warned** of the strain placed on university students by self-isolation and online learning.

The problem comes as **no surprise** for those of us working in the field of loneliness, where we know that it impacts mental health negatively, and **young people themselves** - who have been telling us that disconnection from friends and peers has been a real problem for them.



### What is loneliness

Experiencing feelings of loneliness is normal and almost everyone will be affected

#### Latest articles

It's time we gave students credit for helping out

Applicants were rejected by default on the day of their exams

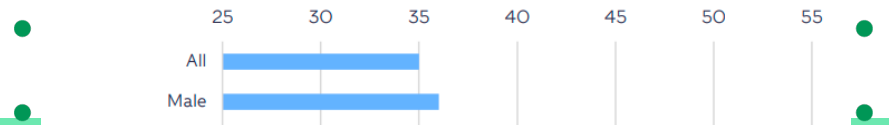
Podcast: Graduate wellbeing, student housing, free speech

# Belonging

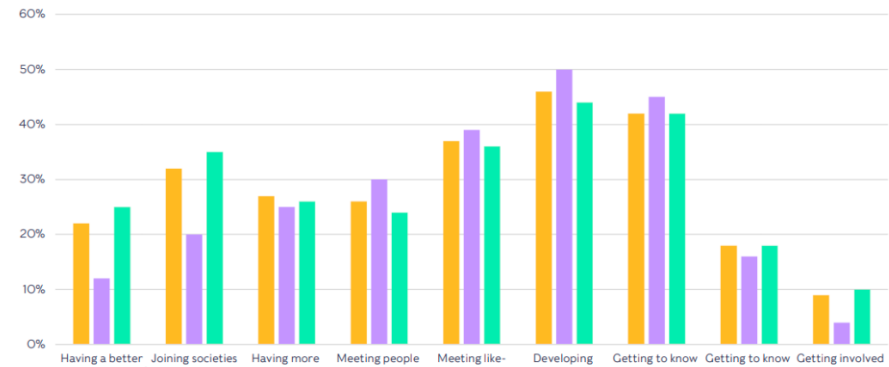
- Important link to continuation – B3 and TEF

## I feel lonely at university - demographics

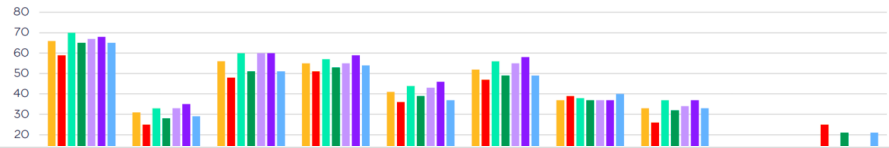
% agree/strongly agree



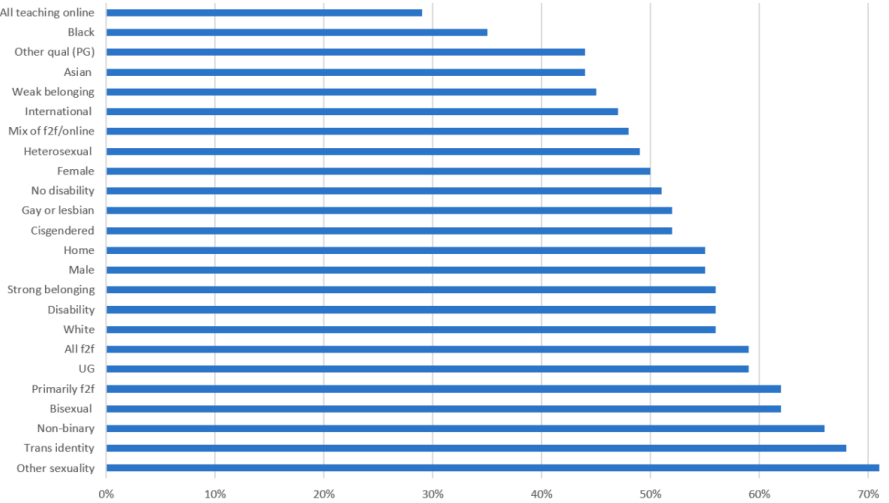
## What would help you feel a greater sense of belonging at your university?



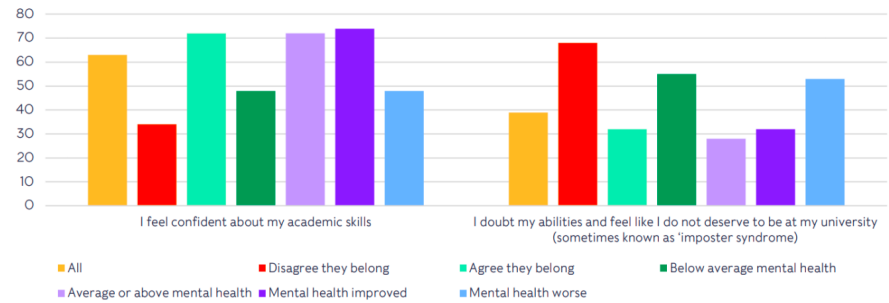
## Which of the following areas have played a significant part in how "settled" you feel at university?



