

## CODING

### *Focus group:*

What contributes?	What keeps you from wellbeing?	STUDENT HAVES THAT CONTRIBUTE TO THEIR WELLBEING	STUDENT NEEDS TO ENREACH THEIR WELLBEING
<p>*Strong bonds/support.</p> <p>*Feeling of connection and belonging.</p> <p>*Strong foundation in personal relationship. p2</p>	<p>Family stress and trauma.</p> <p>*Struggle with family dynamics and relationships.</p> <p>*Impact of family issues on personal wellbeing p1</p>	<p>Library p1</p>	<p>More computers</p> <p>Library and computer labs that opens 24 hours p2</p>
<p>Balanced student life p2</p>	<p>Unrealistic/high expectations of lecturers and family.</p> <p>*Expectations from lecturers and academic institution.</p> <p>*Pressure from external expectations (family).</p> <p>*Feeling overwhelmed by external demands.</p>	<p>Tutor p1</p>	<p>Need to know people marking their work.</p> <p>*More personalised feedback on academic performance.</p> <p>* Need for better communication between students and markers/lecturersP3</p>

	*Struggling to meet others demands p1		
Doing well in academics= pleasure, makes you feel better. *Engagement with academic studies. *Sense of achievement and fulfilment from academic pursuits. *Positive experiences in learning environments. p3	Time pressure (no time) to meet demands/deadlines. *Pressure from academic workload * Difficulty balancing multiple academic responsibilities. p1	Have a lot of learning facilities and support p4	Not marked according to a memo (unfair system?) p3
Little bit of stress as a motivation/ stress to hold you accountable p3	Too much work load p1	WI-FI on campus works p2 p3	Not be marked according to a memo-very unfair to be marked on a memo p4
Relationships (friends, family) p3	Inability/difficulty to juggle work p1	Law faculty student advisor p1	UNAPPROACHABLE LECTURERS AND MANAGEMENT. *Desire for lecturers to be more approachable and supportive.

			*concerns about being unfairly labelled as lazy when seeking help. p4
Find a Balance *Having a balanced lifestyle. * Engage in extracurriculum activities. *Pursuit of hobbies and interests outside academics. p3	High expectations from others, e.g family p2	SADAG helpline p1	Online teaching training for staff: frequent updates p1
Clear state of mind p3	Not performing well in academics, falling behind = stress p3	First year program	No computers at home. *Challenges faced by students from lower economic backgrounds in accessing technology. * *Need to improve access to computers and online resources p2
Structure from home p3	Unmanageable stress.	Online learning	24 hrs computer labs and library.

	<p>*Lack of emotional resilience and stability.</p> <p>*Lack of coping mechanism for stress management.</p> <p>*p3</p>		<p>* Availability of learning resources.</p> <p>p2</p>
<p>Campus safety: However, limitations in ensuring absolute safety.</p> <p>*Necessity of security measures like biometric system gates for campus safety.</p>	<p>Drama at home p3</p>	<p>Student events, sports and cultural activities – however decline in student participation.</p>	<p>Shortage of psychologists p3</p>
	<p>Drama with friends p3</p>		<p>Access to a psychologist stressful and not feasible (not executed well) p4</p>
	<p>Family difficulties= p3</p>		<p>Structural thinking p2</p>
	<p>Challenges in university p3</p>		<p>Psychological support not prioritised</p> <p>*Inadequacy of available mental health services on campus.</p>

			<p>*More accessible and responsive psychological support.</p> <p>*Challenges with limited availability of psychologists and therapy sessions.</p> <p>*Concerns about prioritisation of resources and funding for mental health services. p4</p>
	Being away from home p3		<p>Personal responsibility and work ethic for academic success.</p> <p>*Emphasis on putting in the necessary work and effort</p>
	<p>Lack of immediate support/ structure</p> <p>*Lack of supportive structure</p> <p>*Absence of support structure.</p> <p>*Unsupportive relationships with peers and faculty.</p>		<p>Need for stronger connections and support university residences and communities.</p>

	<p>*Struggling with managing personal responsibilities and tasks.</p> <p>*Lack of mentorship and guidance. p3</p>		
	<p>Your own vices i.e procrastination</p> <p>*Struggling managing personal behaviours</p> <p>* Influence of individual coping mechanisms on overall wellness p3</p>		<p>Coping mechanisms and strategies:</p> <p>*adoption of coping mechanisms and strategies to manage stress and anxiety.</p> <p>*The need for effective coping strategies and support systems.</p> <p>*The importance of seeking help and reaching out for support when needed.</p>
	<p>People are lazy p1</p>		<p>Increased support and care from the university</p>
	<p>UNAPPROACHABLE LECTURERS AND MANAGEMENT p4</p>		
	<p>Financial exclusion p2</p>		

	Financially struggling backgrounds p1		
	Things at home not going well p4		
	Access to a psychologist not executed well p4		
	Rushed therapy, problem not solved p2		
	Unequal society p3		
	Poverty p3		
	Lecturers does not know them personally who are marking their scripts p1		
	Transition from high school to university p1		
	Concerns about drug culture and substance use.		