

Student Wellbeing Classroom Resource

Academic Self-Reflection Video

Developed by:

Dr. Deborah Barros Leal Farias, Senior Lecturer, UNSW Arts & Social Sciences



Accessible for
reserved students



Foster supportive
classroom environment



Quick & Simple

Description

Students and academics alike can experience challenges to their mental health and wellbeing. It can be highly valuable for students to hear academics reflect on their personal experiences and strategies as it can help reduce stigma surrounding mental health and wellbeing and offer a point of human connection between student and academic. Short videos provide a great platform for academics to reflect on their personal wellbeing experiences as they can be easily accessed and re-watched by the student, while also being a reusable resource that academics can include in numerous courses.

Implementation

- Create a short video:
 - introducing yourself
 - reflecting on your experiences with wellbeing and mental health
 - outline strategies you found helpful and/or services you turned to for support
 - invite students to get in contact with you if they're struggling and you will help them to find the support they need.
- Upload video to Moodle ahead or early in the term and encourage students to watch it (e.g. lecture announcement, included in pre-requisite readings)
- This video can then be dropped into future courses.

Evidence of effectiveness

- Students feel comfortable to approach academics when they need support

Dr. Deborah Barros Leal Farias is a member of the Education Focussed Student Wellbeing Community of find out more about the CoP, please contact the EF Team: EF@unsw.edu.au