

# Students Success and Wellbeing

## Heriot-Watt University Experience

OBHE Conference  
**Mission Possible?**

**The International Quest to Define and Improve Student Success**

4 November 2018

UAE, Dubai

Mushtak Al-Atabi  
Provost & CEO  
Heriot-Watt University Malaysia



**Heriot-Watt University**  
**Established in 1821**  
**5 Campuses in UK, Dubai, Malaysia**  
**30,000 Students**







# McKinsey & Company

## By 2030

800 Million could lose their jobs  
375 Million will change jobs

### Technical automation potential

**~50%**

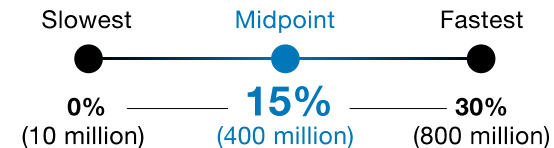
of current work activities are technically automatable by adapting currently demonstrated technologies

**6 of 10**

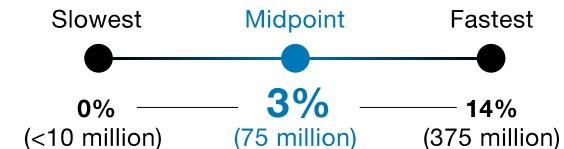
current occupations have more than 30% of activities that are technically automatable

### Impact of adoption by 2030

Work potentially displaced by adoption of automation, by adoption scenario, % of workers (FTEs<sup>1</sup>)



Workforce that could need to change occupational category, by adoption scenario,<sup>2</sup> % of workers (FTEs)



### Impact of demand for work by 2030 from 7 select trends<sup>3</sup>

Trendline demand scenario, % of workers (FTEs)



Step-up demand scenario, % of workers (FTEs)



Total, % of workers (FTEs)



In addition, of the 2030 workforce of 2.66 billion, 8–9% will be in new occupations<sup>4</sup>

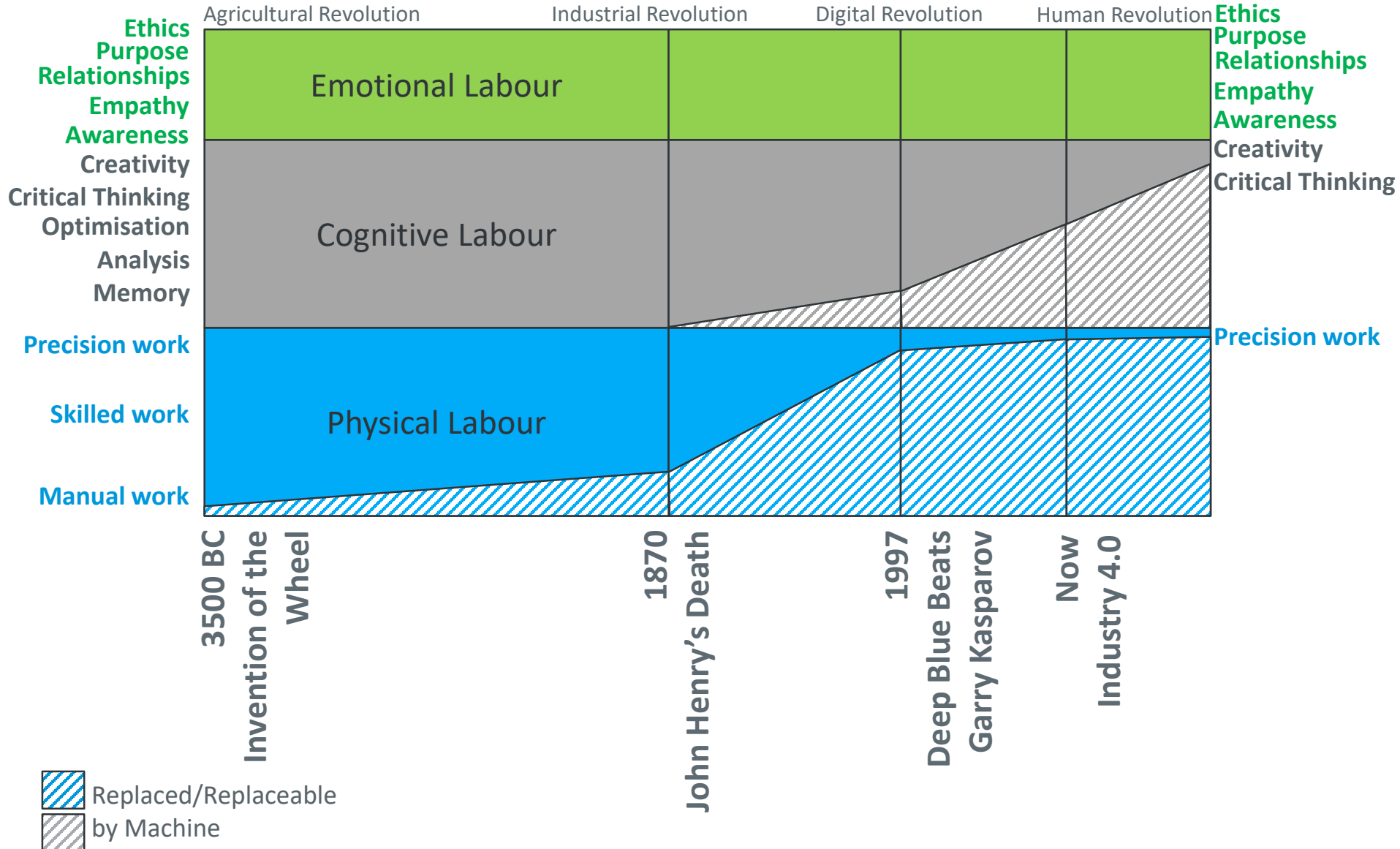
<sup>1</sup> Full-time equivalents.

