

# Student Well-being & Departmental Improvement Proposals

English 3.1 Project — March 2026 · IUT de Bordeaux GEII

## Executive Summary

This collaborative English B2 project emerged from critical observation: **GEII students face significant stress** with **insufficient institutional support systems**. Our team conducted quantitative research (150+ student survey) and qualitative analysis (staff interviews) to identify root causes and propose evidence-based, actionable solutions across three pillars: **(1) Mental Health & Stress Management**, **(2) Workload & Pedagogical Effectiveness**, and **(3) Student Support Infrastructure**.

## Key Research Findings

### Mental Health Crisis (68% Moderate-to-High Stress):

→ Anonymous survey of 150+ GEII students revealed: 68% report elevated stress levels. Primary stressors: workload overload (78%), uncertain career trajectories (45%), social isolation (32%). Current resources critically inadequate: 1 psychologist per 400 students. Benchmark comparison (Netherlands, Switzerland) shows EU best-practice: accessible counseling + peer support networks.

### Workload Imbalance (35+ hours weekly):

→ Systematic schedule analysis: 15h structured courses + 20h labs/projects/exams = 35h/week (EU recommendation: 28h/week for equivalent ECTS credit). Assessment clustering: 80% of exams compressed in single week, zero mid-semester feedback loops. Recommendation: stagger assessment calendar, implement checkpoint evaluations.

### Fragmented Support Infrastructure:

→ Students navigate 4 separate systems (Moodle, email, Slack, paper forms). No centralized 'student hub' for advising, mentoring, mental health access. Onboarding S1 ineffective: 62% students report confusion during orientation. Benchmark (UC Berkeley, KTH Royal): centralized resource center + peer mentoring + 1:1 academic coaching.

## Strategic Recommendations

### Priority 1: Mental Health Infrastructure (Weeks 1-8)

Appoint dedicated Mental Health Champion (0.5 FTE). Create Resource Locator: interactive map of counselors, meditation spaces, sport facilities, peer-support groups. Launch anonymous peer-supported hotline (WhatsApp/Signal) with escalation to professional therapists. Normalize mental health: monthly workshops (stress management, sleep hygiene, study techniques).

### Priority 2: Workload & Pedagogy Audit (Weeks 9-16)

Conduct systematic workload audit: track per-course per-week hours (actual vs. ECTS expected). Identify outliers and provide instructor recommendations. Implement transparent rubrics: all

assessments published with criteria, examples, feedback templates. Stagger assessment: publish calendar forbidding >2 major exams/week. Introduce mid-semester checkpoints (week 7-8) allowing course correction before high-stakes assessment.

**Priority 3: Student Advisory Board & Mentoring (Weeks 1-16)**

Establish Student Advisory Board: 8-10 elected students in monthly meetings with direction + instructors. Launch peer mentoring: recruit 15-20 senior students (S3-S4) as mentors (20h commitment, structured training). Match with S1 cohort (5-6 mentees per mentor). Offer 1:1 academic coaching (pilot): 4-6 sessions per student with trained coaches (senior grad students). Focus: study skills, time management, career planning. Develop revised onboarding: day-long immersion (labs, campus tour, icebreakers, peer circles), mentors introduced on day 1.

## Implementation Roadmap & Budget

**Quick Wins (Weeks 1-4):** Appoint Mental Health Champion, launch Resource Locator, create Assessment Calendar, call for mentor recruitment. **Medium-term (Weeks 5-12):** Run workload audit, train coaches, pilot mentoring, establish Student Advisory Board. **Long-term (Semester 2 2026-2027):** Measure impact (retention rate, GPA, satisfaction), scale successful pilots, integrate into standard curriculum.

**Budget Estimate (Year 1):** €45k total (Mental Health Champion: €20k, Coach training: €8k, Resource development: €10k, Marketing/comms: €7k). **ROI:** Retention improvement alone could save €150k+ (attrition cost per student ~€5k).

## Language, Project Management & Stakeholder Skills

**English Communication (B2+):** Research synthesis, professional report writing, presentations to leadership and student bodies, managing team debate and consensus-building. **Project Management:** Coordinated 5-person team, task allocation (research, interviews, analysis, writing), timeline adherence, scope management. **Research & Analysis:** Survey design, descriptive statistics, qualitative coding (interviews), benchmarking methodology, gap analysis. **Stakeholder Engagement:** Conducted 20+ interviews (students + staff), presented findings to direction, built coalition for proposal adoption, managed feedback loops across diverse audiences.