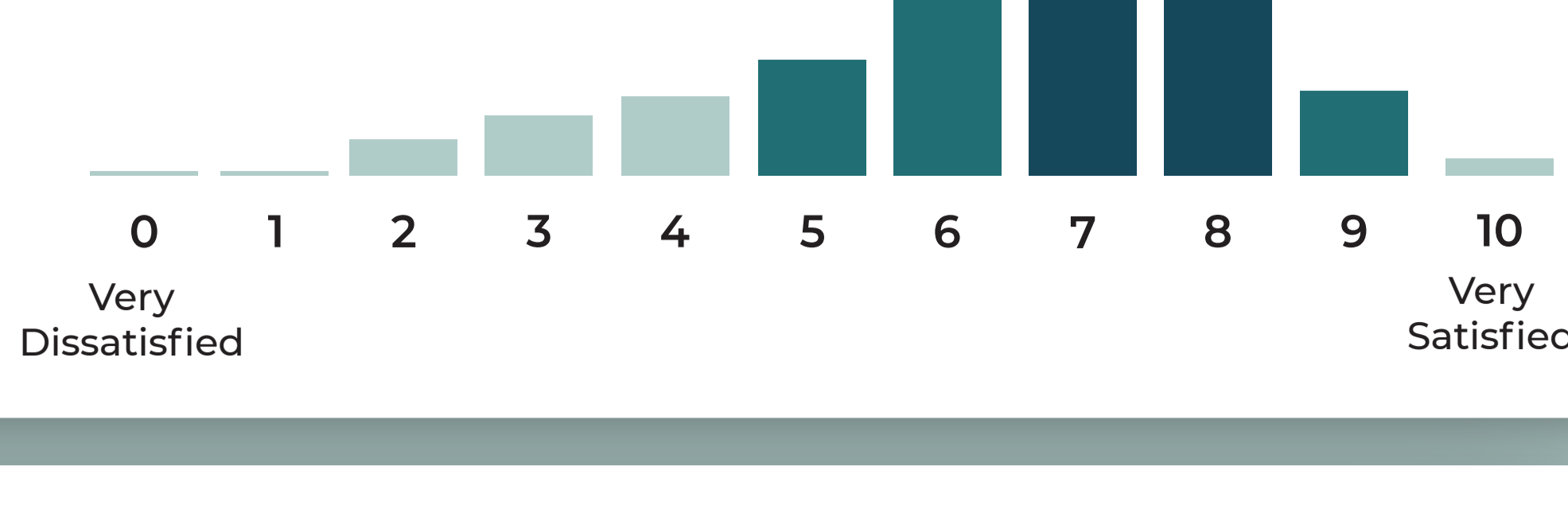


My Wellness Check

2613 TU Delft Students

Life Satisfaction

6.4/10



How to read this infographic

Based on the survey results, we present the main **areas of need** expressed in the survey and **what we can do about it**.

Below, you can find the TU Delft Student needs organized per category and the most feasible ideas about how to respond to them.

Students need...

What to do about it?

Social Interaction



Opportunities to Meet New People

"I went from being excited for my new study and meeting new people to being alone at home. It was quite demotivating."



Support For Community Organizers

To create an active and inclusive schedule of events



To Feel Part of the TU Delft Community

"Being on campus, studying and working assignments, makes me feel like a part of something big"



Improved Peer Mentoring

Mixed, mentored, subgroups for international and local students



Structured Interaction

"I really appreciate how my tutors are checking in on me once in a while to check if everything is going well"



Online Drop-in Groups

With a purpose (e.g. coffee break, destress session, fitness at home session)



Spontaneous Interaction

"I miss the random chats at the coffee machine"



Scheduled Moments

COVID-proof open space at campus (e.g. plexiglass shield)



A Functional Online Network

"Each course uses another medium which shows the lack of support for professors and it affects the quality"

Work Space



A Separate Space

"The biggest problem during the corona crisis was spending 24 hours a day in the same room, since I live in a studio."



Support From TU Delft for Separate Study Space

Increase campus capacity with COVID-proof, container spaces or rental spaces



A Quiet Space

"Our living room is dirty and filled with other people."
"In a house with 7 people noise is always a problem."



Support For Their Home Office

- Guide for improving home office
- Group discounts
- Rent or borrow unused furniture



An Ergonomic Workspace

"I constantly have pain in my back and neck due to wrong posture."

Physical Health



To Exercise

"I need people to motivate me to actually go"



Scheduled Moments

- Online meeting should be 45 minutes, not an hour
- A collective start of the day, like aerobics on TV
- Online coffee corners



Time Away from their Computer

"I don't go outside anymore, I just stare at my screen all day"



Delft X

- Keep Delft X open for socially distant group exercise
- Make Delft X courses online available (for free)

Finances



To Minimize Study Delay and Clarity about the Consequences of Delay

"I might be delayed due to coronavirus and graduate later, so I might run into expected expenses on tuition fees and rent."



Advice

- Share models for how to deal with student loans in the future (provide positive outlook)
- Financial advisors
- More career related workshops



Extra Income Opportunities

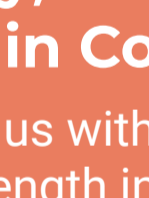
"I really need my side-job back, but they are scarce in times of COVID-19"



Jobs

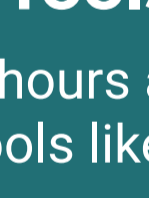
Promote jobs as student assistants

Communication



Honesty, Clarity, and Consistency in Communication

"Instead of emailing us with vague platitudes and calls for a unified strength in the face of this crisis, just make some actual decisions and tell us about them."



Tools

Facillitate office hours and mentoring with digital tools like 'Calendly'



Optimism About The Future

"It is important to remember my goals for the future and to realize this is just another hurdle that has to be overcome to get where I want be in life."



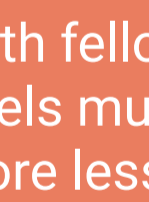
Tone

Positive communication from department, professors, teaching staff, and (regular) emails with a concrete message rather than a message of pity



Opportunities for Interpersonal Connections During Education

"It was difficult to motivate myself because of the little contact with fellow students and because everything feels much more distant and therefore less 'real'."



Time Away from their Computer

"I had no idea these services existed"

Guidance



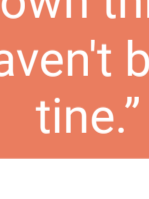
More Structure, Deadlines, Targets, and Discipline

"I would really like a bit more forced structure from the university. I know we're adults and should be accountable for our own things, but right now it's difficult to do, and I haven't been able to build a routine."



Peer Groups

- Peer groups for courses to keep each other motivated
- Peer group for graduating students



Help to Find Mental Health Care

"Study advisors often know too little to help you sufficiently and waiting lists for psychologists are very long."



Contact with TU Delft Staff

- A chatbox for Career and Counseling Services
- More contact hours with teachers

What's next?

The next survey will be sent out in the **second week of November, 2020**. In this survey you can find similar questions as before, such as questions about your satisfaction with life, needs and ideas. This way we can see how your well-being is changing over time.

We will be adding new questions about the topics of belongingness, before and after corona, your ability to cope with the situation, and more.

If you feel that this infographic was missing something, want to highlight a topic for the next survey, or be a part of this altogether, reach out to w.l.a.vandermeden@tudelft.nl



This infographic is based on the **TU Delft Student Wellbeing Survey** delivered in June 2020.

Survey results were analyzed by **40 people from the community** (students, counselors, teachers, psychologists, etc.) during two 'Community-Led Stakeholder Workshops'