

Student Wellbeing Classroom Resource

RU OK? Monitor

Developed by:

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Quick & Simple



Accessible for
reserved students



Large Classes



Identify students needing
support

Description

The R U OK? Monitor provides students with a weekly opportunity to reflect and communicate how they're feeling about their study. It provides a useful platform for students to voluntarily indicate if they're feeling panicked or confused about any aspect of the course and enables the lecturer to identify students who may require additional support. Dr Alanya Drummond uses the R U OK? Monitor as an alternate method for tracking participation in Built Environment courses where students are accustomed to indicating their engagement at the beginning of class via the Moodle attendance tool. View Dr Alanya Drummond's presentation on the R U OK? Monitor [here](#).

Implementation

- **Step 1:** Set up a brief question asking students how they're feeling, offering a range of options (Likert scale).
E.g. "How are you feeling about your study this week?"
 - All good, on top of things
 - Lots to do, but going ok
 - A bit behind, need to catch up
 - A bit confused, struggling
 - Totally lost, help!

This monitor can be set up using the Moodle attendance tool, modifying the 'Status Set' by changing the 'Description' for each option (in place of the default Present/Absent). Alternately, you can set up an online survey platform to host the R U O K? Monitor such as Google Forms. Make sure that the platform you use records the participant's ID so that you can reach out to students who require additional support, and make sure students know that their response will be identified and that you will contact them if they indicate being confused or lost.

- **Step 2:** You can then use these responses to reach out to students who have indicated that they are struggling and provide clarification on course material and/or direct them to relevant support services if there are health or life challenges interfering with their study and causing stress.
- **Step 3:** It can be helpful to share some of the R U OK? Monitor findings a couple of times each term. This helps students to recognise that there are other students in the same boat as them, and lets students know that you are checking this poll.

Evidence of effectiveness

- High level of student participation
- Academics are able to identify and reach out to students that require support
- Students feel seen and heard by their teachers and feel comfortable approaching them for support

Dr Alanya Drummond is a member of the Education Focussed Student Wellbeing Community of Practice (CoP). To find out more about the CoP, please contact the EF Team: EF@unsw.edu.au

AutoSave OFF Presentation1 — Saved to my Mac

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1 2 3 4 5 6 7 8 9 10 11 12

Attendance for the course :: INTA3000-Interior Architecture Studio 3 (T1, 2020)

For attendance in INTA3000, I don't just want to know if you are here, I want to know if you are doing OK.
Instead of simply selecting Present or Absent, please select the OK status that relates best to you.
This is not a test and there is no link at all to grading.
The RUOK attendance is a way for me (Alanyal) to gauge how everyone is doing throughout the term.
If you say you need more help I can provide extra resources, explanations or support to assist you in your learning.

Sessions Add session Report Export Status set Temporary users

All All past Months Weeks Days

#	Date	Time	Type	Description	Actions
1	Fri 21 Feb 2020	10:45AM - 1PM	All students	W1 Lecture	🔍 📅 🗑️
2	Fri 28 Feb 2020	10:45AM - 1PM	All students	W2 Lecture	🔍 📅 🗑️
3	Fri 6 Mar 2020	10:45AM - 1PM	All students	W3 Lecture	🔍 📅 🗑️
4	Fri 20 Mar 2020	10:45AM - 1PM	All students	W5 Lecture	🔍 📅 🗑️
5	Fri 3 Apr 2020	10:45AM - 1PM	All students	W7 Lecture	🔍 📅 🗑️
6	Fri 17 Apr 2020	10:45AM - 1PM	All students	W9 Lecture	🔍 📅 🗑️
7	Fri 24 Apr 2020	10:45AM - 1PM	All students	W10 Lecture	🔍 📅 🗑️

Click to add notes

Slide 6 of 12 English (United States) Notes Comments 100%

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1 2 3 4 5 6 7 8 9 10 11 12

Attendance for the course :: INTA3000-Interior Architecture Studio 3 (T1, 2020)

Sessions Add session Report Export Status set Temporary users Change session

▼ Change session Collapse all

Type All students

Old date Fri 21 Feb 2020 10:45AM - 1PM

Date 21 February 2020

Time from 10:45 to 13:00

Status set 1 (P1 P2 P3 P4 P5)

Description W1 Lecture
Path p Words 2

☒ Create calendar event for session

▼ Student recording

☒ Allow students to record own attendance

Automatic marking Disabled

Student password conscious

☐ Include QR code

☐ Automatically select highest status available

Show more...

Click to add notes

Slide 7 of 12 English (United States) Notes Comments 100%