## Have you been involved with any clubs, groups or organisations since starting university?



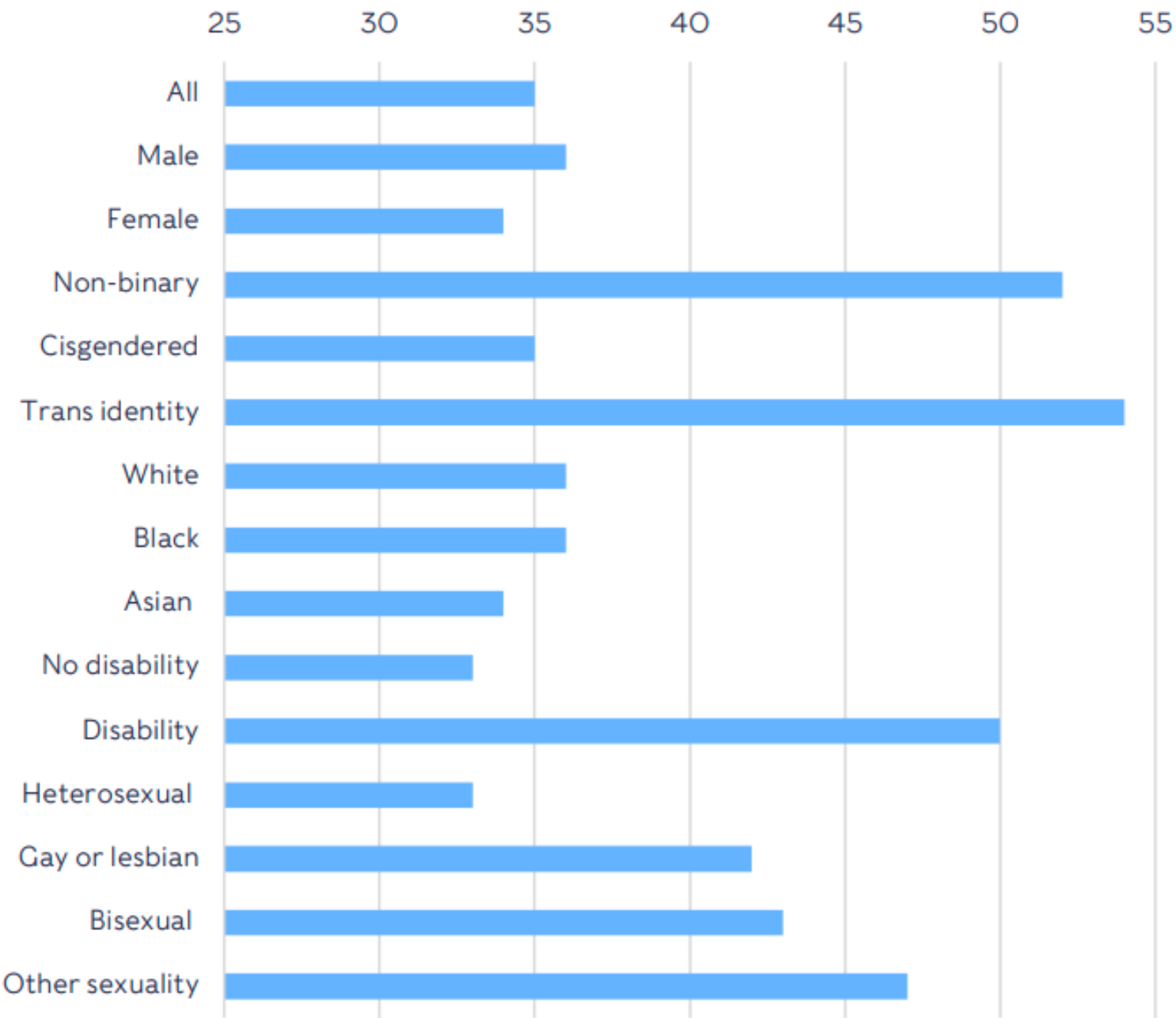
## Academic confidence and belonging



# Belonging

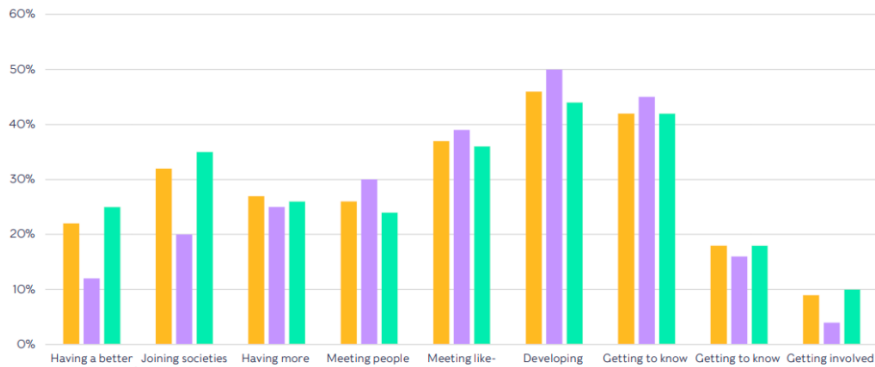
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% agree/strongly agree