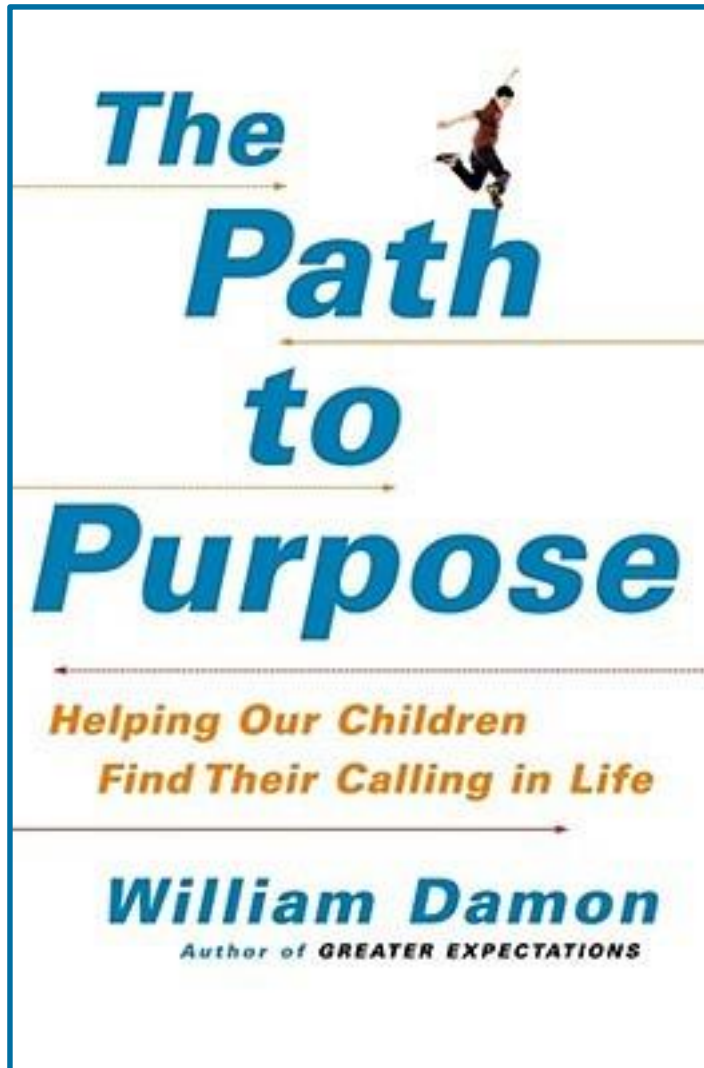
<sup>2</sup> In trendline labor-demand scenario.

