Lincoln College/Sodexo Wellbeing Scholarship

Open to NEW Residents at Lincoln College

Closing date and time: Wednesday 30 November 2016, 9am

The value of the Lincoln College/Sodexo Wellbeing Scholarship for 2017 is $6000.

To apply for this scholarship please provide your answers to questions 1-4 (no more than ¾ of a page per question please, so around 3 pages in total), and provide your referee with the information at Point 5 so they can complete your reference.

If you wish to be considered for The Lincoln College/Sodexo Wellbeing Scholarship you will need to complete the information requested and return it to the Principal’s EA, Marilyn Palmer-Firth by hand or by post by Wednesday 30 November 2016, 9am.

Please print your application single sided, do not bind, staple or add a cover sheet. We will not accept applications sent by email.

1 – Willingness and ability to be a PERMA+ Ambassador within Lincoln College – promote the idea of wellbeing and resilience within the College.

The person who receives this Scholarship will be expected to be an Ambassador for the wellbeing and resilience program within the College – to attend all relevant wellbeing information sessions at the College (approx 8 in 2016) and use and promote the ideas of PERMA+ in their own life. Read the information at http://www.wellbeingandresilience.com/perma-plus-1/ and watch the video on that page to understand these concepts before completing your application.

1a) Confirm your willingness to be a PERMA+ Ambassador. Yes / No

1 b) Briefly explain your understanding of the concepts of PERMA+ (as described at the web link above)

1c) Describe a time in the past when you have influenced members of your peer group to behave in a positive way.
2 – **Resilience**

2a) describe a time when you have overcome adversity – what was the situation and how did you grow as a person as a result?

3 – **Accomplishment**

3a) What has been your biggest achievement in life? How did you contribute to achieving it? How did others contribute to your achievements?

4 – **Community service**

4a) List all the ways that you have given back to your community in the past.

5 – Provide a reference from a teacher, community leader or family friend that addresses your capacity against the PERMA+ criteria. Give them the attached page of information so that they can write you the most useful reference possible.
Information for writing a reference in support of the Lincoln College/Sodexo Wellbeing Scholarship

Wellbeing is not a one-dimensional idea but a multifaceted construct composed of several different elements. At Lincoln College, we use the PERMA+ dashboard (Positive Emotion, Engagement, Relationships, Meaning and Accomplishment) PLUS, Physical Activity, Nutrition, Sleep and Optimism, to measure and build wellbeing.

PERMA+ carries within its framework concepts for individual action to build wellbeing. The use of PERMA+: Positive Emotion, Engagement, Relationships, Meaning and Accomplishment, PLUS Optimism, Physical Activity, Nutrition and Sleep, as a public health message for all citizens, will become the key to a mentally healthy society in Australia.

Lincoln is at the start of a three year program in developing the PERMA+ of our residents and this scholarship will celebrate Wellbeing within the College.

Please include in your letter of reference, information about whether the applicant:

- A) currently possesses the characteristics of PERMA+; and/or
- B) would benefit from training to further develop their skills in those areas.

Positive Emotion

Positive emotions are things like: Joy, Gratitude, Serenity, Interest, Hope, Pride, Amusement, Inspiration, Awe, Love. See this list for more examples - https://amojolife.wordpress.com/resources/positive-emotions-list/.

Engagement

Engagement happens when you get so absorbed in something you are doing that you lose track of the outside world, lose track of time, and are completely absorbed in your work. It can happen to people while they are running, programming, completing a challenging project, building a wall, or...completing a piece of art!

Relationships

Positive relationships are an incredibly important factor in wellbeing, and we like to think that at Lincoln, people often build positive relationships that last into the future. And of course you can have positive relationships within your family, with a partner, at Uni, at work...anywhere in your life.

Meaning

Meaning comes from belonging to and serving something that one believes is bigger than the self, being connected to something larger than yourself, something that you value, that you put time into, that you care about. It gives your life a sense of purpose.
Accomplishment

Accomplishment happens when you become good at something, when you achieve to the best of your ability, when you practice until your skills increase, when you feel that glow of inner satisfaction from something done well. Accomplishment is usually recognised as important by others as well.

Optimism

Optimism is the belief that negative events are temporary, limited in scope, and manageable. It relates to confidence, looking on the bright side, seeing the glass as half full, coping well, resilience, and persisting after a setback.

Physical Activity

We are increasingly recognising that exercise is critical to good physical and mental health.

Nutrition

High diet quality has been associated with lower depression scores in adults, and diets high in fresh fruit and leafy green vegetables are associated with improved behavioural outcomes in adolescents.

Sleep

Sleep plays a critical role in immune function, metabolism, memory, learning, and other vital functions, and being sleep deprived reduces one’s ability to learn.
Lincoln College/Sodexo Wellbeing reference proforma

Applicant’s Name

Referee’s Name

In what capacity do you know the applicant?

For how long have you known them?

How do you believe the applicant currently functions in the following areas?

Positive Emotion

Engagement

Relationships

Meaning

Accomplishment

Optimism
How do you hope the applicant could improve in the following areas with training or support?

Positive Emotion

Engagement

Relationships

Meaning
Accomplishment

Optimism

Physical Activity

Nutrition

Sleep