Education for Mental Health:
Enhancing Student Mental Health through Curriculum and Pedagogy

Education for Mental Health: Supporting student wellbeing within the curriculum

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Education for mental health

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Education for Mental Health Toolkit

Developed as a partnership between the University of Derby, King's College London, Aston University, Student Minds and Advance HE, and funded by the Office for Students via a Challenge Competition, this toolkit has been created to provide evidence informed guidance on the ways in which curriculum can support both wellbeing and learning.

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- Learning Focused
- Scaffolded Design
- Learner Development
- Getting students back on track

As a result of collaboration and co-creation, the toolkit makes embedding student mental health in the curriculum accessible: to individuals, staff groups and whole institutions, with resources which are research and evidence informed, alongside staff development activities which have been tried and tested, with relevant supporting case studies. The pedagogy underpinning curriculum design and practice within the toolkit is referenced throughout the resource.

This comprehensive resource makes essential reading for curriculum design and planning, and staff development for the benefit of student mental health within higher education.

Education for Mental Health

Download a digital copy of the full toolkit, the staff development toolkit and case studies.

→ Download the report

It has been developed for academic staff, academic managers, university leaders and all of those involved in the development and delivery of curriculum, within higher education. It is grounded in the research literature and has been created through research and co-creation with students, academics, quality staff, learning and teaching staff and Principal Fellows.

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Wellbeing and the curriculum

Research has shown a need for **whole university approaches** to address the wellbeing of the university community

Curriculum and academics are the only guaranteed contact points between students and their university

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Academic integrity

THE WORLD UNIVERSITY RANKINGS

PROFESSIONAL JOBS EVENTS RANKINGS STUDENT SERVICES

Are universities encouraging students to believe hard study is bad for their mental health?

It is widely acknowledged that universities need to do more to support student mental health. Yet many academics and service staff are worried that well-intentioned initiatives pathologise ordinary anxieties and can do harm as well as good. Kathryn Ecclestone listens to their concerns

April 2, 2020

Kathryn Ecclestone

Twitter: @EcclestoneK

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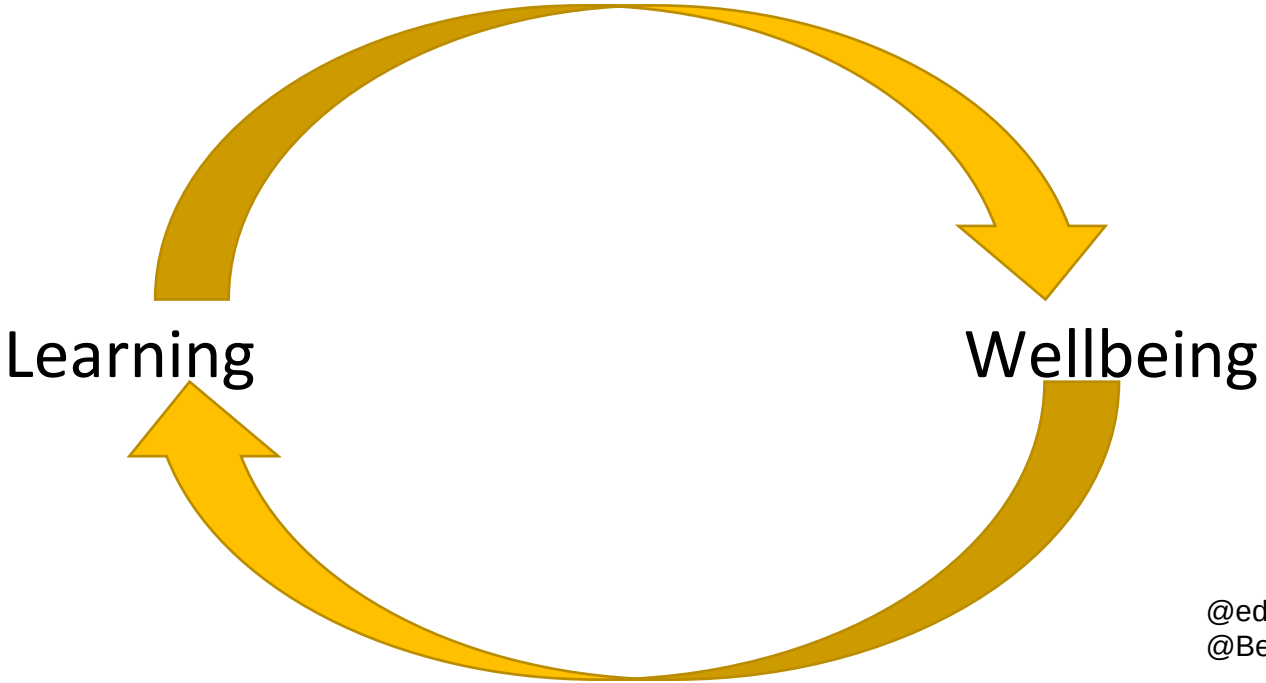
FEATURED JOBS

Senior Lecturer, Teaching Focused in Accounting and Financial Management
ROYAL HOLLOWAY, UNIVERSITY OF LONDON

Senior Lecturer / Lecturer in Employment Law and Relations
NORTHUMBRIA UNIVERSITY

Research Fellow, Floating Solar Energy
QUEENS UNIVERSITY BELFAST

Learning and wellbeing



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Education for Mental Health Project

Primary research

- Students
- Academics
- Quality staff
- Learning Development Teams
- Student Services

Consultation

- Principal Fellows of Higher Education Academy
- Weekly online special interest group with experts from across the world talking about their teaching experience or research.

