
Jane Wellbeing Framework

JANE 



Jane is an affiliated
College of the University
of Tasmania.



Goal

To create a supportive, inclusive, and engaging community that promotes the physical, mental, and emotional health of all residential college students, enabling them to thrive academically, socially, and personally.

Guiding Principles

- Holistic Support: Wellbeing encompasses mental, physical, social, emotional and spiritual health.
- Preventative and Proactive: Early intervention and positive routine help prevent wellbeing challenges from escalating.
- Community-focussed: Strong interpersonal connections and a culture of care are at the heart of our whole-college approach.
- Student Voice: Student leadership, feedback and participation help shape priorities and initiatives.
- Partnerships: External services utilised to add layers of professional support to the wellbeing program.





Key Strategies of Wellbeing

Strategy	Description	Initiatives
Belonging and Connection	Fostering a sense of community, safety and inclusiveness	<ul style="list-style-type: none">• Planning for each student begins before their arrival• Personalised pre-arrival communications• Robust Welcome Week orientation program• College-wide events and values-aligned traditions• Ongoing best-practice student leadership training• Personalised approach by staff and student leaders to all students
Mental and Emotional	Promoting resilience and access to timely, appropriate support	<ul style="list-style-type: none">• Compulsory check in meetings with the Dean of Students (DOS) and Dean of Academic Studies (DOAS) for all students• Afterhours support through Senior Residents• Collaborating with the University wellbeing services to enhance student support• Direct referral available to external psychology and counselling service• Wellness Week activities throughout Swotvac
Physical	Encouraging a well-rounded life approach of routine and self-care to support physical health	<ul style="list-style-type: none">• Outdoor spaces encourage a connection with the natural environment• Establishing routine as a focus for all new students during their meeting with the DOS• Healthy sleep routines supported and promoted• Access to fresh and nutritious options in the Dining Hall• Numerous extracurricular sport and recreational opportunities offered
Environmental	The College offers spaces and aesthetics that benefit and support student wellbeing	<ul style="list-style-type: none">• Access to multiple study areas• Well maintained grounds and gardens support a positive living environment• Bringing a homely and welcoming feel to common and shared areas• Students encouraged to take stress and study to common areas and leave rooms for rest and self-care
Autonomy and Personal Growth	Personal values, individual differences and self-reflection encouraged through transition into young adulthood	<ul style="list-style-type: none">• Compulsory education sessions during orientation• Living the Jane values• Educative approach to discipline to help students learn, grow and take ownership of mistakes• College policies including the Code of Conduct• DOS and DOAS as supports to develop self-reflection• Formal and informal student leadership opportunities• Active student input via the Culture Committee
Safety and Security	Students feel protected and supported within a college community environment	<ul style="list-style-type: none">• Single occupancy rooms established as personal safe space• Micro-communities focus to initial social settings• Onsite peer leadership and support• Provision of meals 7 days a week• Sense of community builds safety through routine meals, events and Student Club activities• The Jane Accord as overseen by the Culture Committee• Robust College policies including Gender Based Violence Policy and Procedure, Diversity and Inclusion Policy, Statement on College Culture• RespectX tool for anonymous, safe reporting• Secure grounds afterhours



Wellbeing Measures of Success

- Student surveys at various points of contract
- Compulsory check in meetings with both Deans
- Student leader feedback
- RespectX reporting and general student feedback
- Quarterly Student Leadership Team reflection and review

We believe that student wellbeing takes a whole-college approach. While this area is overseen by the Dean of Students, every member of staff and student leadership is involved in the wellbeing of others through their genuine care and want for each student to succeed. 'It takes a village to raise a child'.