Project Mind

2 Jun 2021

Project Mind is a program where UNSW students create and implement initiatives to support student health and wellbeing.

Over the course of 4 weeks, groups of students will engage in a series of workshops, tailored to bringing forth diverse ideas and support their project from start to finish. These weekly workshops will culminate in a final pitch night where each group will receive the opportunity to present their idea in front of a panel of judges. Groups with the most feasible and impactful ideas will have the opportunity to implement their projects during Mental Health Awareness Month in October.

Applications for the T2 2021 program are open until Wednesday 2nd June. Save the date Workshop 1 is Friday 11th June.

Apply now

What can students expect to gain from the program?

Workshops will be led by members of UNSW Student Minds and PsychSoc, as well as industry professionals who will brief students on pre-existing initiatives available at UNSW, teach them how to write a proposal and deliver an effective pitch. Experienced mentors will also guide students to refine their ideas for the duration of the program. Additionally, students will receive the opportunity to meet, learn and work with other individuals who also possess an interest in enhancing health and wellbeing within the UNSW community.

Aims/Objectives

The core aims of this initiative:

1. To raise awareness about mental health

2. To educate students on evidence-based interventions

3. To foster the development of critical thinking skills
4. To equip students with practical, transferable skills (such as proposal writing, pitch delivery, project monitoring and evaluation)?

5. To empower students by giving them the necessary tools to create a tangible impact within their community

Why we should care about mental health?

Studying at university is often a positive and enriching experience, yet there is no doubt that every student will face challenges along the way. Given that ¼ young people experience a mental health condition, and suicide is the leading cause of death for Australians aged 15-24, building mental health awareness within universities and ensuring that individuals are equipped and supported to handle challenges is important for preserving the health of its students.

What is involved?

Training Workshops

Workshop 1 | Friday 11 June 10.30 - 12pm | Understanding mental health and wellbeing

Workshop 2 | Term 2 Week 3 | Designing your own mental health project

Workshop 3 | Term 2 Week 4 | Perfecting your idea

Workshop 4 | Term 2 Week 5 | Perfecting your proposal

Project Development

Term 2 Week 6 | Mentoring and Consultation

Pitching

Term 2 Week 7 | Heats Presentations

Term 2 Week 8 | Final Pitch Night

Please note exact dates to be confirmed.

How to apply?

Register your interest here.

FAQ’s

Can I form my own group, or will I be assigned to one? Groups will be composed of students from across UNSW.
Working with students from different educational backgrounds and diverse skill sets will help you as you evaluate your project. Working with students from all backgrounds will also help the professional development of your people skills.

Do I have to be a UNSW student to get involved? Yes, you MUST be a UNSW student, but this program is open to students from any faculty (i.e. you do not have to be a psychology student to get involved). All postgraduate and undergraduate students welcome, and all domestic and international students can apply.

Do I need to know a lot about mental health? There is no requirement that you have an extensive understanding of mental health. We are merely looking for open-minded individuals who have an interest in improving the mental health and wellbeing of students on campus.

Do I have to have an existing project or idea in mind? No, but it is desirable if you can start thinking about what you would like to achieve through this project.

What if I cannot attend all the workshops? These workshops are designed to provide you with the resources and tools necessary to develop your ideas, therefore they are highly recommended. However, we understand that there may be instances where you are unable to attend due to other commitments. In this case, students can catch-up and work with other team members in their own time, however we note that your team would most likely be at a disadvantage if members fail to attend workshops.

Do I need to do an interview to get in? There is no interview process, however we will be screening all responses to the Expression of Interest forms to gauge whether you will be a suitable candidate for this program.

When will I know if I have been accepted to the program? Your place in the program will be confirmed approximately a week after the EOI closes.

I'm overseas, can I still apply? Anyone enrolled at UNSW can apply, even if you are not in Australia. Workshops will happen on campus but will be available to join remotely, if required.

I was involved in 2020, can I apply again? Yes, you are welcome to join us again this year.

Hosts?

Student Minds is the student voice on mental health at UNSW. We aim to open minds, create understanding and connect students with the resources they need to thrive. Through our initiatives, we aim to raise awareness for mental health while reducing the stigma around accessing health services.

UNSW PsychSoc aims to foster Psychology students' personal growth and support their academic and professional ambitions. Although our society primarily focuses on improving university life for Psychology students, our values are also founded on inclusivity which means building a community that extends beyond just a degree.