



Happy, Healthy & Wise

Visibility, structure and peace of mind

How StudyVillage mentors
help your child thrive abroad



STUDYVILLAGE

What is StudyVillage?

StudyVillage is a structured mentoring service for international students. We match your child with a dedicated Student Supporter: a trained mentor who helps them navigate university life, settle well, build confidence, and keep moving forward across their time abroad.

Our **Happy, Healthy & Wise** framework is designed to support the whole student, not just the academic timetable. That means regular check-ins, practical guidance, thoughtful goal-setting, and clear follow-through across each stage of the journey.

Why does it exist?

Because even very good universities are not set up to provide close, continuous oversight for every individual student.

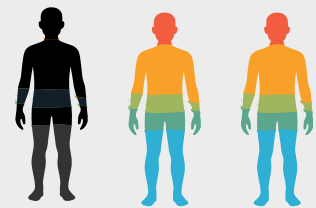
Most institutions offer important services. But what families often need is something more personal and joined-up: someone who knows the student, notices issues early, helps them act before small problems grow, and gives parents appropriate reassurance along the way.

StudyVillage was created to fill that space. We act as both a safety net and a springboard: a safety net when students feel stretched, uncertain or isolated, and a springboard when they are ready to grow, aim higher, and make the most of their overseas education.



RESEARCH INSIGHT

One in 3 international students struggle with mental health



In a recent large-scale study, 36% of international college students reported clinically significant anxiety or depression. Equally concerning, about 1 in 10 had seriously considered suicide – yet only around 8% accessed counselling support. This gap between high need and low help-seeking highlights an urgent call for better support services.

Zhai, Y., Xiong, Y., Almaawali, M., Tian, X., & Du, X. (2025). National trends of mental health and service utilisation among international students in the USA, 2015–2024. *General Psychiatry*, 38(5), e102124.

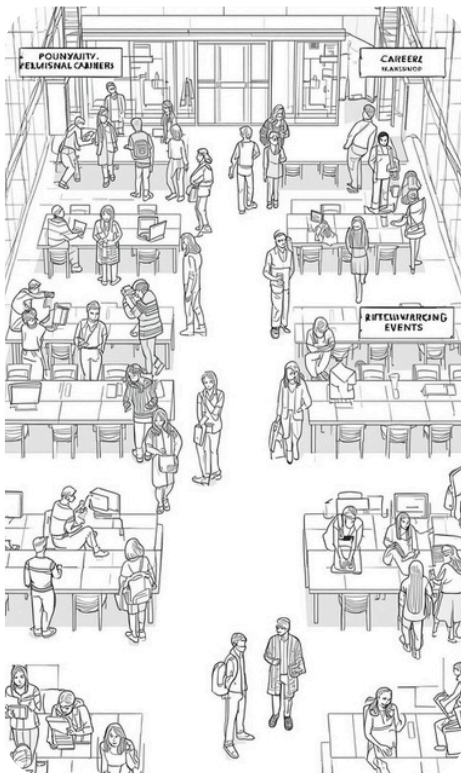


A mentoring system designed to be tracked, tested and trusted

Sending a child overseas is both exciting and daunting.

This guide shows how StudyVillage helps families stay connected to the real student journey: adjustment, wellbeing, belonging, progress, and planning for what comes after university.

It explains how structured mentoring, regular check-ins, goal-setting, progress outlines, and parent conversations create support that is personal, visible, and continuous.



Highlighted insights

- PAGE 5** What universities don't provide — the gaps in support
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In this guide, we explain how the mentoring works, what it adds beyond standard university services, and how parents are kept appropriately informed at each stage.

You will see how a dedicated mentor can help your child stay happy, healthy and wise during overseas study – not only by supporting them through challenges, but by helping them build habits, confidence and direction over time.

Parents consistently tell us the same thing: the greatest relief is knowing there is someone trustworthy, thoughtful and grounded on the student's side.



