

Mental Wellbeing in Higher Education Conference

15 May 2024

09:30 - 10:00	Registration		09:30 - 10:00
	Room: Create@		
10:00 - 10:10	Welcome and introduction		10:00 - 10:10
	Allie Scott, Mental Health and Counselling Manager, UHI Jane Harris, Co-Director of Student Welfare and Support Services and Head of Counselling, University of Oxford		
10:10 - 10:50	In Conversation Keynote: Being, belonging and becoming		10:10 - 10:50
	Chair: Juliette Morgan, Senior Consultant, Advance HE Harriett Dunbar-Morris, PVC Academic, University of Buckingham Dr Helen Winter, University Health Service, University of Sheffield Dr Helen Lawson, TASO		
10:50 - 10:55	Transition period		10:50 - 10:55
	Parallel Session 1 - Oral presentations		
	Room: Create@ Oral presentations Chair: Katie Endacott	Room: Inspire@ Oral presentations Chair: Dominique Thompson	Room: Think@ Oral presentations Chair: Jane Harris
10:55 - 11:55	<p>1.1a Coffee club: An innovative approach to supporting students to develop a wellbeing toolbox</p> <p>Margaret Rioga, Buckinghamshire New University</p>	<p>1.2a Implementation and evaluation of Interprofessional Student Schwartz Rounds as a form of wellbeing focused reflective practice</p> <p>Dr Amy Zile, Associate Professor Georgia Panagiotaki and Associate Professor Joel Owen, University of East Anglia</p>	<p>1.3a Understanding graduate teaching assistants' wellbeing, agency, and identity: How can we better support PhD students who teach?</p> <p>Dr Hannah Slack, King's College London</p>
	<p>1.1b Cross-service collaboration to develop wellbeing in the curriculum: Multiple experts required!</p> <p>Gareth Cavill and Dr Lisa Gorton, Leeds Beckett University</p>	<p>1.2b Development of a University-based Neurodevelopmental Assessment Service for students</p> <p>Dr Fiona Gullon-Scott, Newcastle University</p>	<p>1.3b Lessons from the first year co-leading as Associate Deans Wellbeing, Inclusion, Diversity and Equality (ADWIDE)</p> <p>Alie Hilda de Vries and Juliette Summers, University of Stirling</p>
	<p>1.1c AI & mental health: Developing a predictive approach to mental health in students</p> <p>Susan Lory, Solent University and Dr Olufemi Isiaq, UAL Creative Computing Institute</p>	<p>1.2c Embedding resilience and mental wellbeing into the curriculum: Outcomes, reflections and recommendations</p> <p>Dr Jen Stockdale and Dr Maria Toledo-Rodriguez, University of Nottingham</p>	<p>1.3c Menopause, mental well-being and the workplace: Moving beyond the taboo</p> <p>Dr Katrina Forbes-McKay, Robert Gordon University and Linda Engles, University of Aberdeen</p>
11:55 - 12:10	Break		11:55 - 12:10
	Parallel Session 2 - Workshops		
12:10 - 12:50	Room: Create@ Workshop Chair: Katie Endacott	Room: Think@ Workshop Chair: Geraldine Dufour	12:10 - 12:50
	<p>2.1 A UK study on student suicide in universities: Training and support implications for frontline staff</p> <p>Dr Sonia Kalsi</p>	<p>2.2 Next steps in student wellbeing data and metrics: Updates from the SCORE and SHARE projects</p> <p>Dr Emma Broglio, University of Sheffield and Robert Scruggs, BACP</p>	
12:50 - 13:40	Lunch and Poster Session		12:50 - 13:40
	Taskforce update: Spotlight on compassionate communication		
13:40 - 14:10	Intro: Jane Harris, Co-Director of Student Welfare and Support Services and Head of Counselling, University of Oxford and Dr Dominique Thompson, Director, Buzz Consulting Katy Willis, Pro Vice-Chancellor (Student Success), Plymouth Marjon University		13:40 - 14:10
14:10 - 14:15	Transition period		14:10 - 14:15
	Parallel Session 3 - Workshops		
14:15 - 14:55	Room: Create@ Workshop Chair: Allie Scott	Room: Inspire@ Workshop Chair: Geraldine Dufour	Room: Think@ Workshop Chair: Jane Harris
	<p>3.1 Improving wellbeing by reducing apprehension about novel situations or teaching experiences</p> <p>Dr Ashely Le Vin and Dr Emma Bailey, University of Glasgow</p>	<p>3.2 Embedding compassion in the HE curriculum: Using compassionate communication to support wellbeing and inclusivity</p> <p>Dr Caroline Harvey and Professor Frances Maratos, University of Derby</p>	<p>3.3 The benefits of institution specific mental health awareness training for all student-facing staff</p> <p>Dr Ruth Collins, Oxford University</p>
14:55 - 15:10	Break		14:55 - 15:10
	Parallel Session 4 - Oral presentations		
	Room: Create@ Oral presentations Chair: Katie Endacott	Room: Inspire@ Oral presentations Chair: Allie Scott	Room: Think@ Oral presentations Chair: Geraldine Dufour
15:10 - 16:10	<p>4.1a Collaborative wellbeing template to support students in practice</p> <p>Dr Kelly Walker and Sarah Drake, University of East Anglia</p>	<p>4.2a Connecting young and old: Strengthening learning and wellbeing in a positive psychology course</p> <p>Dr Kathleen HM Chim, Hong Kong Metropolitan University</p>	<p>4.3a The wise mind group and videos: Supporting students with emotional sensitivity and distress</p> <p>Dr Helen Winter, University Health Service, University of Sheffield</p>
	<p>4.1b Mental health and wellbeing interventions and collaboration: Stepped care model at NTU</p> <p>Jemma Cropper and Joanne Smith, Nottingham Trent University</p>	<p>4.2b Holistic approach to embed wellbeing in the curriculum</p> <p>Dr Ishwinder Kaur, Nottingham Trent University</p>	<p>4.3b Embedding Resilience in the Language Curriculum and preparation for the Year Abroad</p> <p>Dr Mariana Bonnouvier, University of Bath</p>
	<p>4.1c Enrolment to employment: Equipped, empowered, and enabled - Supporting nursing and midwifery students with a lived experience of a disabling condition to develop skills and strategies for transition into high skilled employment</p> <p>Associate Professor Christine Nightingale, University of Suffolk</p>	<p>4.2c Embedding student wellbeing in continuous assessment practices</p> <p>Dr Tracey Reimann-Dawe, Durham University</p>	<p>4.3c The experience of design and delivery of relaxation sessions in an immersive room environment for staff and student wellbeing: Reflections and recommendations</p> <p>Claire Whitehouse, Finn Drude and Jacqueline Bowyer, University of Cumbria</p>
16:10 - 16:15	Transition period		16:10 - 16:15
16:15 - 16:45	Room: Create@ Closing Keynote - Taskforce update: Spotlight on the National Suicide Review		16:15 - 16:45
	Chair: Dominique Thompson, GP, consultant and author Cathryn Rodway, The University of Manchester		
16:45 - 17:00	Closing Plenary		16:45 - 17:00
	Allie Scott, Mental Health and Counselling Manager, UHI Jane Harris, Co-Director of Student Welfare and Support Services and Head of Counselling, University of Oxford		