Supporting Student Transitions

Suzie Shapiro
The University of Glasgow

Welcome

I’m Suzie Shapiro,
Cognitive Behavioural Therapist
&
Mental Health and Wellbeing Campaign Adviser for the University of Glasgow

Suzie.Shapiro@glasgow.ac.uk

Transition Themes

Transition Themes

Yes, there is the academic shift from school to university – but also…

- **Geographical change** – the practical difficulties of relocating, cultural adjustment, loneliness and isolation
- **Transition to new level of programme** – from undergraduate to postgraduate taught or postgraduate research
- Those from **Widening Participation** backgrounds

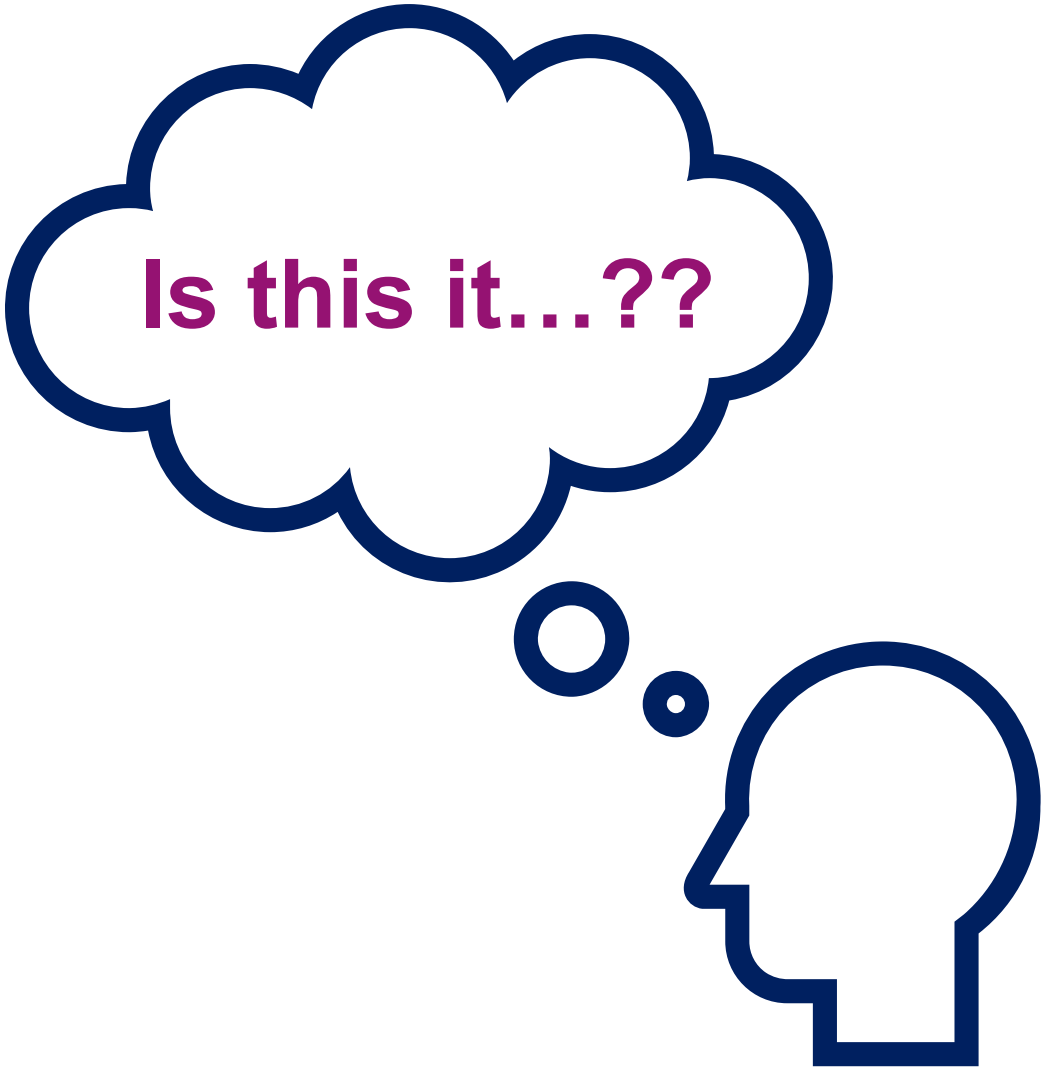
With many students experiencing multiple transitions concurrently…

Increasing Societal Complexity

- Young people, in many ways, lost two years worth of development due to the pandemic…
- …parents are increasingly involved in their university experience…
- …and they are are navigating these transitions is an ever-shifting – and increasingly uncertain – landscape.