Parent Testimonial:

"Before StudyVillage, we felt completely in the dark about our son's life overseas. Now, we get regular updates and know there's someone looking out for him. It's like an extension of our family abroad, and it gives us tremendous peace of mind." –

Kari, Mother of a (then) first-year international student

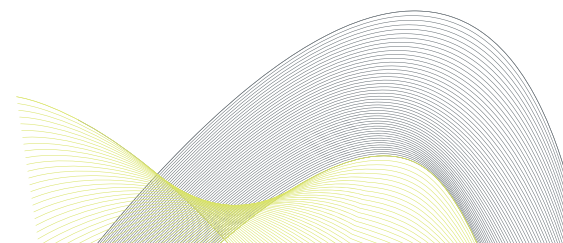
What universities don't provide – the gaps in support

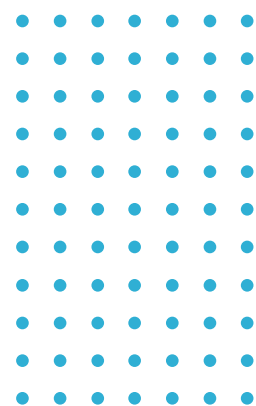
Universities can offer excellent teaching, important services, and caring staff. But for many international students, support is organised as separate services *rather than as one joined-up pathway* around the individual student.

This difference is important; a student may need academic guidance, help building routine, support navigating local systems, confidence to ask for help, and someone to notice when they are drifting – often at the same time.

Here are the gaps families most commonly feel:

- **Separate services, not one coherent pathway:** counselling, learning support, careers, residences, clubs and advisers may all exist, but students still have to navigate them for themselves.
- **Support is often reactive:** students are usually expected to self-identify problems and self-advocate, even while adjusting to a new country, new academic expectations, and new social pressures.
- **Limited day-to-day visibility:** parents may receive formal academic results, but very little insight into how the student is actually coping, settling, and progressing week to week.
- **Adjustment difficulties can be invisible:** homesickness, stress, poor routine, uncertainty, and reduced confidence do not always look like a crisis at first – but they can still do damage if no one notices early.
- **A capable student can still struggle in an unfamiliar environment.** The academic culture can feel unfamiliar. Routines slip, confidence dips, and students aren't always sure where to turn. Often, they wait too long to ask for help – and things become harder than they needed to be.





Mentoring that makes a difference – the student supporter role

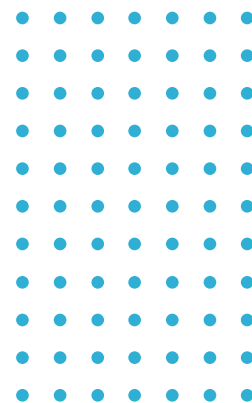
At the heart of StudyVillage is the Student Supporter, our term for the personal mentor assigned to your child.

This is not a casual buddy, not a student volunteer, and not a university administrator. It is a degree qualified, trained mentor and support coordinator whose role is to know the student well, help them think clearly, and support them across the practical and personal realities of studying abroad.



Here is what makes the Student Supporter special:

- **Qualified and trusted: our mentors are selected for maturity, judgment, communication skills, and their ability to support students with warmth and professionalism.**
- Locally informed: we match students with mentors who understand the local environment and the demands of student life in that setting, so their guidance is practical as well as encouraging..



- **Consistent one-to-one engagement:** unlike a university adviser who may only see a student occasionally, and only then, typically in the event of a personal crisis, the StudyVillage Student Supporter builds an ongoing relationship through regular structured meetings and lighter touchpoints in between. That continuity helps the mentor understand the student's background, individual strengths and emerging pressure points.
- **Proactive guidance and goal-setting:** the mentor does not wait for problems to escalate. From early on, they help the student reflect, plan, set priorities, and follow through. That means building better study habits, making social connections, managing routine, or preparing for future opportunities.
- **Mentor, connector and support navigator:** the Student Supporter helps the student access the right services, ask better questions, and take sensible next steps. They are there to guide, steady and encourage – not to replace counsellors, doctors, migration advisers or legal professionals but to point out when and where specialised assistance is required, and bridge the continuity gap, so there is a constant channel of support and progress.

Our approach is to foster independence while remaining available when situations carry more weight. Where needed, we help students connect with appropriate services – for example, medical or professional support – without stepping into roles that belong elsewhere. Knowing there is a trusted adult in their corner strengthens both student confidence and family reassurance.