<sup>3</sup> Rising incomes; healthcare from aging; investment in technology, infrastructure, and buildings; energy transitions; and marketization of unpaid work. Not exhaustive.

<sup>4</sup> See Jeffrey Lin, "Technological adaptation, cities, and new work," *Review of Economics and Statistics*, Volume 93, Number 2, May 2011.







“A majority of young people are **struggling** to make the leap into adulthood, and *educators, parents, and communities* should make a more **concerted effort** to help rudderless youths find a clear direction and overarching sense of **purpose**.”

*Professor William Damon  
Director Stanford Center on Adolescence  
Stanford University*

# Empathy dropping among students

- American College students showed a 48% decrease in empathic concern and a 34% drop in their ability to see other people's perspectives. (Konrath et al, 2011)
- Undergraduates show drop in emotional intelligence during first year of university (Al-Atabi, 2015)



# Mental Wellbeing Facts

Source: World Health Statistics Report. WHO. 2016

- Depression and anxiety are estimated to affect nearly 1 in 10 people on the planet.
- In 2012, there were over 800,000 estimated suicide deaths worldwide.
- Globally, among young adults aged 15–29 years suicide accounts for 8.5% of all deaths and is the second leading cause of death in this group after road traffic injuries.

# Emotional Intelligence

Daniel Goleman

Self		Social	
Regulation	<b>Self Management</b> Emotional Self Control Transparency Adaptability Achievement Orientation Initiative Optimism	<b>Relationship Management</b> Developing Others Inspirational Leadership Influence Change Catalyst Conflict Management Teamwork and Collaboration	
	<b>Self Awareness</b> Emotional Awareness Accurate Self Assessment Self Confidence	<b>Social Awareness</b> Empathy Organisational Awareness Service Orientation	

# Students' Success and Wellbeing

- Developing a Culture
  - HappierU
  - Language of Leadership
- Bridging Programme
  - Youth Transformation Programme
- Curriculum
  - EmPOWER Programme



# Ten keys to happier living



**GIVING**



Do things for others

**RELATING**



Connect with people

**EXERCISING**



Take care of your body

**AWARENESS**



Live life mindfully

**TRYING OUT**



Keep learning new things

**DIRECTION**



Have goals to look forward to

**RESILIENCE**



Find ways to bounce back

**EMOTIONS**



Look for what's good

**ACCEPTANCE**



Be comfortable with who you are

**MEANING**

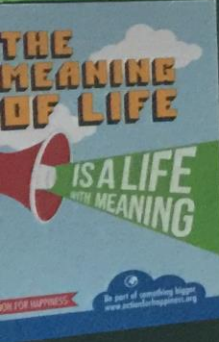


Be part of something bigger

ACTION FOR HAPPINESS



# HAPPINESS PROJECT



THANKS TO MY  
DADA WHO'S ONE  
FOR GIVING ME  
LESSONS IN  
HAPPINESS  
Celia

We did it!  
MSC PE  
TIMERS!!

To the chance  
to go out and  
make a  
difference to  
our world!

Thanks to family  
to friends for the  
last 3 years  
NME

Thanks to my  
family and  
friends  
made it  
99% - Jason

Finally I made it  
TA Family & friends  
for supporting me  
Just at the end  
of the year

It is not  
happy people who  
are  
Grateful  
It is grateful people  
who  
are happy

Deepest love  
to KYES SEN  
my beloved wife

Thank You!  
HW & TG  
08/11/17

GATHER  
HERE  
WITH  
Grateful  
HEARTS

We made it TANT  
YIP: AWESOME  
GO ON and  
change the world  
SASS & ESS  
Graduates  
2017