WONK

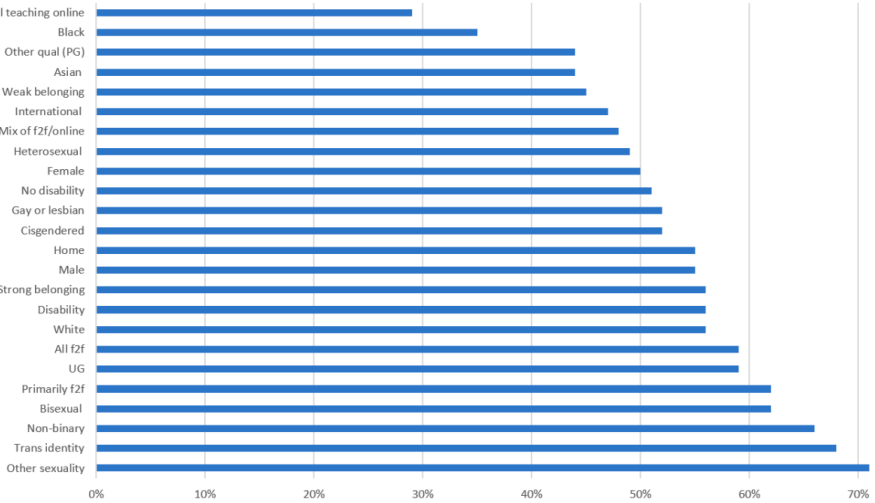
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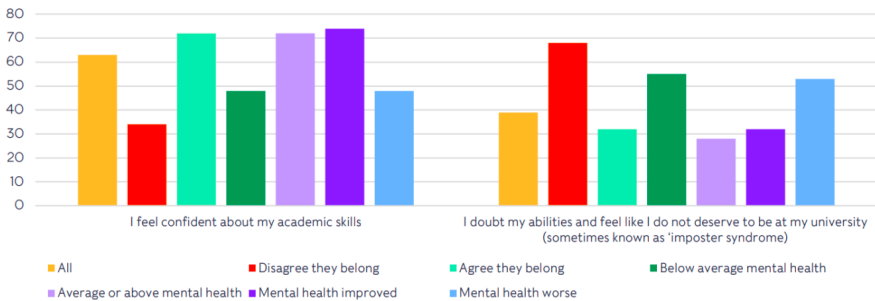
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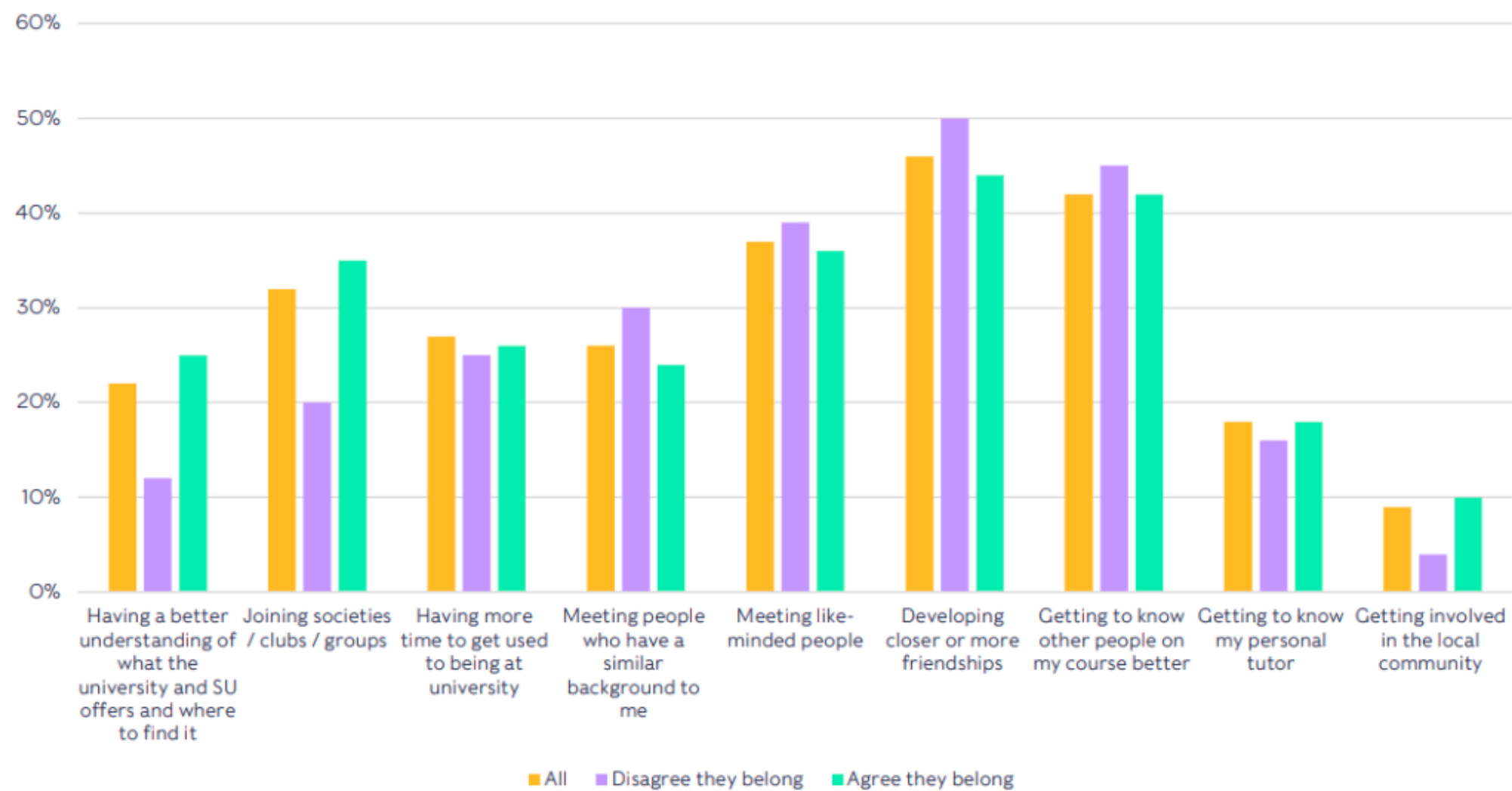
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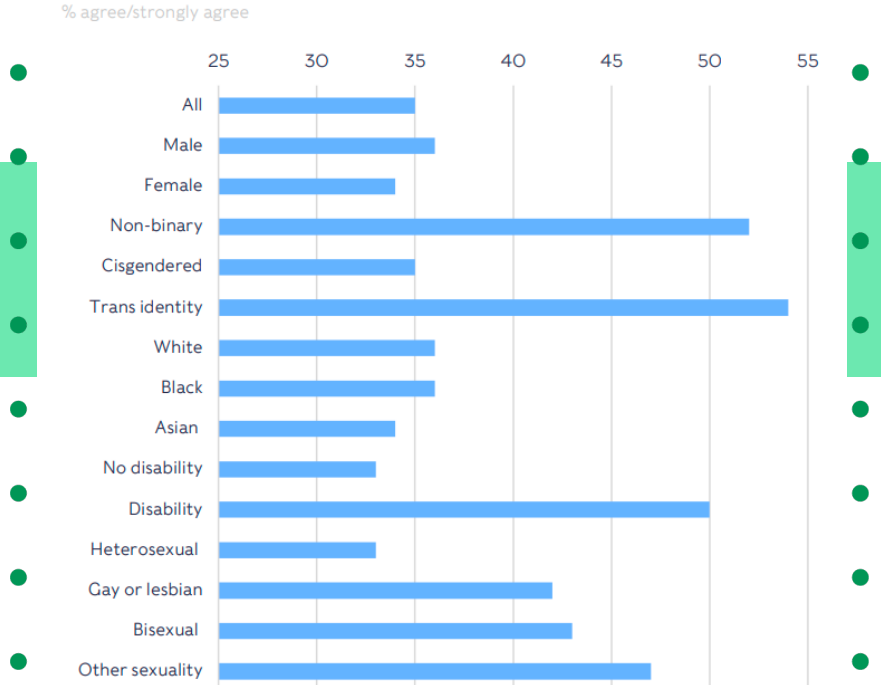