In short, the Student Supporter is the human bridge between your child and the realities of studying abroad. They provide the personalised attention universities cannot always sustain at scale, and the professional steadiness peers or education agents are not designed to provide. They help students settle, reflect, act, and grow.



Next, we show how that mentoring is structured across the student journey – not as random conversations, but as a carefully designed framework.



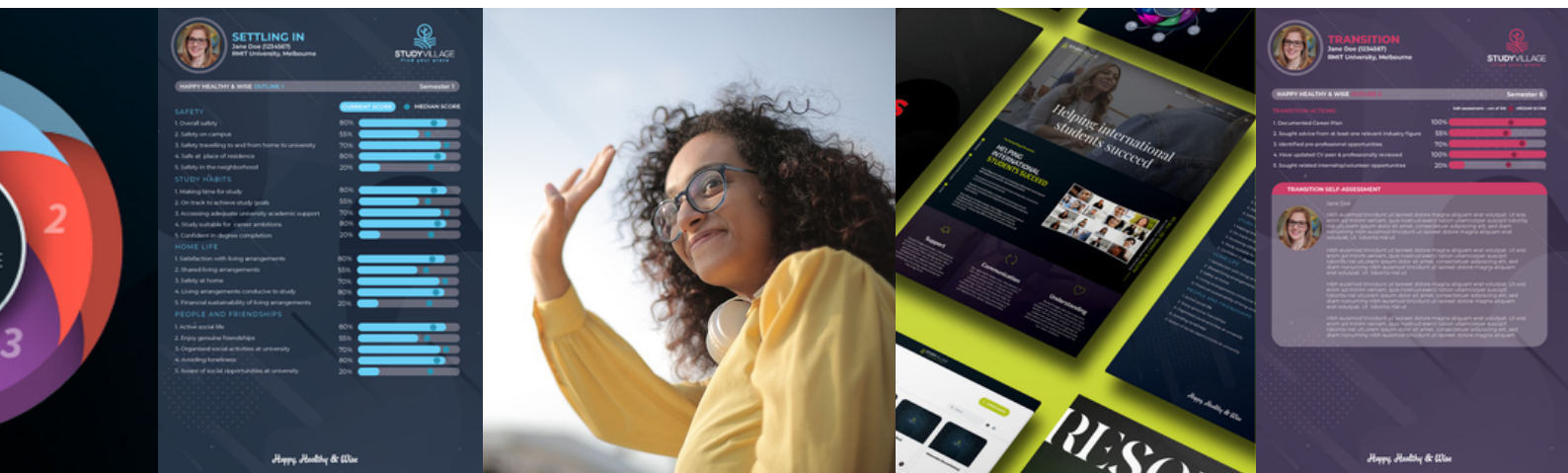
Student Testimonial:

“When I first arrived, I felt lost in the crowd. My Student Supporter, James, changed that. He’s like an older brother who happens to know all the ropes – from showing me around the city to sitting down and planning out my study schedule. I’m more confident and comfortable here because of his guidance.”

Jaspreet, India

Structured, ongoing support – the Happy, Healthy & Wise program

StudyVillage is not an ad hoc tutoring service. It is a designed mentoring system, delivered semester by semester, that responds to where the student actually is in their development. The Happy, Healthy & Wise framework spans the full arc of study: from arrival and adjustment through to achievement, transition, and next steps.



Module-Based Semesters:

Each semester, your child will engage in a specific module with their mentor, tailored to that stage of their journey. For example:

Semester 1 – “Settling In”: focused on safety, routines, basic wellbeing, confidence, and adjustment to campus life.

