Designing curricula to support students’ mental wellbeing

The student mental wellbeing cluster ran a series of professional development events with participation from academic and professional support staff and students. Curricula design can support student mental wellbeing through...

- Staff role modelling wellbeing
- Designing flexible and responsive curricula
- Compassionate assessment features
- A holistic approach to assessments
- Signposting students to support services
- Co-creating curricula with students
Staff role modelling wellbeing

A holistic approach to assessments

Designing flexible and responsive curricula

Compassionate assessment features

Acceptance
Compassion
Candour
Normalising
Dialling-down perfectionism
Authentic, life-relevant tasks
Equal emphasis on process and outcome
Sourcing, referencing, research skills
Embed flexibility

Clear learning objectives
Giving time to learn technologies
Scaffold learning

More asynchronous assessments
Minimise judgement of performance on single assessment
Content and approach
Assessment criteria
Educational resources

Consideration of students with specific needs
Guiding with positive manner
Co-creating curricula with students

Signposting students to support services

Greater use of reflection on practice

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