

Strategies for Advisors supporting HDR Candidate Wellbeing

Prepared by the Graduate Research School (May 2021)



JAMES COOK
UNIVERSITY
AUSTRALIA

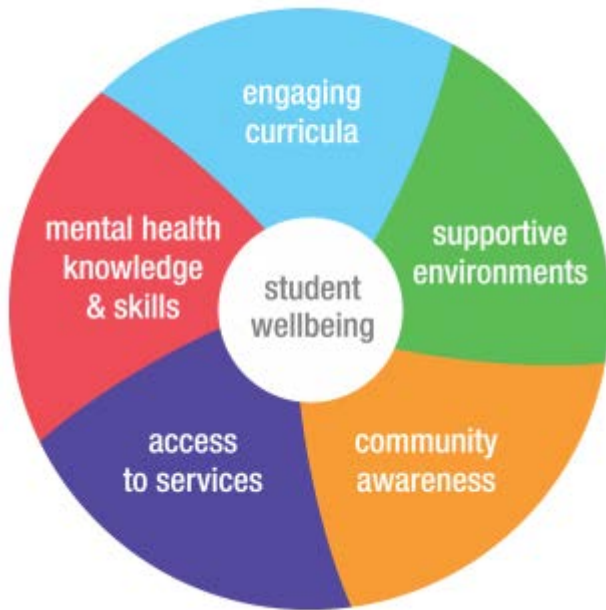


Resources below are intended to assist advisors in working effectively with candidates. A Framework is provided highlight the value of working with the broader university and community service providers. Every HDR Candidate's circumstance will be different so there is no one best approach or ideal solution offered here. Instead you will find a list of possible strategies complemented by links to support services and resources.

Possible strategies

1. If you become concerned for a candidate's well-being acknowledge this with the candidate and refer them to resources and services noted below.
2. If your candidate continues to experience difficulties and does not seem able to access services independently or maintain contact with you please reach out to one or more of the following people for support and advice:
 - a. Your College ASO or ADRE
 - b. Counselling and Accessibility Services
 - c. Graduate Research School
3. If you are aware a candidate has an ongoing mental health issue and become aware their health is deteriorating please refer to Counselling and Accessibility Services for advice.
4. Always aim to meet with candidates in a place that is calm and comfortable for candidate and advisory panel. To achieve this you may wish to consider inviting a support person for the candidate or for yourself as advisor or moving meetings to a more public place to ensure comfort for all.
5. Always maintain a record of meetings and where you are concerned that health issues are affecting progress reach out to your college or the GRS for support. They can advise on availability of leave and extension provisions or additional resources or progress support available.
6. Where appropriate you might work with the candidate and other support staff to develop a more scaffolded approach to meetings or management of progress to respect health and well-being concerns. Accessibility services are particularly familiar with supporting staff and candidates in making these arrangements.

Resources provided reflect attention to the Framework for Enhancing Student Mental Wellbeing:



And the [JCU Mental Health Program for HDR Candidates](#)

JCU Resources

Where can a candidate get help (See [p29-32 of the program](#)) including key support services

GRS and College Contacts

Graduate Research School
Arts, Society and Education (CASE)
Public Health, Medical & Vet Sciences (CPHMVS)
ARC Centre of Excellence (ARC)
Medicine & Dentistry (CMD)
Health Care Sciences (CHCS)
Science & Engineering (CSE)
Business Law & Governance

grs@jcu.edu.au
caseresearch@jcu.edu.au
cphmvs.academicervices@jcu.edu.au
olga.bazaka@jcu.edu.au
cmd.research@jcu.edu.au
chs@jcu.edu.au
cse.postgradservices@jcu.edu.au
cblgresearch@jcu.edu.au

Further reading

[US Council of Graduate Schools: Supporting Graduate Student Mental Health and Well-being Framework for Enhancing Student Mental Wellbeing](#)

[UK Universities report on Student Mental Health](#)

[Health Universities](#) (Dooris, Cawoon, Doherty & Powell, 2010)

[COVID -19 and the Educational Response: New Educational and Social Realities](#) (UK perspective)

[Okanagan Charter – An international Charter for Health Promoting Universities and Colleges](#)
[Manuela Schmidt & Erika Hansson \(2018\) Doctoral students' well-being: a literature review, International Journal of Qualitative Studies on Health and Well-being, 13:1, DOI: 10.1080/17482631.2018.1508171](#)

Feedback and updates

Please [email](#) us if you identify any need for updates to this resource or would like to contribute further readings.



JAMES COOK
UNIVERSITY
AUSTRALIA