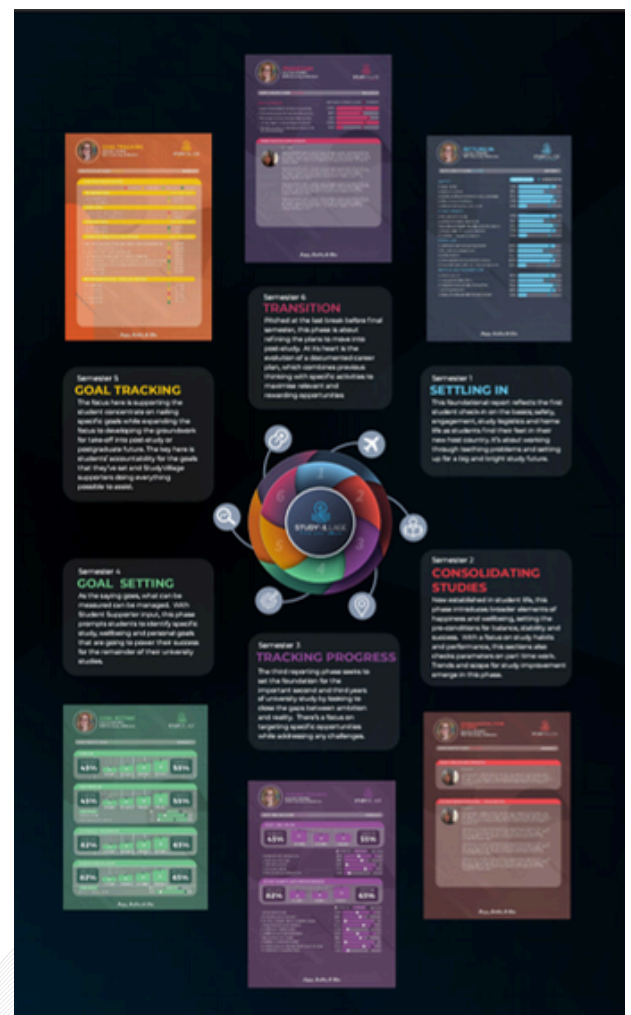
Semester 2 – “Consolidating Studies”: focused on building stronger study habits, stabilising routine, and growing healthy social and academic patterns.

Final Semester – “Transition”: focused on finishing well and preparing for what comes next. This includes reflecting on progress, clarifying post-study plans, and turning intentions into concrete actions – whether that means employment, further study, or returning home with a clear direction.

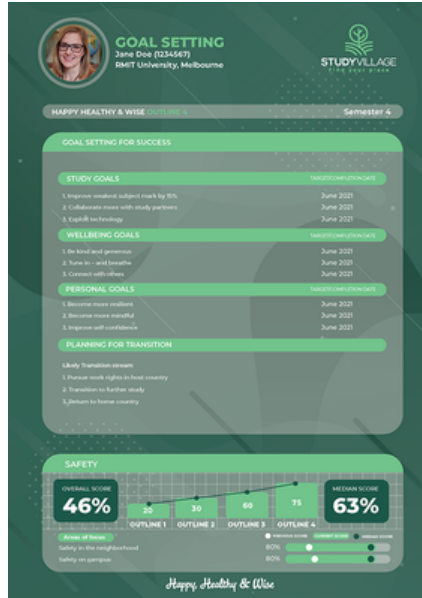
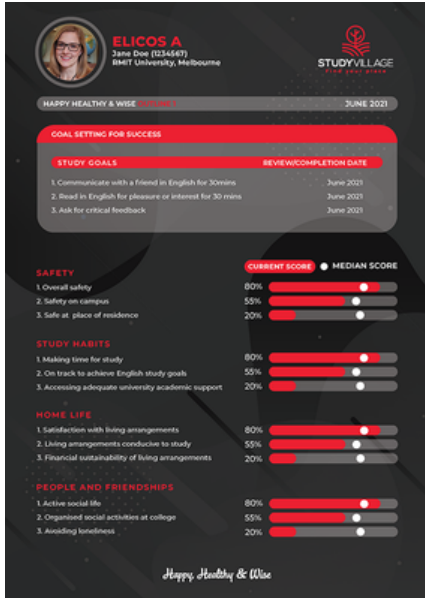
- **Flexibility for Program Length:** whether your child is on a short exchange, a multi-semester Master's, or a longer degree, the framework is adapted without losing its core logic. The aims remain the same: settle well, grow through study, hit your academic and personal goals and finish with direction.

A structured rhythm each semester: each module follows a consistent pattern so ambitions and obstacles are acted upon, followed through and tracked. Support and progress is both transparent and accountable.