# Belonging

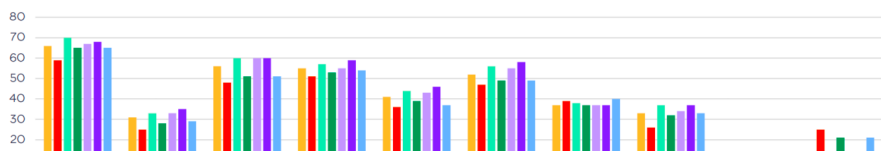
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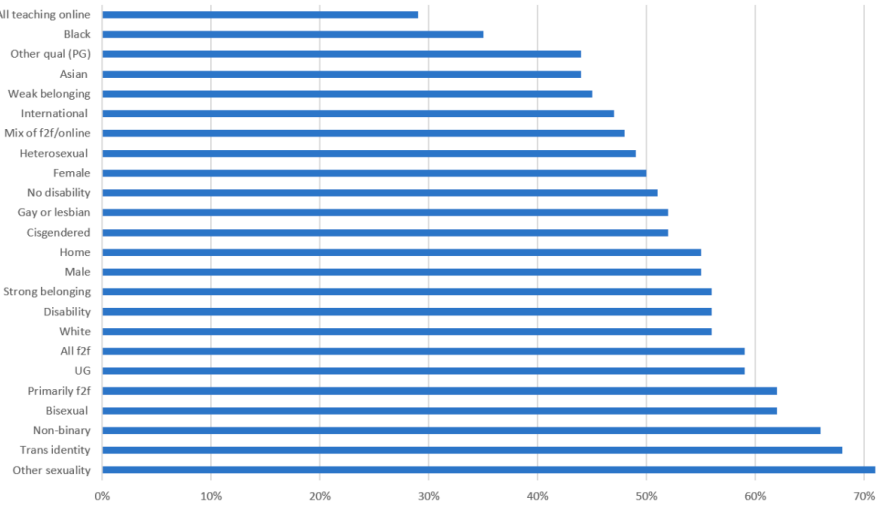
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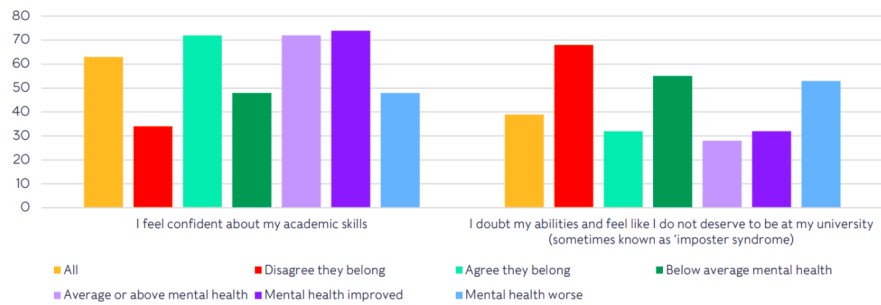
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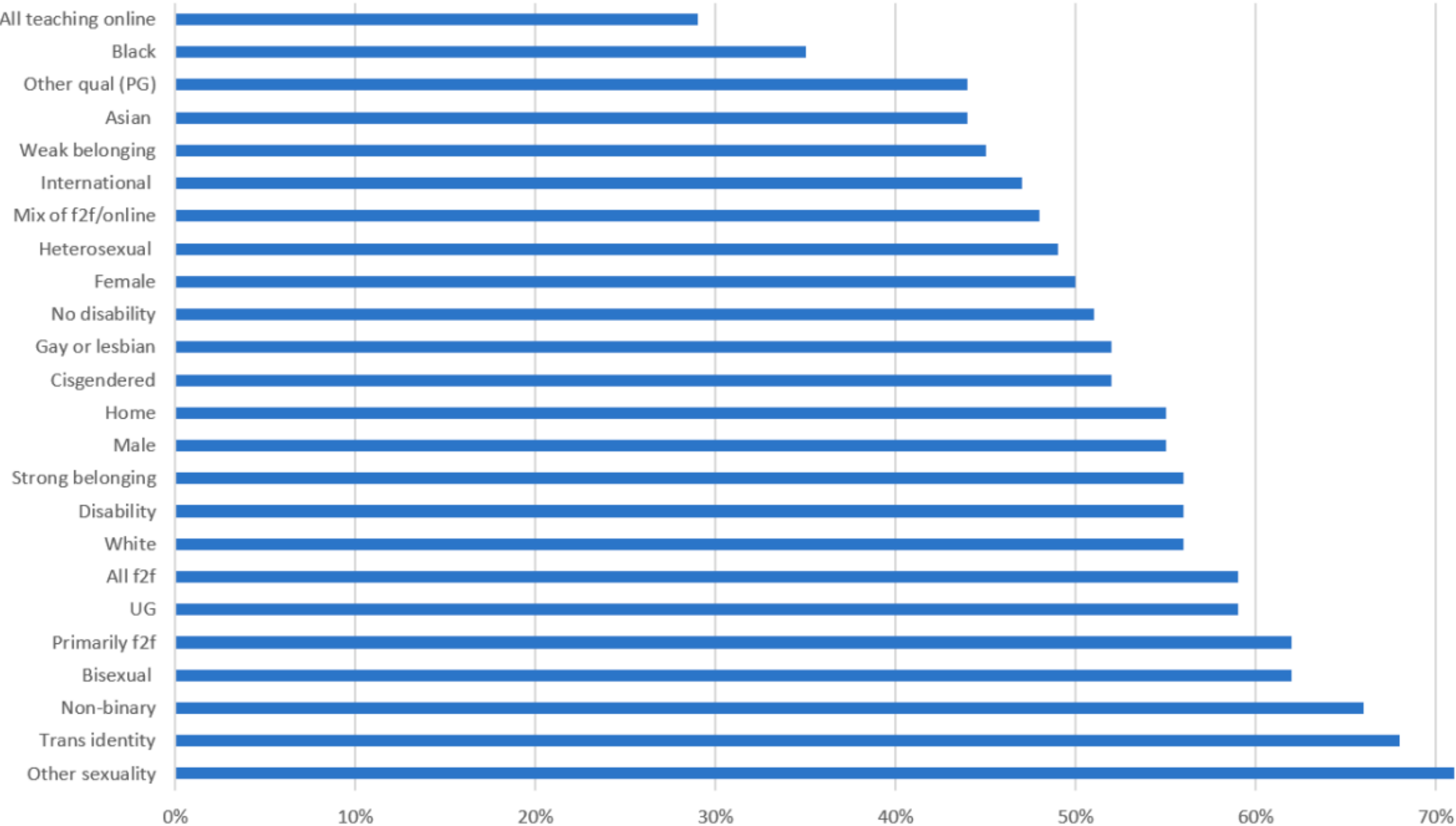