Impact on Wellbeing

Once the initial ‘honeymoon period’ is over, the excitement of the environment’s newness, of Freshers Week, of freedom fades, and can leave behind feelings of disillusionment…



Impact on Wellbeing

Navigating – and struggling to navigate – difficult transitions can have a real, and tangible impact on a student's mental health and wellbeing:

- academic anxiety
- difficulties forming new relationships
- loneliness, isolation
- low mood

Ultimately, if left unsupported these difficulties can lead to academic risk and risk to self

Supporting Transitions at UofG

A **Transitions Working Group** has been created to help us develop an institutional understanding of key transitional factors that adversely impact on student experience.

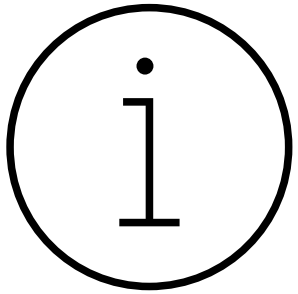
They support the development of general and targeted interventions.

Support Landscape at UofG

Academic skills development

↓

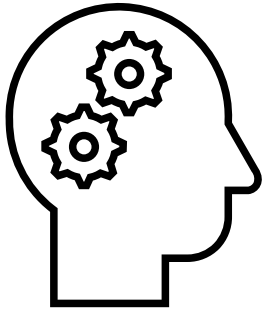
Student Learning Development



Practical guidance and support

↓

Student Engagement



Mental health and wellbeing support

↓

Student Wellbeing & Inclusion

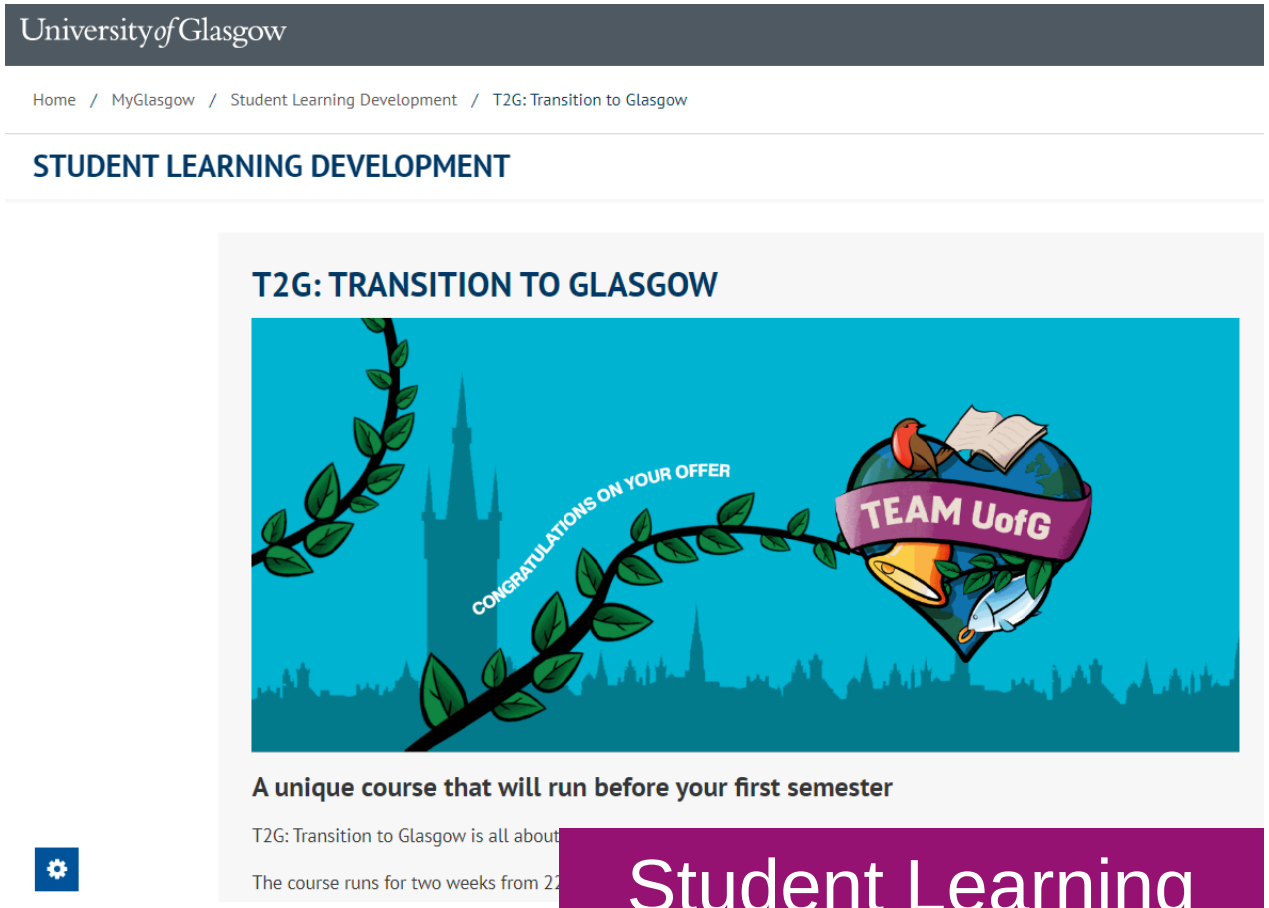
Specialist Support for Transitions

Glasgow Essentials

- Online Welcome and Induction platform showing what day-to-day student life at the University is like, and what to expect from studying with us.

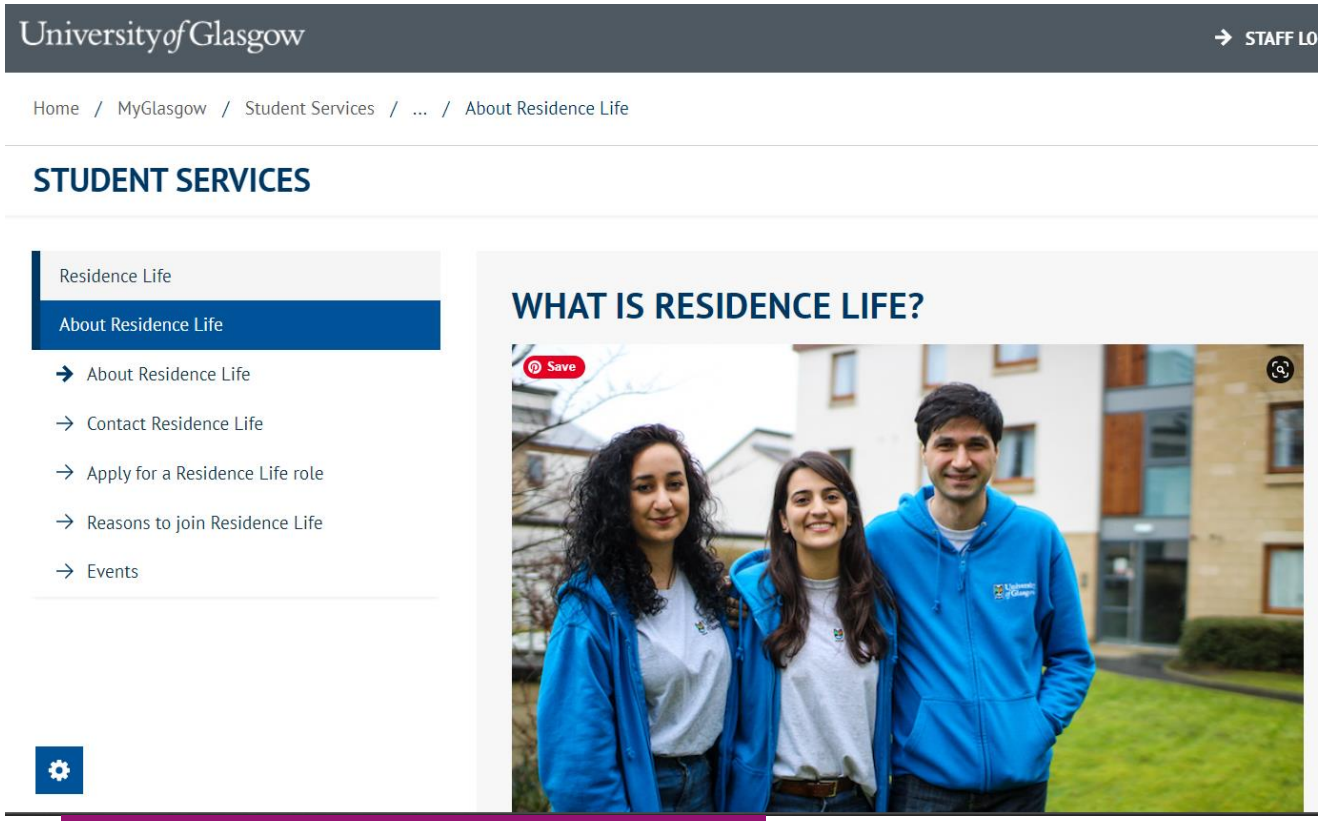
T2G (Transitions to Glasgow)