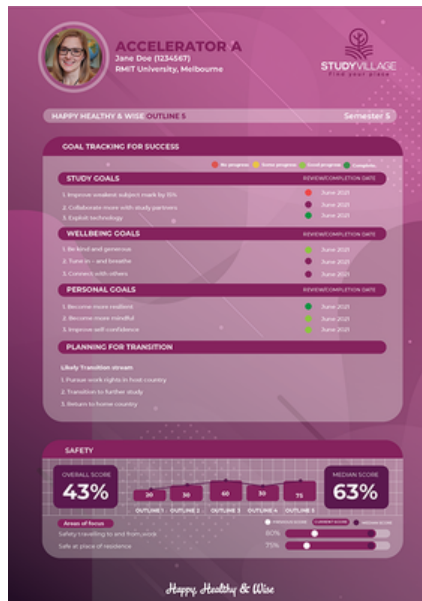
- **Self-Survey:** the student completes a short reflection on wellbeing, study, confidence, belonging and current pressure points.
- **One-on-One Meeting:** the mentor and student discuss what is going well, what needs attention, and what practical actions make sense next.
- **Three-Way Check-In:** where appropriate, a parent-student-mentor conversation helps create shared understanding. These conversations are structured, respectful, and designed to support the student, bringing parents in where relevant and appropriate.



Structured, ongoing support – the Happy, Healthy & Wise program



Progress "Outline" Report: after the key student and student supporter meeting each semester a concise outline captures actual student feedback, themes, progress, goals and agreed next steps.



Each module follows the same underlying rhythm: reflection, conversation, action, follow-through, and visible progress over time.



Structured, ongoing support – the Happy, Healthy & Wise program

- **Follow-ups:** the mentor does not disappear after the main meeting. Follow-up conversations later in the semester help keep momentum, review progress, and adjust plans where needed.
- **Continuous Goal Tracking:** goals do not vanish after one conversation. Once they are agreed, they are revisited across later modules so the student keeps building rather than repeatedly starting over.
- **Data-Informed and customised:** over time, the outlines create a clearer picture of how the student is travelling. Patterns become easier to spot, which means support can be more thoughtful, more tailored, and earlier when something feels off.

By putting this scaffold in place, StudyVillage provides something universities rarely can: longitudinal, human oversight of the student journey as a whole.

From arrival to graduation, there is a clear plan to help students stay happy, healthy and wise.

The next section explains how parents are kept appropriately informed – and how consent is handled carefully.



Parental visibility & consent – staying in the loop

One of the biggest anxieties parents carry is simple: not knowing what is really happening once a child is overseas.

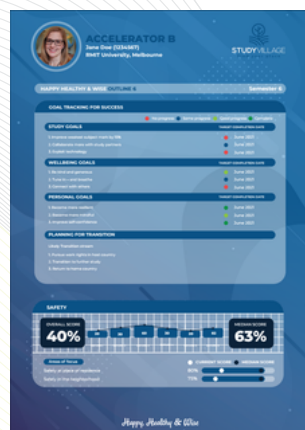
StudyVillage responds to that by creating a structured communication loop that keeps parents meaningfully informed while also protecting the student's trust and growing independence.

Semester progress reports (Outlines):

After each major mentor-student session, we produce a concise **Healthy, Happy & Wise Progress Outline** for that module.

With the student's consent, parents receive this outline each semester. It provides a high-level but useful picture of how the student is travelling across key areas such as academics, wellbeing, social connection and agreed goals.

These documents are concise, readable summaries that combine clear observations with practical next steps, providing a focused view of challenges, opportunities and progress over time.



RESEARCH INSIGHT

Parents often lose day-to-day visibility once a child begins studying overseas

Research on overseas study suggests that parents often have only partial visibility into what everyday student life actually looks like once a child leaves home. Even very supportive families may know the broad outlines – course, accommodation and finances – while having far less line of sight into how the student is settling, coping and progressing from week to week.

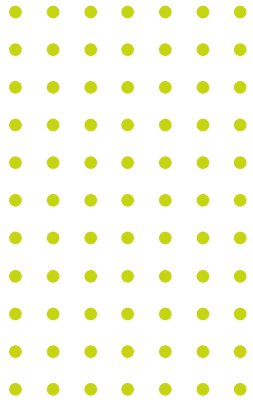
That is where structured reporting and regular mentor check-ins become genuinely valuable. They help close the gap between distance and reassurance, giving families a clearer picture of the student journey without reducing the student's growing independence.