## Academic confidence and belonging



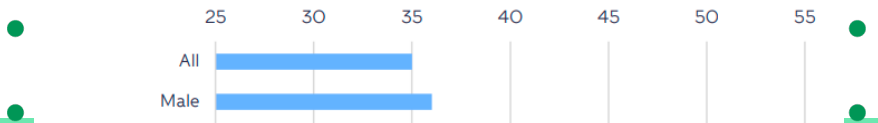
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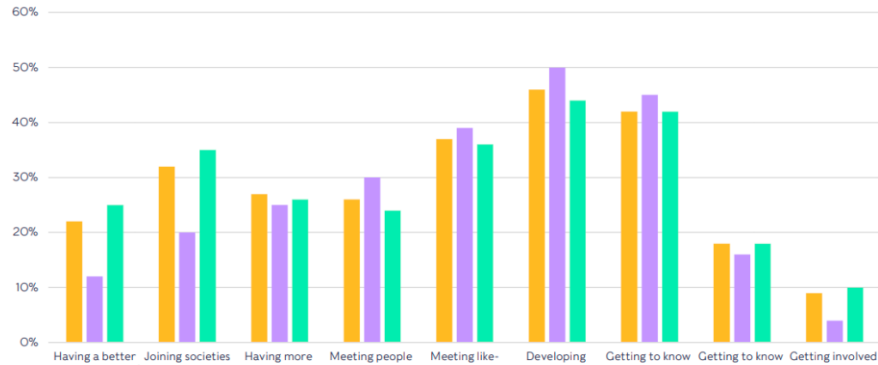


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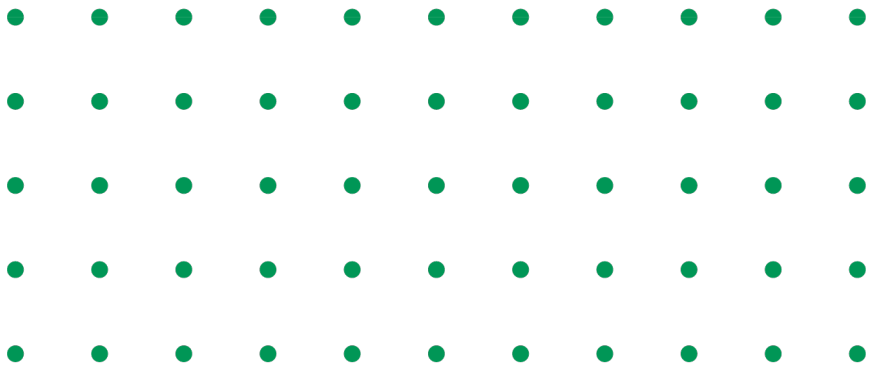
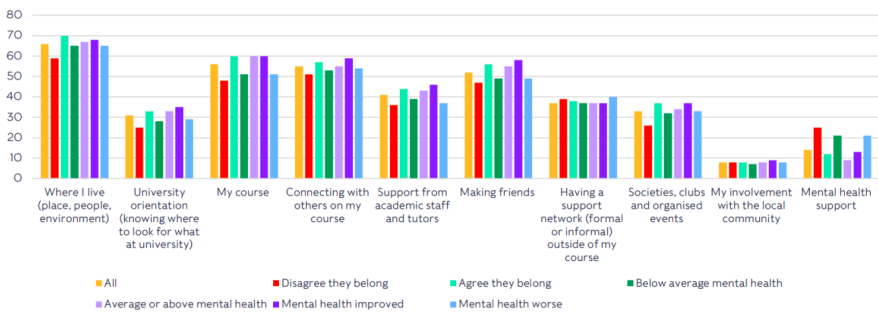
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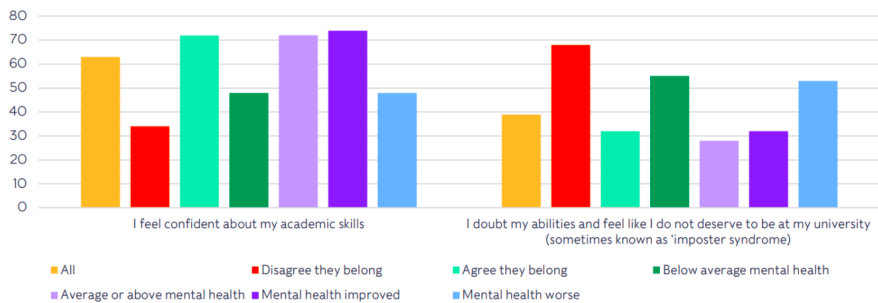
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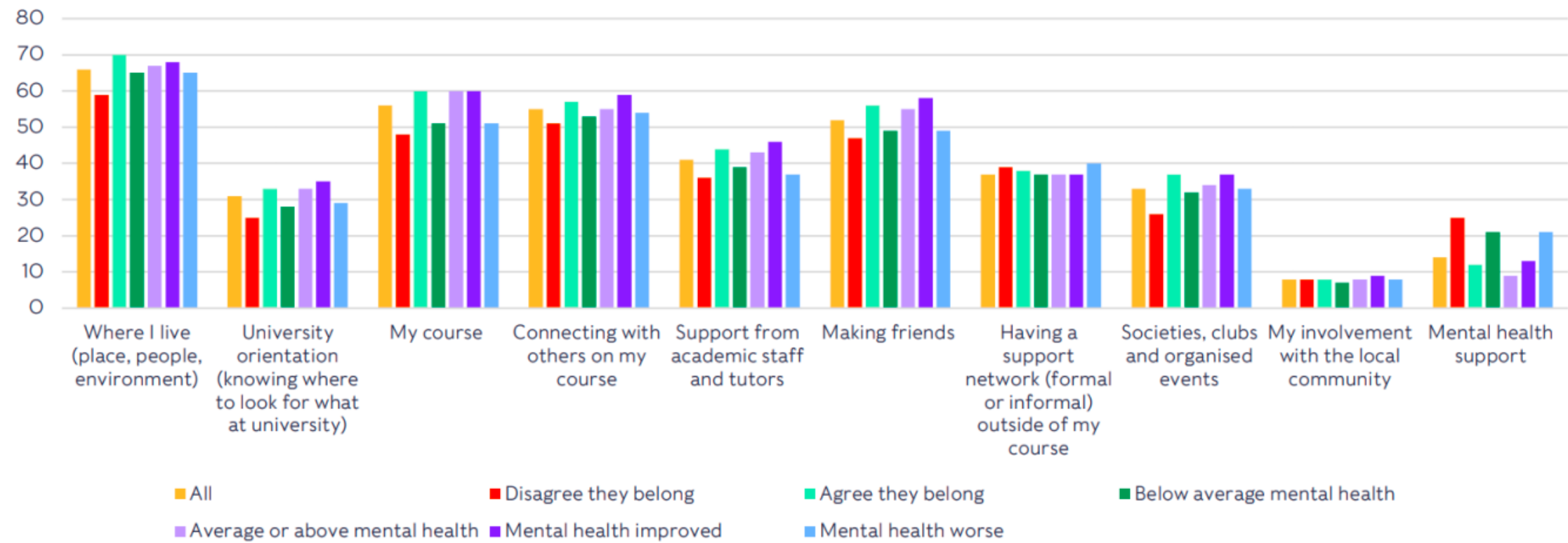


