

## 'CUBO & ACUHO-I Residence Life Masterclass' Tuesday 7 & Wednesday 8 May 2019

### The Programme

#### Tuesday 7 May

- 10.30 am** Arrival & Registration
- 11 00 am** Welcome: Richard Kington, CUBO Director, University of Edinburgh  
***Stephenson Room***
- 11.15 am** Plenary Session 1  
**Jonny Benjamin MBE & Neil Laybourne**
- Jonny speaks publicly about living with mental illness and has written articles and given various interviews on TV and Radio around the world to help educate and break stigma. His 2014 social media campaign with Rethink Mental Illness to #find Mike, the man who talked him out of jumping off a bridge when he was suicidal, went viral and led to Jonny becoming a prominent spokesperson on the subject of suicide. What followed was an emotional meeting with Neil Laybourn and the beginning of a journey where both men united to campaign around the issues of both mental health and suicide.
- 12.30 pm** **LUNCH**
- 1.30 pm – 2.30 pm** Attend 1<sup>st</sup> Masterclass from the following topics (you will be asked to pre select prior to attendance and each Masterclass is filled on a first come first served basis)

<b>Masterclass 1 Stephenson Room</b>	<b>Masterclass 2 Brunel Room</b>	<b>Masterclass 3 Pascal Room</b>	<b>Masterclass 4 Arkwright Room</b>
<p><i>ACUHO-I</i></p> <p><b>Introduction to Student Development Theory</b></p> <p>What are the basic tenets that have driven and continue to drive the profession?</p>	<p><i>Paula Dalziel MMU</i></p> <p><b>The Forgotten Side of Pastoral Support</b></p> <p>‘Educative Behavioural Meetings’. Let’s make addressing student misconduct a motivating, positive and ‘good news story’</p>	<p><i>ACUHO-I</i></p> <p><b>Programmatic Education</b></p> <p>How do programmes develop, implement and assess academic and co-curricular initiatives?</p>	<p><i>Rebecca O’Hare Campus Living Villages UK</i></p> <p><b>Resident Life &amp; the PBSA Sector</b></p> <p>How universities can partner with private providers to ensure their student experience is as supportive as that provided in their own Accommodation.</p>

**2.30 pm**

**Afternoon Networking Break**

**3.15 pm - 4.15 pm**

Attend 2<sup>nd</sup> Masterclass from the following topics (you will be asked to pre select prior to attendance and each Masterclass is filled on a first come first served basis)

<b>Masterclass 1 Stephenson Room</b>	<b>Masterclass 2 Brunel Room</b>	<b>Masterclass 3 Pascal Room</b>	<b>Masterclass 4 Arkwright Room</b>
<p><i>ACUHO-I</i></p> <p><b>Introduction to Student Development Theory</b></p> <p>What are the basic tenets that have driven and continue to drive the profession?</p>	<p><i>Paula Daziel</i></p> <p><b>The Forgotten Side of Pastoral Support</b></p> <p>‘Educative Behavioural Meetings’. Let’s make addressing student misconduct a motivating, positive and ‘good news story’</p>	<p><i>ACUHO-I</i></p> <p><b>Programmatic Education</b></p> <p>How do programmes develop, implement and assess academic and co-curricular initiatives?</p>	<p><i>Rebecca O’Hare Campus Living Villages UK</i></p> <p><b>Resident Life &amp; the PBSA Sector</b></p> <p>How universities can partner with private providers to ensure their student experience is as supportive as that provided in their own Accommodation.</p>

**4.15 pm** Sharing Best Practice: Open Forum  
Delegates invited to speak for 10 minutes on Residence Life: Overcoming Challenges and Success Stories. If you would like to speak please contact us in advance.

**7 pm** Drinks reception sponsored by Imago

**7.30 pm** Dinner and Residence Life Awards  
Dress Code: Smart Casual

### Wednesday 8 May

**9 am** **Audience with RA Winners:**  
A discussion topic to be assigned.

**10 am -11 am** Attend 3<sup>rd</sup> Masterclass from the following topics (you will be asked to pre select prior to attendance and each Masterclass is filled on a first come first served basis)

<b><i>Masterclass 5 Stephenson Room</i></b>	<b><i>Masterclass 6 Brunel Room</i></b>	<b><i>Masterclass 7 Pascal Room</i></b>	<b><i>Masterclass 8 Arkwright Room</i></b>
<i>ACUHO-I</i>  Philosophy and Value of Student Affairs	<i>Campus Life</i>  Sleep, Study and Screen Time	<i>ACUHO-I</i>  Recruitment of Residence Life Professionals (not RAs)	<i>Ron Aitken &amp; Cath Dickenson University of York</i>

**11 am** **Morning Networking Break**

**11.30 am to 12.30 pm** Attend 4<sup>th</sup> Masterclass from the following topics (you will be asked to pre select prior to attendance and each Masterclass is filled on a first come first served basis)

<b><i>Masterclass 5 Stephenson Room</i></b>	<b><i>Masterclass 6 Brunel Room</i></b>	<b><i>Masterclass 7 Pascal Room</i></b>	<b><i>Masterclass 8 Arkwright Room</i></b>
<i>ACUHO-I</i>  Philosophy and Value of Student Affairs	<i>Campus Life</i>  Sleep, Study and Screen Time	<i>ACUHO-I</i>  Recruitment of Residence Life Professionals (not RAs)	<i>Ron Aitken &amp; Cath Dickenson University of York</i>

**12.30 pm - 1.15 pm**

**Lunch**

**1.15 pm**

Final Plenary Session with ACUHO-I.