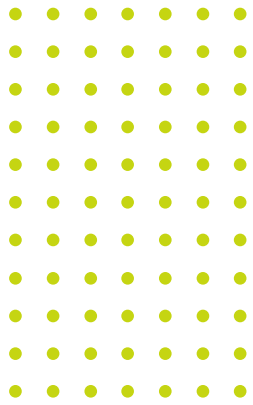
- **Scheduled parent-student-mentor meetings:** each semester can include a structured three-way conversation involving the parent, the student and the Student Supporter. These meetings give families a chance to hear how things are progressing, ask thoughtful questions, and discuss next steps together.

The student remains at the centre. The purpose is not to speak over them, but to support clearer communication and shared understanding.

- **Open Hours for parents:** sometimes a parent wants guidance rather than a formal update. Open Hours provide dedicated time to speak directly with the mentor about how best to support the student.

That might mean discussing how to encourage better study habits, how to respond when the student sounds flat or uncertain, or how to coordinate around a concern without increasing pressure. It is a practical, bounded way of keeping parents connected to the support process.





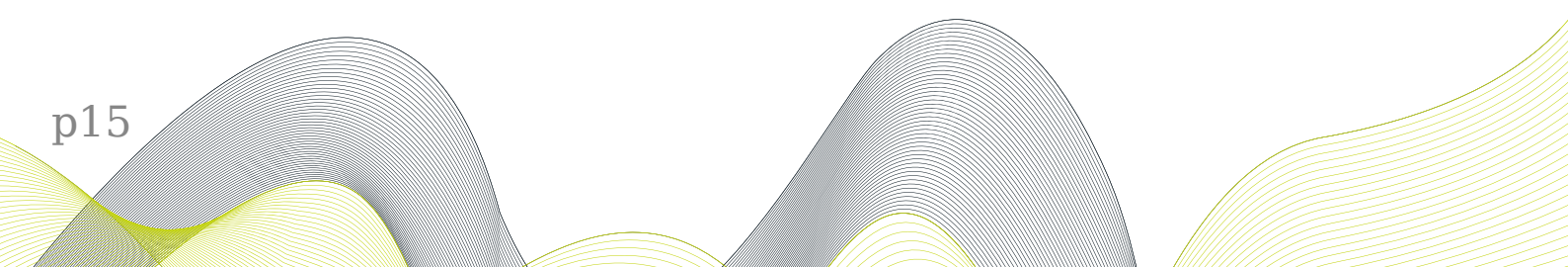
Privacy, consent and boundaries

StudyVillage takes student trust seriously. As a rule, information is shared with parents through agreed channels and with the student's knowledge. This protects the integrity of the mentoring relationship and helps the student speak honestly when something is difficult.

That said, privacy does not mean silence in every circumstance. Where there is a serious welfare or immediate safety concern, appropriate escalation may be necessary. The boundaries are explained clearly, so families know where the lines sit.

We ask parents to use the formal channels provided – outlines, meetings and Open Hours – rather than treating the mentor as a back-channel source of private information.

That boundary is important; the healthiest version of this model is a partnership: parent and mentor supporting the student, with the student still able to trust the process. Used well, these boundaries do not reduce visibility, rather they make it more credible, more candid, and more sustainable.



Goal setting, tracking, managing and achieving – where support becomes measurable progress

StudyVillage begins by building safety, trust, routine and belonging. As the student becomes more settled, the mentoring becomes more explicitly developmental.

The program moves from general support into structured goal-setting, reflection and follow-through. In other words, the student is not only coping better; they are also learning how to move deliberately towards the life and results they want.

Scaffolding from wellbeing to goals

Students usually make better goals once they are steadier, more self-aware, and better able to judge what matters most. Each module builds on the last: reflection becomes clearer, action becomes more deliberate, and goals are translated into specific next steps rather than general intentions.

Crucially, these goals are not set once and forgotten. They are revisited, discussed and adjusted over time, creating a rhythm of reflection, action and follow-through. This is what turns aspiration into something practical: small, repeatable actions that are tracked, supported and refined, so progress becomes visible and shared.