Academic confidence and belonging

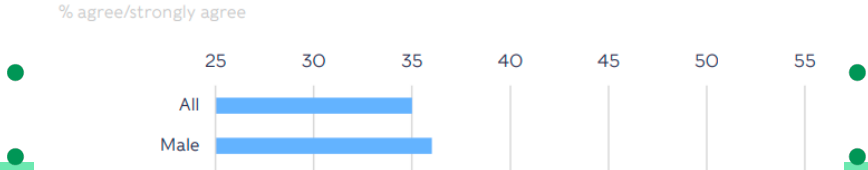


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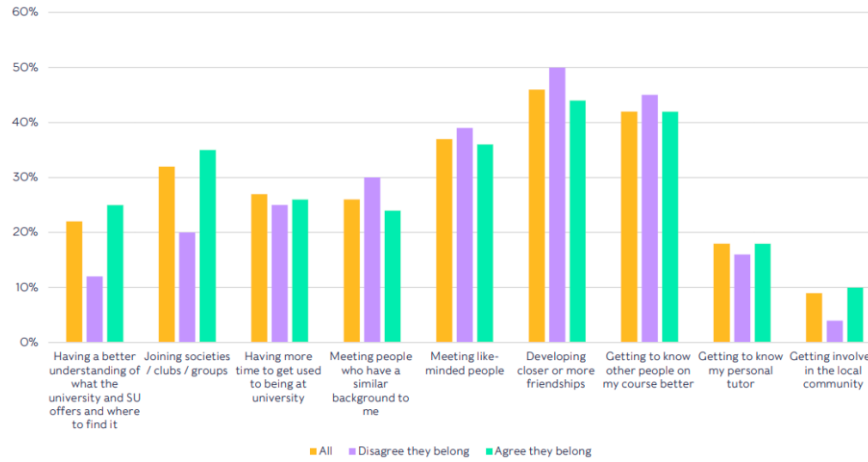
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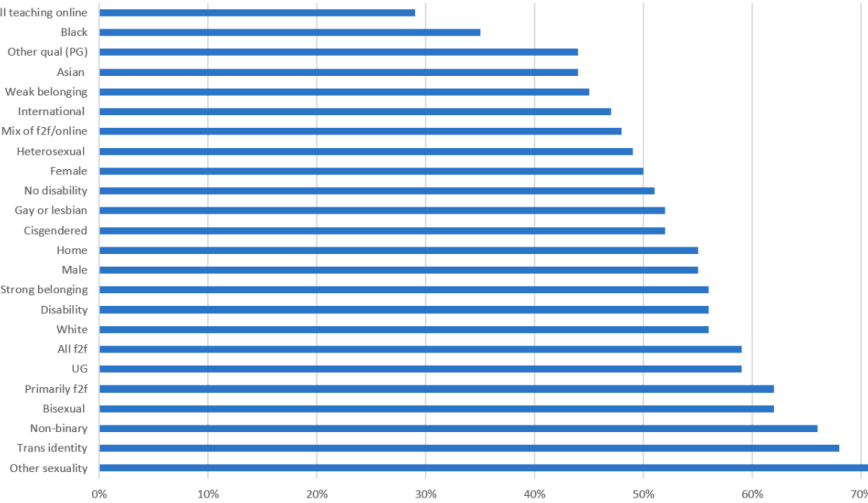
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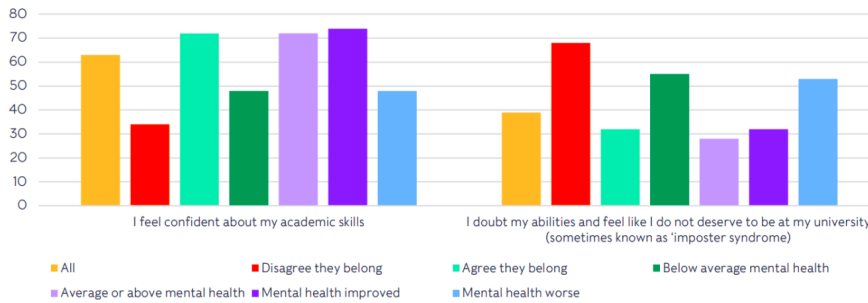
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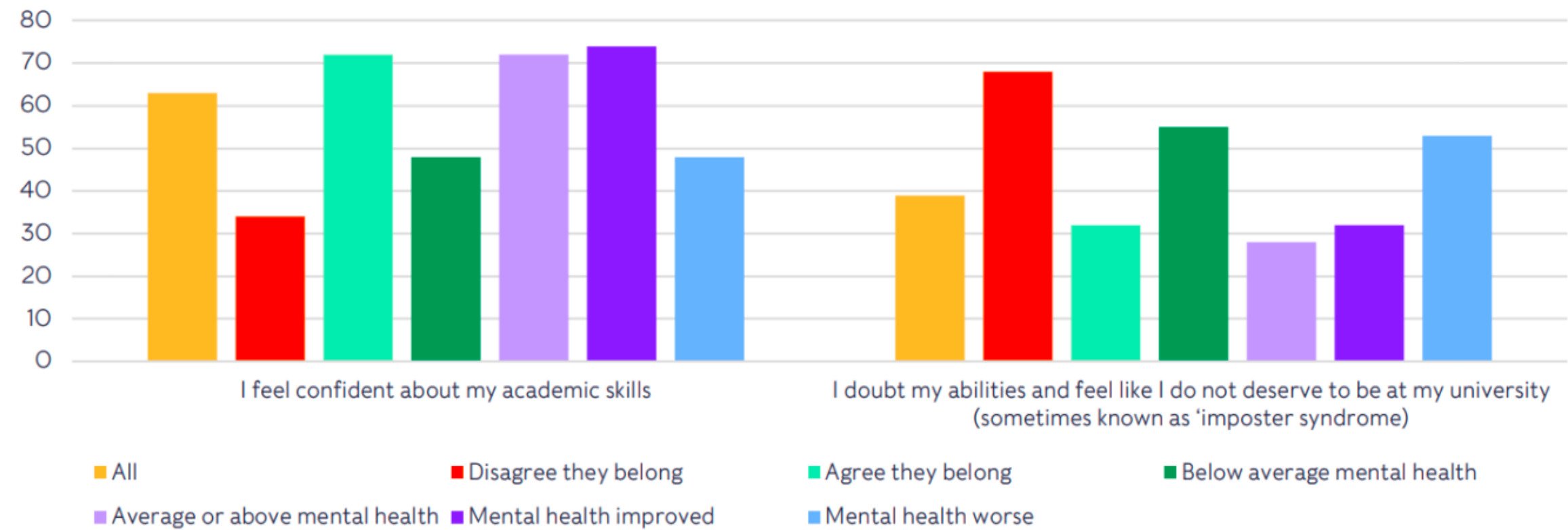