- Development led by our Student Learning and Development Service
- All new incoming graduates are offered a space
- Offers core and elective modules on key academic skills and wellbeing management



Student Learning Development

Specialist Support for Transitions



Student Engagement

Student Support Officers

- Locally embedded student support staff; provide frontline practical guidance and support on a wide range of areas

Residence Life

- Induction events
- ‘Flat Talks’ to orientate students to their accommodation
- Weekly social activities to bring people together and help form connections
- Ongoing weekly walks, to continue to address ongoing loneliness and isolation
- Residence Life Assistants / support staff available 24/7

Specialist Support for Transitions

Student Wellbeing & Inclusion

Wellbeing Masterclasses

- Webinar format sessions offering skills development on managing key challenges – managing change, stress, anxiety and low mood, overcoming procrastination and more

WELCOME TO OUR WELLBEING MASTERCLASS PROGRAMME!

Attending university is a really exciting time, but it can also bring with it some normal life challenges, from low mo
while you adjust to change, to procrastinating over course work or feeling stressed during your exams.

Come along to our Masterclasses and learn practical skills to help you effectively and proactively manage your mental health and wellbeing through your time at university and beyond!

All our Masterclasses will last between 45 and 60 minutes, and you are very welcome to attend all sessions or just drop into single sessions that are of particular interest. Sessions will be held on Zoom and led by members of the Student Wellbeing and Inclusion Team. We look forward to meeting you soon!

Further Information including Booking

For full details of any session, including how to book, please double click the calendar item.

Please note: these are an online events - following booking via Eventbrite, your e-ticket confirmation will include a link to add the webinar to your calendar, and to access the webinar on the booked time and date.

- Foundations of Wellbeing
- Improving Sleep
- Mindfulness and Relaxation
- Low Mood
- Anxiety
- Overcoming Perfectionism

Today November 2022

Monday	Tuesday	Wednesday	Thursday
31 Oct	1 Nov	02	03
10:00 PGRs Only: Overc		10:00 Sleep Masterclass	

Counselling Service

- Short term support for mild to moderate mental health needs

What's Next…?

Further development of T2G wellbeing content
&
T2G postgraduate taught programme

Guidance developed specifically for parents/ guardians on how to support a young person's transition to university

Targeted wellbeing and transitions support content on Glasgow Essentials, our induction platform

Collaborating with Disability Services to develop resources to support disabled students manage their transition into University

University of Glasgow

What's Next…?

Further development of our Wellbeing Masterclasses, adding topics such as managing isolation and loneliness

Pilot embedding of wellbeing content within teaching timetable

Potential PGR mental health specialist post

In Summary

- Student transitional challenges continue to develop in response to societal change
- Students require both reactive and proactive support to help them deal with the impacts of these complex and multi-layered set of transitions
- A whole university approach, under-pinned by data, and supported by collaboration is key to helping to smooth student journeys

Thank you

Suzie Shapiro
suzie.shapiro@glasgow.ac.uk