Literature and review

- Consulted relevant literature across disciplines
- Shared ideas and approach with colleagues across the sector as it they developed
- Peer review

1. Underpinning infrastructure

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Kift, 2019

2. Social belonging

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3. Learning focused

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Sustainable challenge - What is hard and why?

Helpful challenge

Know what to do

Understand how to do it

Have or can develop necessary skills

Understand how to use strengths

But the task remains challenging to complete

Stress inducing difficulty

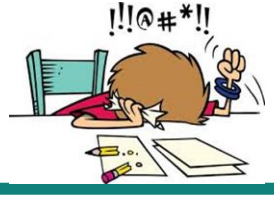
Don’t know what is required

Don’t understand process

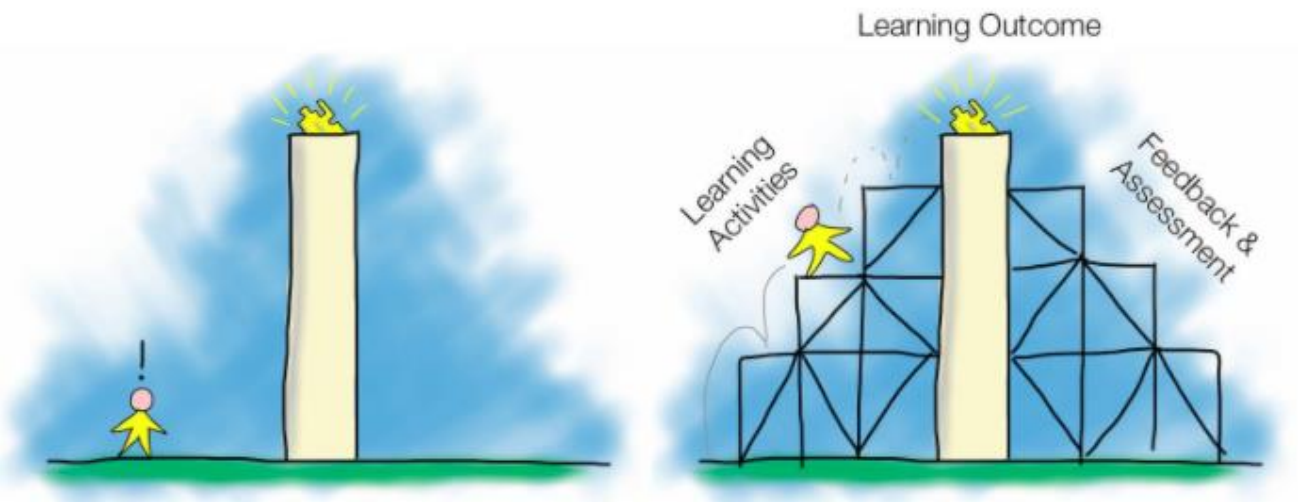
Lack necessary skills

Weaknesses are highlighted

Actual task may not be difficult when understood



4. Scaffolded Design



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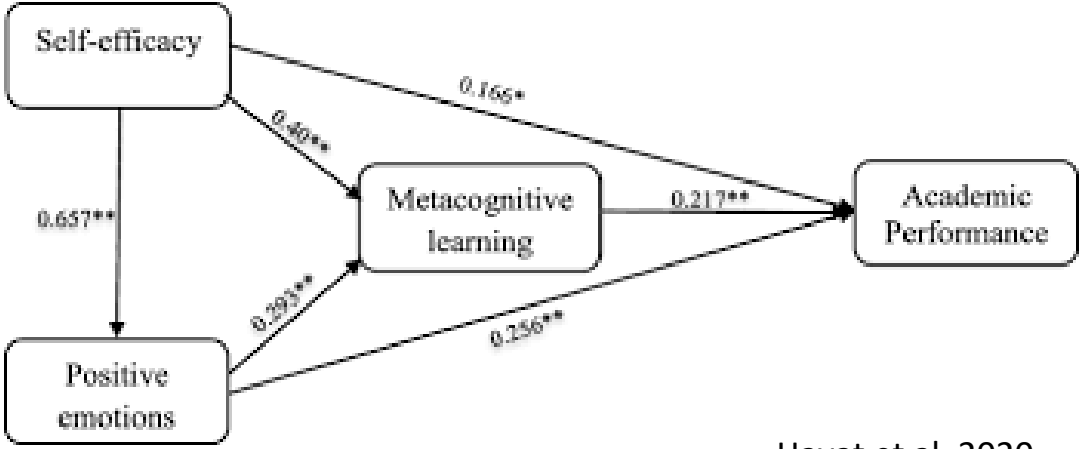
5. Learner Development



Hayat et al, 2020

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6. Getting students back on track

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What you will find

Summary
Key lessons
Top tips
Other resources
References

Staff development pdf
Case studies pdf

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