Academic confidence and belonging

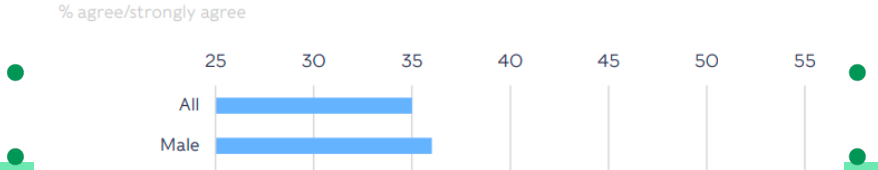


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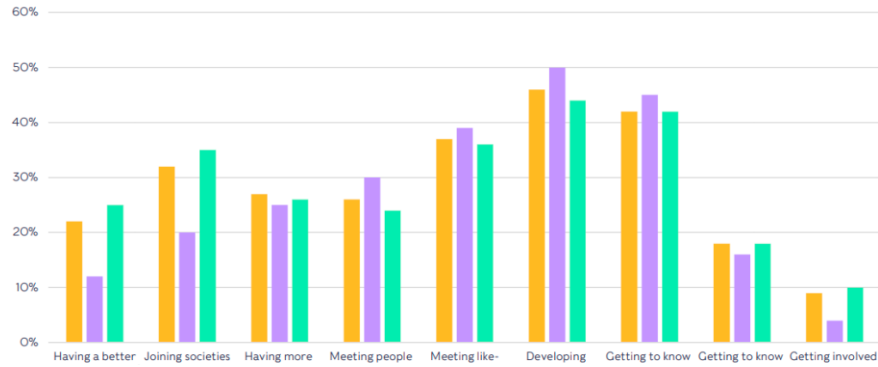
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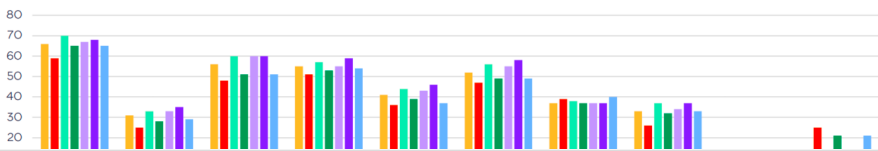
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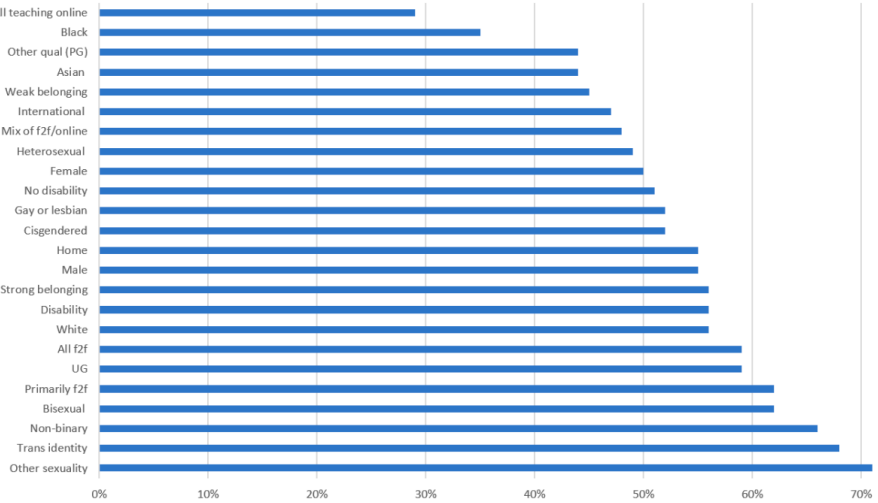
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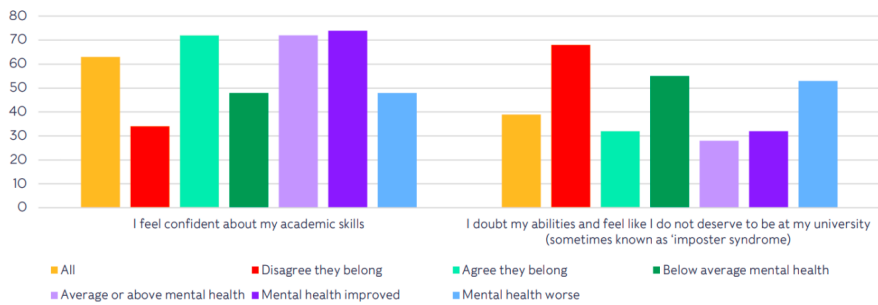
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Academic confidence and belonging





