

The Mental Health in the Curriculum project

Case study 1



‘My Wellbeing’

- Discipline-specific wellbeing resources
- Guidance on course-specific study skills
- Located on student subject websites



Barriers

Students need help to build positive study habits that support mental wellbeing in study, and guidance on how to manage discipline-specific and course-specific challenges.

Solutions

‘My Wellbeing’ webpages will be located on study sites, providing general guidance on positive study habits, course-specific and discipline-specific study guidance, and links to other mental health and wellbeing resources.

Examples

- Guidance on maths anxiety
 - Guidance on foreign language anxiety
 - Exam and/or presentation skills guidance
 - Groupwork and collaboration guidance
 - Links to mindfulness and
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Next steps

- Identifying governance structures
- Finalising content and design
- Pilots to launch for Jan 2021
- Feedback and evaluation