

AN EMBEDDED PATHWAY FOR STUDENT WELLBEING

Weekly activities were embedded in online courses to help first and second year students take care of their well-being. Click on any activity to learn more and to download resources for your own use.

WEEK 1: ARRIVE AND THRIVE

"The well-being activities have helped me plan my academic goals so I can focus my work in order to reach them."

WEEK 3: ADAPT AND SURVIVE

"I believe I have grown as a student already this semester, especially through the adapt and survive task.. used it throughout that semester as it has stayed on my desk for me to view whenever needed."

WEEK 5: RESILIENCE BUILDER

"Thanks to the Health & Wellbeing section on the ePortfolio, I have learned many skills such as resilience and time management which is extremely helpful under our current situation with COVID."

WEEK 7: CREATIVE SCIKU

"There is one unexpected and fun new skill I've acquired writing a sciku. I enjoy...and see the practical benefit they serve in helping to remember scientific words and concepts."

Could it be a bee?
Could it be a wasp burrow?
No, it's an orchid

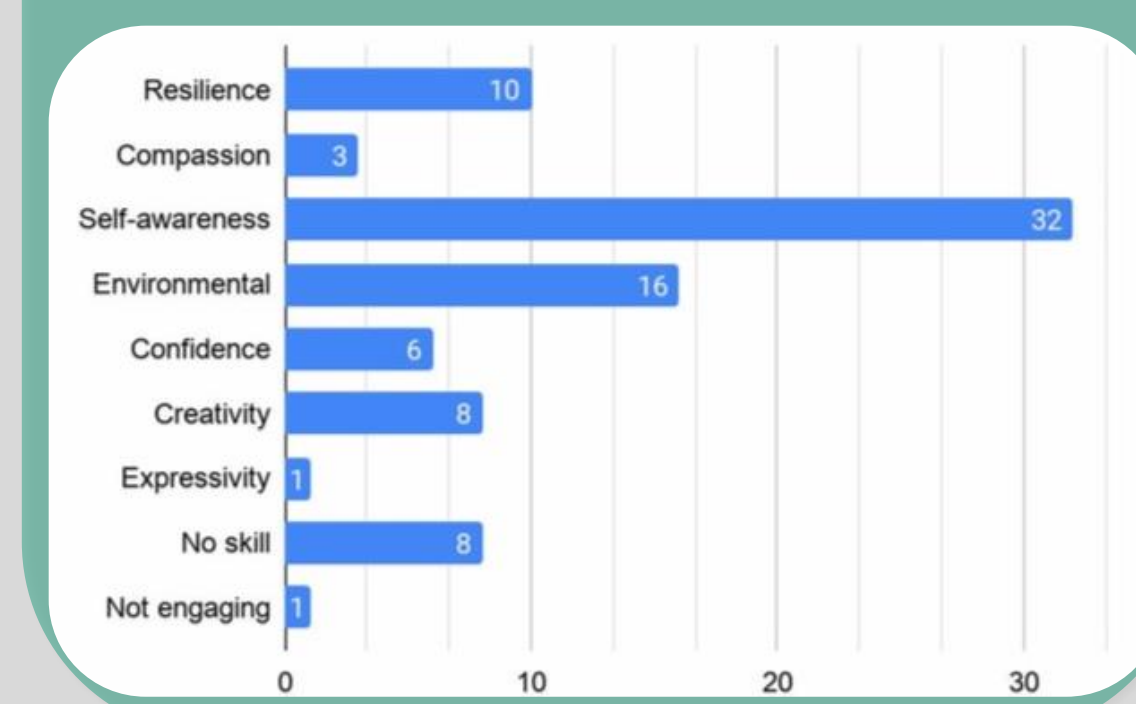
WEEK 9: CARING FOR OUR PLANET

"I realized that I need to take action to help the planet because I want to be part of the solution and not the problem."

Favourite
activity for
1/3 students
(1st year class rep
survey)

WEEK 2: MANAGING WELLBEING

Most developed skill:
Self-awareness

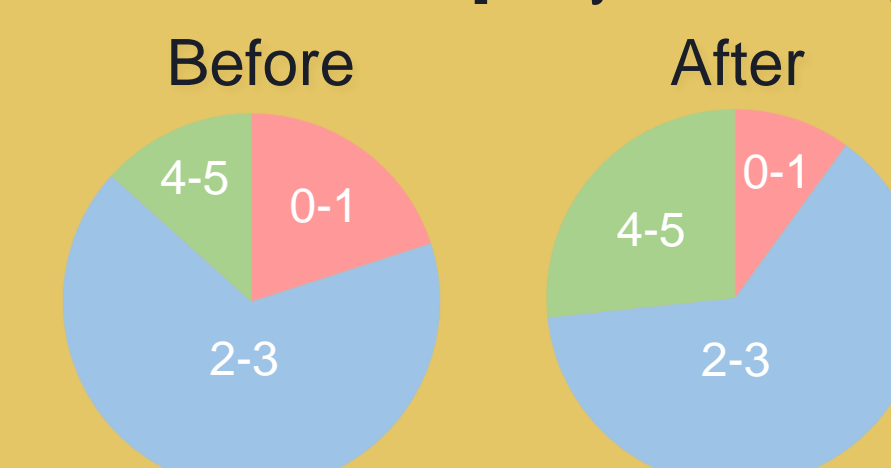


WEEK 4: THE STRESS BUCKET

"... helped me consider my stress as something I can control in a more positive way."

WEEK 6: DEALING WITH NEGATIVE THOUGHTS

Student self-reported improvement (scale 0- 5): "Knowing yourself and dealing with any unhelpful thoughts and behaviours" [2nd year survey]



WEEK 8: SUCCESS OF FAILURE

"We are here to learn... not be know-it-alls ... On that front, being wrong, failing, is all part of the game. ..."
"but thanks to the [wellbeing activity] I realised that it is possible to develop strategies to overcome problems and keep a positive attitude towards them."

WEEK 10: WALLS OF WELLBEING

"I thank all the lecturers and the rest of the staff for their work. I thank the students with whom I worked with. And I thank myself for working through the whole first semester."

The wellbeing pathway is a co-creation by staff and students from the School of Biological Sciences.
Fizzy Abou Jawad, Neha Agrawal, Nick Colegrave, Elise Darmon, Ellie Edwards, Heather McQueen,
Callum Paterson & Lilly Pubillones
Contact: H.McQueen@ed.ac.uk



THE UNIVERSITY of EDINBURGH