# Six key lessons

1. NSS Question 22 and targeting. Mine the data to prevent “sharp elbows” from general opps.
2. Whose job is this? Identifying cross institutional responsibilities.
3. Never ending opportunities throughout the academic year.
4. Access and Participation agenda in student activities (and learning from that sector). Data?
5. Opportunities that reduce commitment (financial, opportunity, emotional).
6. Devolve or direct? Incentivising types of activity?



## HEADLINERS

KAYAK DSD 07/07

7TH JUL  
SUFFOLK TERRACE BLOCK C

uea+kayak

KAYAK DSD 14/07

14TH JUL  
SUFFOLK TERRACE BLOCK C

uea+kayak

WROXHAM BROADS  
DAY OUT

15TH JUL  
MEET OPPOSITE THE ENTRANCE OF  
CONGREGATION HALL

NAVIGATE NORFOLK  
BLAKENEY COASTAL  
WALK

24TH JUL  
MEET AT UEA MEGA BUS

NAVIGATE NORFOLK  
WELLS-NEXT-THE-  
SEA DAY TRIP

7TH AUG

## WHAT'S ON TODAY

POSTGRADUATE

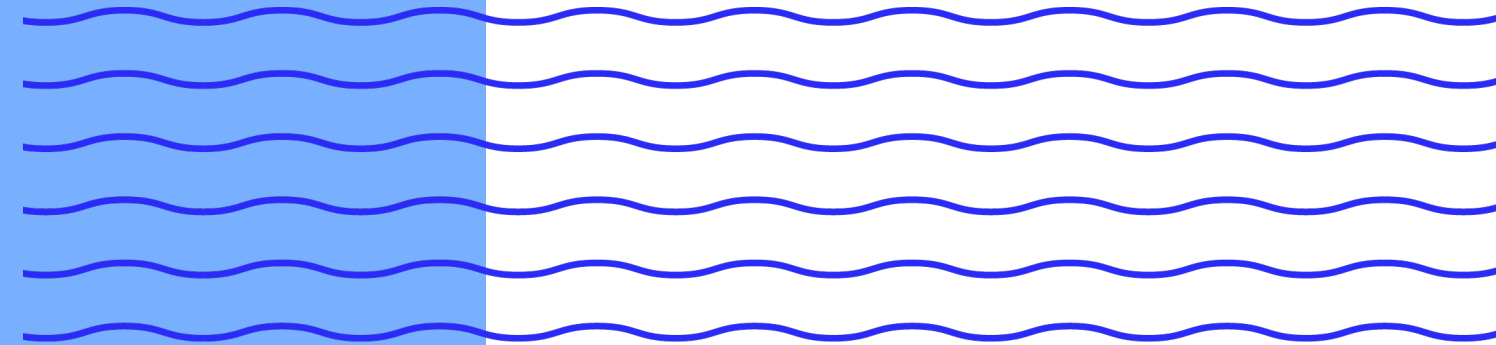
POSTGRADUATE



# Only the lonely?

What can we do about  
higher education's student  
loneliness epidemic?

JIM DICKINSON | WONKHE SUs  
@JIM\_DICKINSON | JIM@WONKHE.COM

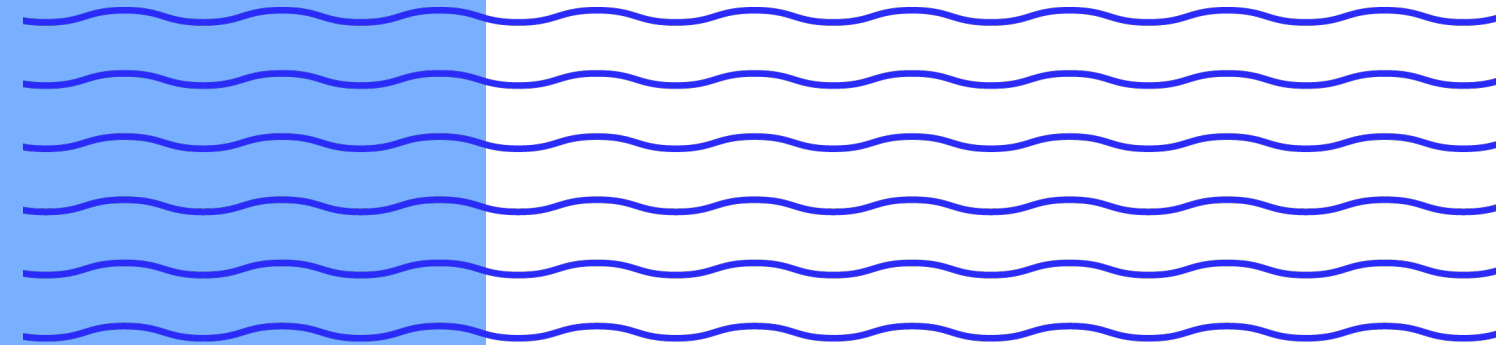


**WONKHE**  
SUs

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