Goal-setting boosts student engagement and achievement

A large study of over 61,000 high-school students in New South Wales found that when students set growth goals (i.e., aiming to outperform their previous bests) and had instructional support (feedback, relevant content, clarity), they showed measurable gains in perseverance, aspirations and homework behaviours.

Structure around growth-goals creates a mechanism for students to move from “just doing” to “improving”

Martin, A. J., Burns, E. C., Collie, R. J., Bostwick, K. C. P., Flesken, A., & McCarthy, I. (2022). Growth goal setting in high school: A large-scale study of perceived instructional support, personal background attributes, and engagement outcomes. *Journal of Educational Psychology*, 114(4), 752-771. <https://doi.org/10.1037/edu0000682>

TURNING SUPPORT INTO A MEASURABLE SUCCESS PLAN

From support to traction

Once student life in a new country is settled, the focus shifts to setting clear goals across study, routine, social life and next steps. That might mean lifting a subject grade, getting a weekly rhythm back on track, building connections, or preparing for an internship. The point isn't to list ambitions. It's to decide what matters, and make it workable.

The mentor helps tighten that thinking. Instead of "I want to do better," the conversation becomes more concrete: what exactly needs to change, by when, and what will you do next? Most students don't struggle because they lack ambition – they struggle because nothing has been translated into action. Once goals are broken into steps and revisited regularly, they become tangible to follow through and be accountable to.



The image shows the cover of a report titled "Goal-setting, progress tracking and student success: StudyVillage's secret sauce". The cover features a green and yellow color scheme. At the top right, there is a circular graphic with four colored segments (1, 2, 3, 4) and the StudyVillage logo in the center. Below the graphic, the title is written in a bold, sans-serif font. Underneath the title, there is a subtitle: "A research-informed guide to structured mentoring, self-regulation and follow-through for international university students." The bottom section of the cover contains a collage of images: a man in a white shirt, a woman in a black jacket, and a screenshot of a dashboard showing a 46% progress bar. At the bottom left, the website "studyvillage.org" is listed, and at the bottom right, it says "Prepared by Dr Carl Llewellyn Jones".

For a deeper explanation of how goal-setting and mentoring translate into measurable progress, see our research guide at studyvillage.org.

Goal-focused mentoring helps shift students into a growth mindset, a concept developed by psychologist Carol Dweck. A growth mindset is the belief that abilities and intelligence can be developed through effort and learning. Dweck's studies found that students who believe they can improve (as opposed to thinking their abilities are fixed) not only embrace challenges more but actually perform better academically.

In the StudyVillage context, when a mentor says, "Let's set a goal to improve your presentation skills – I know you can get better with practice," they are reinforcing that growth perspective.

Even if a goal isn't fully achieved at first, the mentor helps the student view it not as failure but as feedback: what can we try differently? This approach echoes Dweck's finding that learning from setbacks ultimately boosts achievement by teaching students to thrive on challenges. Over time, students learn that effort and new strategies lead to progress – **a powerful lifelong lesson.**

Benefits for International Students:

For an international student far from home, structured goal-setting offers unusual value. It provides focus in an environment that can otherwise feel diffuse. It reduces drift. It gives the student a stronger sense of agency. It also makes progress easier to discuss – with the mentor and, where appropriate, with parents.

Rather than reacting to each new problem in isolation, the student begins to build a more intentional overseas experience. Their weekly habits connect to larger goals. Their efforts feel more purposeful. Their confidence becomes less fragile because it is tied to action, not just mood. Many parents notice the change. The student becomes more self-directed, more reflective, and better able to explain what they are working towards.



Carol Dweck's work suggests that students do better when they see ability as something that can be developed. That matters for international students, because setbacks are less likely to feel final when they are met with support, reflection and a clear next step.

Transition Module spotlight

Graduation is exciting, but it also brings pressure. The final stretch of study often coincides with decisions about work, further study, where to live, and what comes next.

The Transition module exists to make sure students do not drift into that period unprepared.

Purpose of Transition:

In the final semester, the mentor and student step back to assess the next phase with greater clarity. Whether the student plans to return home, seek work, pursue further study, or keep multiple options open, the focus is on building a concrete plan rather than leaving decisions to the last minute.

