

The 2019 Student Global Summit offers campus change-makers across the globe a meaningful opportunity to reflect, explore, learn and challenge themselves and each other, in South Africa, a country of rich heritage and a diversity of cultures, languages and religion. Through a facilitated journey, students will explore connection and contrast in their concept of leadership, towards better understanding and developing the way that they show up in their space of influence. By focusing on a common issue of concern, mental wellbeing, they will gain insight into the methodology and tools to craft and implement an effective response for their local higher education context.

Host

Stellenbosch University (SU), South Africa, is proud to host the IASAS Student Leader Global Summit 2019. Internationally recognised as one of the top three universities in Africa, SU is home to an academic community of 32 000 students (including 4 000 international students from 100 countries) as well as 3 000 permanent staff members (including 1 000 academics) on five campuses. The historical oak-lined university town amongst the Boland Mountains in the winelands of the Western Cape creates a unique campus atmosphere, which attracts local and foreign students alike. On the main campus, paved walkways wind between campus buildings – some dating from previous centuries and others just a few years old. Architecture from various eras attests to the sound academic foundation and establishment of an institution of excellence. This, together with the scenic beauty of the area; state-of-the-art, environmentally friendly facilities and technology, as well as visionary thinking about the creation of a sustainable 21st-century institution, makes for the unique character of Stellenbosch University.

Theme

Many universities around the world engage, support and educate their student communities around mental health and wellbeing. Student leaders recognise that they can contribute meaningfully towards a considered and coordinated response, addressing mental health concerns within a wider ecosystem of support. The summit will play a role in helping participating student leaders develop this considered and coordinated response that is likely to lead to more sustainable and impactful solutions.

Student leadership involvement that highlights, models and supports individual agency and responsibility contributes to a culture of self-care, appropriately targeted peer support and linking to institutional or public resources. During the programme, participants will focus on the what, why and how to cultivate behaviours, develop skills and campaigns that enhance and support mental wellbeing.

Outcomes

Participants will:

- Explore their concept and understanding of leadership
- Gain insight into mental wellness and the role that student leaders play within an ecosystem of support
- Identify resources and strategies that support mental wellbeing

- Engage collaboratively across difference
- Develop a micro-campaign suited to their context

Process

Pre-engagement

Pre-engagement activity lays the foundation for working together through a process of e-introduction, reflection and reading. Leaders equip themselves for meaningful engagement through a guided information gathering and sharing process. From this experience, students are able to identify how the mental wellness of students is approached and supported differently across countries, cultures and institutions.

Arrival: 23 June 2019

On the Sunday evening participants will gather together to meet, break the ice and connect in person. Orientation will ensure that they are familiar with the Campus, the Town and facilities that are required to settle and enjoy the place that will be their home for the duration of the programme.

Day 1: 24 June 2019

Participants reflect on the concept of leadership, focusing on unpacking the myths, preconceptions and biases around leadership that could affect mental wellbeing. Experts will present on mental health within a higher education setting, highlighting factors that sustain mental wellness and channels for effective peer involvement fitting into an ecosystem of support. Students are introduced to the rationale of a micro-campaign and presented with a toolkit for creating one that is implementable, scalable and sustainable within their different contexts.

Day 2: 25 June 2019

Participants will explore international case studies and resources that have achieved success, so that they might distil lessons that inform the design and implementation of their micro-campaign. There will be an excursion into Cape Town to visit both a corporate and a community focused organisation to examine their campaigns, as well as to hear more about public support for mental wellness. This will help students to identify possible connections and encourage them to explore and partner within existing networks.

Day 3: 26 June 2019

Student groups develop micro-campaigns, identifying the tweaks that need to be made for relevance across different countries and communities. The groups present to a multi-disciplinary team who offer advice and feedback on their campaigns.

The programme is wrapped up with a jamboree of distinct local flavour where friendships are cemented and collective learning and intent is celebrated.

Facilitators

The Summit Committee has carefully selected an experienced, knowledgeable and supportive team of facilitators dedicated to ensuring that the learning opportunity is maximised for development.