**Building Meaningful Relationships with Students**

This session will discuss how professionals will can use concepts and practices to build strong, cooperative working, advising, and mentoring relationships with student staff within their residence life programmes.

**2.15pm**

Closing Remarks & Evaluation

**2.30 pm**

Depart

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**Presenters & Bios**

**Jonny Benjamin MBE**



Jonny Benjamin is an award-winning mental health campaigner, film producer, public speaker, writer and vlogger. At the age of 20 he was diagnosed with schizoaffective disorder, a combination of schizophrenia and bipolar, and later began making films on YouTube about the condition that have been watched by hundreds of thousands of people. Jonny now speaks publicly about

living with mental illness and has written articles and given various interviews on TV, Radio and in print around the world to help educate and break stigma. He has also produced and presented documentaries on BBC Three and Channel 4 on the subjects of mental health and suicide. His 2014 social media campaign with Rethink Mental Illness to #findMike, the man who talked him out of jumping off a bridge when he was suicidal, when viral and led to Jonny becoming a prominent spokesperson on the subject of suicide. In 2016 Jonny launched ThinkWell, a mental health programme for schools, which has so far been into secondary schools across the UK with huge success. He is currently developing a mental health workshop for primary schools. Jonny spent 2017 writing the first of 2 books on mental health entitled The Stranger On The Bridge, this was published by Pan Macmillan in May 2018.

## Neil Laybourn

*Award winning mental health campaigner*



Neil Laybourn, founder of This Can Happen, never imagined that a chance meeting on Waterloo Bridge in London would change the course of his life.

Ten years ago Neil walked past Jonny Benjamin, sitting by the bridge, contemplating taking his own life. He stopped to talk to him and persuaded him to take a step back. The pair went their separate ways and 6 years later, after a high profile social media search, dubbed

the **#FindMike campaign**, which became a global news campaign that reached over 300 million people around the world, Jonny found the stranger who saved his life.

The pair has spent the last 4 years helping organisations from schools and universities to large corporates and everybody in-between in the UK and across the world eradicate the stigma of mental health and offer real support to workers facing challenges.

Born in Watford, Hertfordshire, Neil's career began in the fitness industry.

After meeting Jonny he became an ambassador for the national mental health charities **Rethink Mental Illness** and **Mental Health UK**, helping them address mental health and suicide prevention awareness.

In 2014 Neil was recognised with a **Pride of Britain award** for his part in the #FindMike campaign and the following year Channel 4 told their amazing story in the award-winning **Stranger on the Bridge documentary**.

By now Neil was aware of his calling. He knew that he wanted to spread the word about mental health and suicide awareness and became a public speaker to private and public organisations.

In 2017 he qualified as a mental health first aid instructor with **MHFA England** and in the same year, he came up with the idea for This Can Happen – an innovative mental health conference tackling challenges in the workplace and bringing solutions and practical ideas to employers and leadership teams to help them look after their staff and colleagues in real-life, meaningful ways.

In the same year Neil co-founded the international mental health campaigning organisation **You Alright Mate** to bring business leaders, fellow campaigners and international support organisations together with a purpose to enhance the pair's already accomplished campaigning in the UK and make a difference globally.

Most recently Neil co-founded the charity **Beyond Shame Beyond Stigma** to raise funds for preventative mental health and young people's mental health solutions and in July he was awarded an **Honorary Doctorate by Bristol University** for work in mental health campaigning and advocacy work, alongside Jonny.

**Rebecca O'Hare**

Head of Residence Life

**Campus Living Villages UK**



Class of 2020

Rebecca has worked in the student accommodation sector since 2008, commencing her career with Campus Life Services at the University of Limerick, Ireland. Her remit expanded to overseeing their Resident Life Programme, spearheading it to become more inclusive, resulting in an improved student experience for their residents and village teams.

Rebecca has worked with Campus Living Villages since 2015. The creation and success of their inclusive Village Life programme introduced by Rebecca saw her win the British Youth and Travel Education 'Rising Star Award' in 2017 and was recognised in 2018 by CUBO when a member of their team won a Resident Assistant award. Rebecca also won the 2019 Outstanding Mental Health Wellbeing Initiative awarded by

Rebecca has also represented Campus Living Villages on the ASRA (Association of Student Residential Accommodation) management committee, as their Northern Representative from 2016 – 2018 and is studying for a Masters in Student Affairs in Higher Education at Anglia Ruskin University.