FOCUS ON EDUCATION, MENTAL HEALTH AND STUDENT WELFARE

9. November 2022

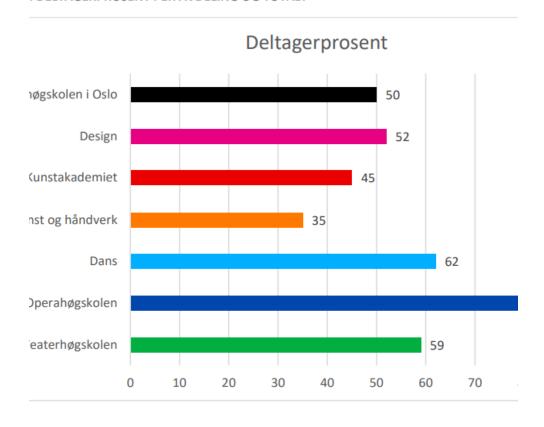
Auditoriet



STUDENT SURVEY: RESPONSE RATE

Response rate KHiO: 50 (increased from 42 last year)

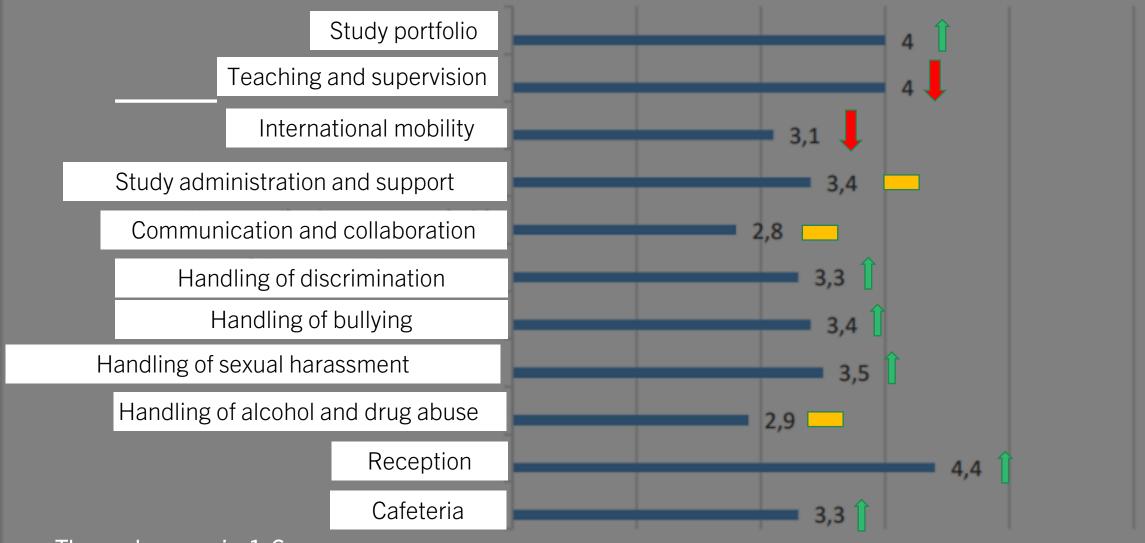
: DELTAGERPROSENT PER AVDELING OG TOTALT



STUDENS' SATISFACTION

Gjennomsnitt per kategori





• The scale range is 1-6



Maps the students' health and well-being in a broader sense

How are they feeling?
Offers for support and care

Norways biggest student survey with 60 000 participants

Response rate 35,1 nationally

KHiO 29%, 74% girls

(= 99 KHiO participants, only those registered with lånekassen invited)

- Data collection: 6.2-19.4 2022
- SHOT from 2010-2014-2018-2022 (can detect trends)



High statisfaction with «the student town» Oslo and what the city has to offer (except living costs)

High satisfaction with student reception at KHiO: 79% (86% national average)

High number in wellbeing at a university or college: 65,2% (60,8% national average) Own work effort is rated as high, satisfaction with own effort, high work load was reported