Thank you to  
the staff and  
students of HWA  
For creating such  
a wonderful  
experience

Gratitude wall

Thank you very much  
HWA for making  
all of my success  
possible

Thank you a great  
team effort.  
We did it!  
We will be  
a great team  
- Siao -

Thank you for  
everything you  
did for me  
- Siao -

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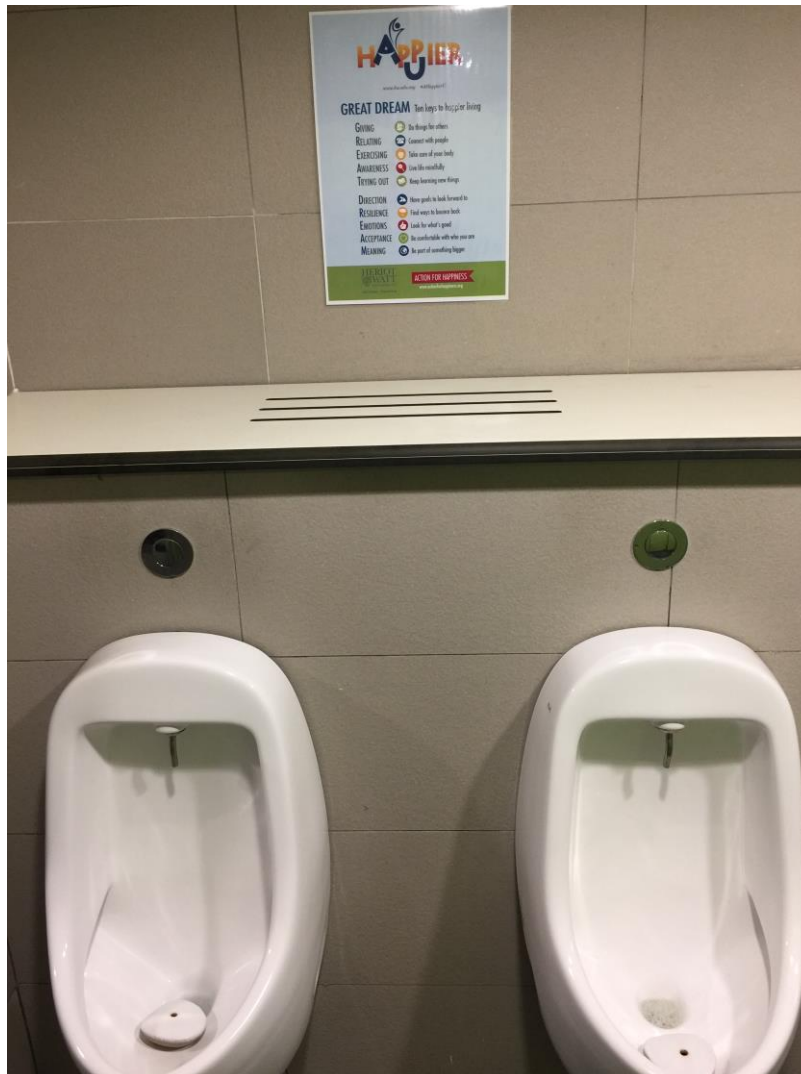
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**HERIOT  
WATT**  
UNIVERSITY  
UK | DUBAI | MALAYSIA

LEADERS IN  
IDEAS AND  
SOLUTIONS

# INTERNATIONAL DAY OF HAPPINESS

*in conjunction with Psychology Day*

## 20th March 2017, Monday

10am - 10.30am	Opening Ceremony @ the Plaza, Heriot-Watt University Malaysia
10.30am - 11.30am	Forum 'Happiness at Work' @ LR1
11.30am - 4pm	Happiness-Psychology Activities @ Plaza/Psychology Lab/SR10
2pm-3.30pm	Enhancing Happiness using Hypnotherapy and Psychology of Coaching @ LS10

