



LEARNING AND TEACHING CONFERENCE

**Centre for Academic Innovation
and Teaching Excellence**

Embedding support for students' mental wellbeing: Course Specific Initiatives

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Disability Advice & Support team

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In this recording:

- What is CSI (Course Specific Initiatives)?
- What do we offer course teams?
- What are the benefits of getting involved?
- How to get involved.

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What is CSI (Course Specific Initiatives)?

- Service offered by Student Welfare team (with student & alumni input)
- Embedded support for mental wellbeing & disabilities
- Delivered as part of students' timetables
- Links support to key issues experienced by students on their courses
- Part of [DMU's award winning Embedding Mental Wellbeing project](#)
- An example of good practice in QAA's [Embedding Mental Wellbeing: Methods and Benefits](#)

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What we did in 21/22:

- Worked with 50+ courses
- UG & PG
- Delivered 200+ workshops
- Provided “teach it yourself” resources
- Provided additional resource padlets for every workshop (UDL)

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Focus & Attention

Executive Function

Workshop materials

Slides from the workshop



Improving Your Focus & Attention
Asynchronous 2223

You can download or print these to help with note taking.

A recording of the key

Executive functions

Stress & Executive Functions

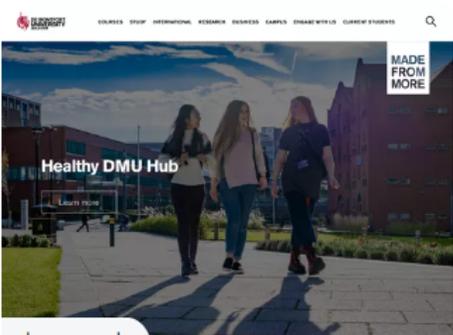


Stress_and_Cognition_Psychological_Basis_and_Suppo

This paper discusses the impact of stress on executive functions.

Managing stress

Healthy DMU Hub



Healthy DMU Hub
All about looking after your physical and mental wellbeing at DMU.

Organisational skills

A wall planner is a great visual organiser for long term planning



Great for dissertations, multiple deadlines and creative projects!

Dealing with digital distractions

Freedom lets you block apps on a wide range of devices



Freedom: Internet, App and Website Blocker

Megan recommends Forest

Using post it notes as a

What do we offer course teams?

- Stand-alone options, that can be timetabled as discrete sessions;
- Bespoke options where we co-design and co-deliver sessions with a member of the course team;
- Supporting materials for course teams to deliver their own sessions;
- Collections of supporting resources.
- We have face to face, online synchronous and asynchronous options for each topic area.

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Topics

Resilience
Building Resilience
Building a Support Network
Healthy Working
Mindfulness

Workload
Managing Your Time
Dealing with Procrastination
Improving Your Focus & Attention
Dealing with Academic Pressure &
Managing Stress
Getting Motivated

Academic activities, confidence & wellbeing

Confident Presentations
Confident Placements
Confident & Assertive Communication
Confident Networking
Confident Exam Preparation
Dealing with Feedback & Growth Mindset
Giving & Receiving Feedback
Working Effectively in Groups
Dealing with Maths Anxiety
Perfectionism & Growth Mindset
Expanding Your Comfort Zone, Dealing
with Uncertainty & Taking Risks

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Our approach:

- Activity focused
- Skill building
- Link to employability
- Normalising & highlighting common issues, shared by many students
- Signposting to further learning & support

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**Useful and realistic tips
and techniques that
anyone can use.**

**I like that we got time to think about
important things in life, that we never find
time to think about. It encouraged me to
start thinking what I should do with my time
and what my priorities are. Also made me
think of signing for SPA.**

**It was great workshop with a great
insight on anxiety and ideas,
actions to take in order to continue
and succeed and stress less**

**DMU Active Really I had no idea
what it is, but now I know. #Healthy
DMU Always thought it just a filler
for my mail box, how wrong was I**

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What are the benefits of getting involved?

I am planning to use some of your recorded CSI materials in several of my modules over the coming year and...the 'Working Effectively In Groups' material in particular is superb. Group working is so important to our programme and **what you have produced really hits the mark.** The fact that this is **backed up with some really good padlet content** and in particular the YouTube video from **alumni** will (I think) be really effective.

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What are the benefits of getting involved?

Re: Perfectionism session

This is superb really addresses perfectionism within ... design. It's very much **bespoke** which we really appreciate as often general material on the subject doesn't marry with the specific challenges faced by designers.

As well as **signposting students** at week 3 this is a really **helpful tool for personal tutors** to use to support students, thank you so much!

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How to get involved.

Contact Rachel Davies:

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Ext. 8599

Tell us about the issues your students are facing that you'd like to address.

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Further reading:

[National award goes to DMU team that looked after student and staff mental wellbeing during COVID](#)

[Embedding Mental Wellbeing –](#)

[Methods and Benefits \(qaa.ac.uk\)](#)

[‘Don’t do this for Law students!’ - embedding disability and wellbeing support within curriculum programmes - AHEAD](#)

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