Satisfaction was high for supervision and feedback on individual learning

Less satisfaction was reported on course structures

More satisfied than other institutions with the physical learning climate

Higher participation in student democracy (9% vs 3% nationally)

KHIO-PHYSICAL HEALTH AND LIFESTYLE

Less physical activity — 88% were under recommended hours per week

Yet: lower rate of overweight/ obesity

Higher rate of smokers (26% daily and 20% sometimes vs 2% and 6% national average)

Higher alcohol consumption (men) 12% in the risk zone and 50% harmful level for men

Higher drug consumption: 15% vs 6% nationally is 5 times higher than last year; men overrepresented here as well

DISCRIMINATION (STUDENT SURVEY)

From

Peers (42 respondents)

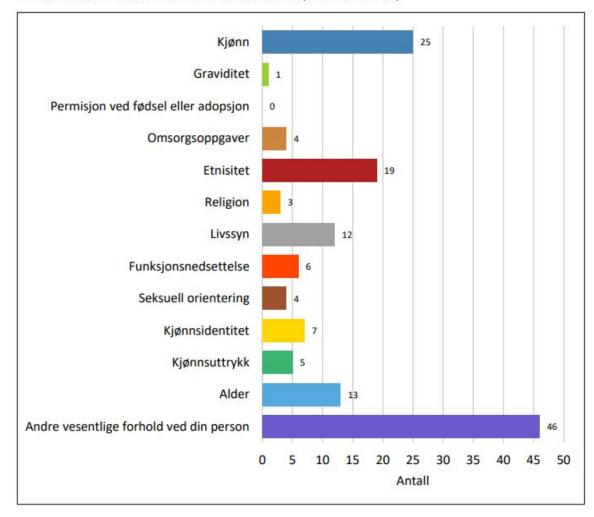
Teacher (60 respondents)

Administrative personnel (31 respondents)

Others (20 respondents)

Reported negative favourism 85/282 say YES= 30% Was detected in all departments

FIGUR 24: HVA VAR GRUNNLAGET FOR DISKRIMINERINGEN? (FLERE VALG MULIG)



HARASSMENT AND BULLYING (SHOT + ST.SURV)

32% experienced sexual harassment (27% nationally) Women high average (40% vs 12%)

- From peers (22 respondents), from teachers (6 respondents), from others (7 respondents)
- Verbal abuse (22), physical (15), harassment (3), abuse (1)

Bullying: 3%, No girls, boys only • From peers (25), from teachers (29), administrative staff (11), other (5)

CHALLENGES AT KHIO LIFE QUALITY AND MENTAL HEALTH

Quality of life: reduced number has been increasing 38% bad or very bad 25% neither good nor bad and 38% very good.

Worse than the national average

Mental health issues: 54% severe (33% nationally), no gender difference

Loneliness (31%)
feeling like an outsider (28% vs 20% nationally)
Feeling isolated (32% vs 19%),
Women more affected

Sleep disturbances: 39% At a level qualifying as insomnia

Self harm: 32% vs 22%
Suicide: 32% vs 23% seriously
contemplating it,
11% actively attempted
Women more affected

NB! Several students at KHiO are reaching out and are seeking help more than national average

WHAT NEXT?

We are taking this very seriously and are in dialogue with several health experts

Measures are taken that target the students directly

Measures planned for the employees and academic staff, starts with this day today, several measures and courses to come, also in English



09.30-10.30	Information about SIO health offers
11.00-11.30	Prevention, quality of life, social student climate
11.30-12.00	What now? Requirements for courses and competence
12.00-13.00	Lunch
13.00-16.00	Workshops/course for competence enhancement
A: The dif	ficult comversation (Studio 8, 7th floor scenekunst)
B: Manag	ing students with traumas (auditorium)
C: The art	ist and mental health (Prøvesal 2, vrimla)