Find out more/To RSVP at: <http://bit.ly/hwumhappinesday>





# Youth Transformation Programme



Global Citizenship,  
Leadership & Impact



Emotional Intelligence,  
Resilience & Happiness



People skills



Entrepreneurship,  
Innovation & Creativity



Critical Thinking &  
Decision Making



Employability &  
Industrial Relevance

## Watt Knowing & Leading Self

- . Defining Impact (Impact Statement)
- . Leadership Style Awareness

- . Self Awareness
- . Self Management
- . Active & Healthy Lifestyle

- . Effective Communication
- . Time Management
- . Gratitude

- . Divergent Thinking
- . Facilitating Discovery
- . Opportunity Finding

- . Brainology
- . Thinking Biases
- . Brain Neurology
- . Reframing & Positive Framing

- . Preparing CV
- . LinkedIn Profile
- . Career Planning
- . Career Fair
- . Prof. Dev. Plan

## kilowatt Leading Teams

- . Influencing through Impact
- . Awareness of the Global Challenges

- . Social Awareness
- . Relationship Management
- . Return on Failure

- . Effective Collaboration

- . Lean Startup
- . Creating Products, Processes & Services

- . Evaluating Claims
- . Analysing Inferences

- . Business Etiquette
- . Applying knowledge in industrial contexts

## megawatt Leading Communities

- . Widening Impact
- . Resolving Ethical Challenges

- . Leading at the Happiness Project

- . Negotiation, Mediation & Persuasion

- . Financial Literacy
- . Appreciating Market & Customers
- . Raising Funds

- . Weighing Decisions
- . Analysing Challenges

- . Global Industrial Placement (Work Global)

## gigawatt Leading Enterprise

- . Global Impact
- . System Thinking

- . Supporting those under their care emotionally

- . Lifelong Learning

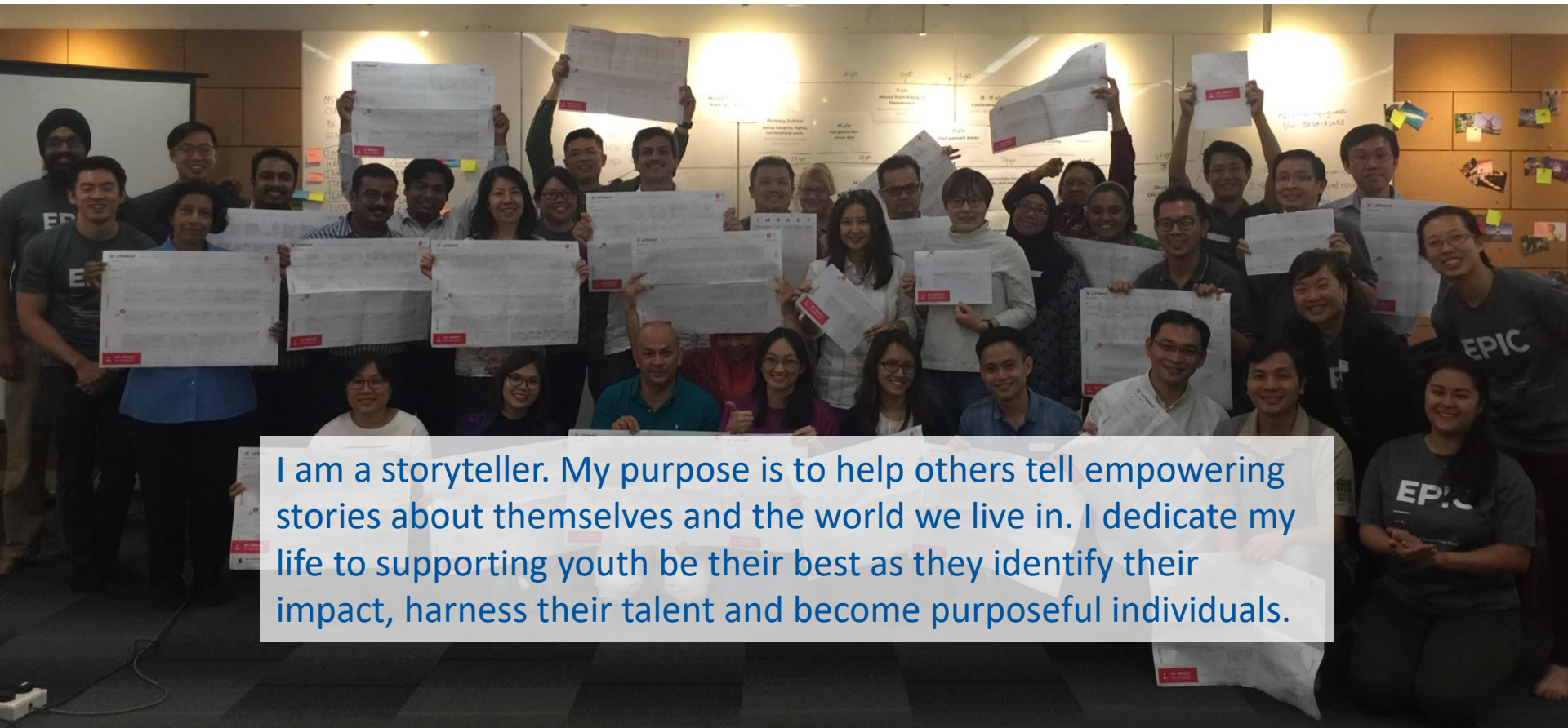
- . Running an enterprise
- . Blue Ocean Strategy