Typical questions include: Is the student ready to finish strongly academically? Are their key documents and profiles in shape? Have they thought carefully about post-study options? What needs to happen now, rather than later?

This module does not sit in isolation. It draws on the work of earlier semesters – where goals have been set, tested and refined – and brings those threads together into a final, practical plan. The result is not a last-minute scramble, but a considered transition built on momentum, with the student able to move forward with clarity and confidence.



The transition out of university can be as demanding as the transition in. International graduates often face extra complexity around networks, timing, confidence and pathway decisions.

That is why the Transition module focuses on preparation: using career services, building networks, refining applications and turning broad hopes into concrete next steps.

We treat employability and future planning as part of student wellbeing, because uncertainty about what comes next can weigh heavily in the final stretch.



TRANSITION
 Jane Doe (1234567)
 RMIT University, Melbourne



HAPPY HEALTHY & WISE **OUTLINE 6**

Semester 6

TRANSITION ACTIONS



TRANSITION SELF-ASSESSMENT

Jane Doe



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Ready for what's next: turning progress into possibility

Parent involvement: the final semester includes a more comprehensive parent update. In the Transition Outline, parents can see not only wellbeing and academic notes, but also a summary of post-study planning, current readiness, and the next actions underway.

This final conversation often becomes a useful moment of reflection. Families can see how much the student has grown, what they are now capable of, and where their next phase is heading.

This is a mock-up example of what you might see in a Transition module report.

By the end of the Transition module, your child isn't just getting a degree – they're stepping into the world with a plan and support network.

And you'll have a clear view of that plan through the agreed reporting process. It's a strong finish to the mentoring journey, ensuring the investment in overseas study translates into real-world success.

Semester 6 Transition Report – Excerpt

- Overall Wellbeing: Good (maintaining healthy stress levels; sleeping 7-8 hours).

- Academic Status: On track to graduate with a Credit average. Capstone project 90% complete.

- Key Transition Actions: Completed 4 of 5 planned job applications. Attended 2 career fairs. Has 1 job interview scheduled next month. Researched 3 Masters programs (as backup plan).

- Student Self-Assessment: "I prioritized networking and attended monthly industry meetups. This led to two mentors in my field reviewing my resume. I could improve by applying to more companies, but I feel more confident now about job hunting."

- Mentor's Comment: Emma has been proactive this semester, balancing job applications with finishing her thesis. She took on feedback to improve her resume and did mock interviews with me. I'm confident she is well-prepared for the next step, though I've encouraged her to apply to a couple more roles in the coming weeks. Importantly, she's managing stress well and staying positive about the future.

Transition, career and post-graduation planning

One of the biggest questions for families is whether the investment in overseas study will translate into meaningful next steps afterwards. That question is not only about employment or further study - rather it is about readiness, timing, confidence, networks and decision-making.

This is why StudyVillage treats career and post-study planning as part of the wider student journey rather than as an afterthought at the very end.



Setting Your Child Up for Career Success: Start Early, Plan Smart

We encourage students to begin thinking about career development well before the final semester. That might include seeking relevant experience, building professional confidence, improving communication, refining application materials, learning how to network well, and understanding the realities of different pathways.

For international students especially, preparation matters. A degree alone is valuable, but it is rarely enough by itself. Students benefit when they build experience, habits and direction alongside the qualification. The role of the mentor is to help that happen earlier, more deliberately, and with less last-minute panic.

Who is StudyVillage? And how can we help?

Enrolling in StudyVillage is a proactive step families can take to strengthen a child's overseas study experience.

It means partnering with people who understand the international student journey in human terms, rather than administrative ones. Rather than waiting and hoping, families can put a structure around support from the beginning.

We work with universities, not against them. Our role is to complement what they provide by adding continuity, personal oversight, and a steadier line of communication across the student journey.

Ultimately, parents want to know that their child is safe, growing, and on track – even when they are far away.

StudyVillage was built on the belief that distance should not mean guesswork. By combining family care with thoughtful mentoring and on-the-ground support, we create a more reliable circle of care around the student.

The result is simple: better visibility, stronger support, and a greater chance that the overseas education experience becomes not just manageable, but genuinely transformative.



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