- . Assessing Risk

- . Impacting Industrial practice
- . Creating jobs



# Impact Statement Workshop



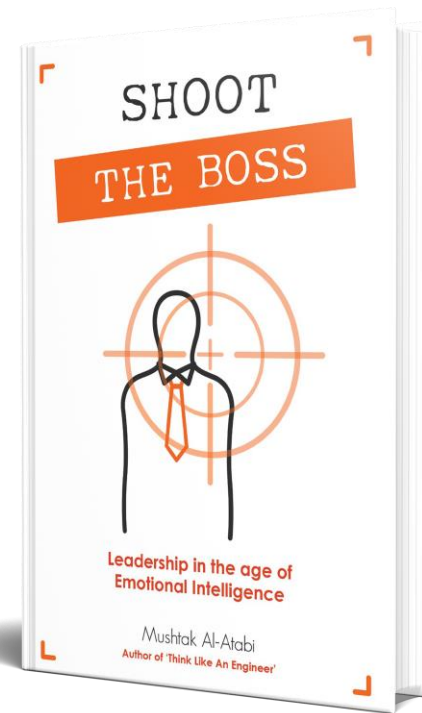
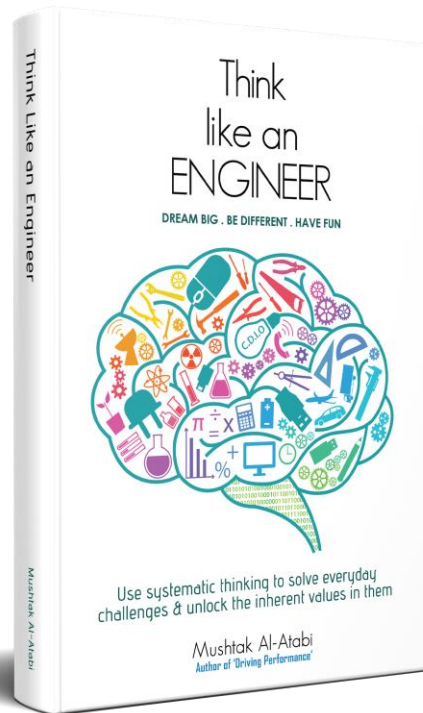
I am a storyteller. My purpose is to help others tell empowering stories about themselves and the world we live in. I dedicate my life to supporting youth be their best as they identify their impact, harness their talent and become purposeful individuals.



# Recap

- Change is the only constant- we need to be resilient and deal with failure
- Emotional intelligence and Creativity are our last hope
- Education to aim at
  - Academic excellence
  - Emotional Intelligence
  - Creating and creativity
  - Purpose and Impact
  - Happiness
- This is the most interesting time in the history of human kind and we have the best chance at achieving our potential





**Dream Big. Be Different. Have Fun**