



Welcome

University of Aberdeen's 12<sup>th</sup> Annual Academic Symposium  
Supporting Mental Wellbeing for Staff and Students

Panel Chair: Jacquie Nicholson

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# Supporting Mental Well-being for Staff and Students

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## Instructions:

**Go to:** <https://www.menti.com/>

**Code:** 9550 1281



# Supporting Student Mental Health and Wellbeing

Bekah Walker  
Wellbeing Adviser - Student Experience



# Mental Wellbeing vs Mental Ill Health

- EVERYONE has mental wellbeing but not everyone has mental ill health.
- Mental Wellbeing: is about how you feel and your ability to cope with the ups and downs of everyday life.
- Mental Ill Health: is a range of conditions or disorders that affect your mood, thinking and behaviour.

# Early Warning Signs



- Disengagement
- Change in appearance
- Low mood
- Reduced ability to concentrate
- Changes in behaviour

## Having a Conversation about Mental Health

**It's seems so small,  
but it's a powerful thing to say.**

**OKAY?**

**#powerofokay**

**See Me**  
End mental health  
discrimination

# Resources



# a Student View on Mental health

JANET GAUTHIER

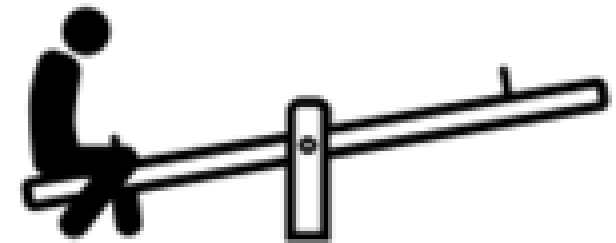
BSC PSYCHOLOGY

SCHOOL OF PSYCHOLOGY UG CONVENOR



# This year.....

- L O N E L I N E S S
- I S O L A T I O N
- U N C E R T A I N T Y
- E C O N O M I C H A R D S H I P
- P E R S O N A L L O S S E S
- G E N E R A L W O R R I E S



# We have built new communities

- WEEKLY LIVE SESSIONS
- FAQ DISCUSSION BOARDS
- GROUP THESIS MEETINGS



# Plans for moving forward

- RESILIENT LEARNING COMMUNITIES
- OPEN LINES OF COMMUNICATION
- GROUP MEETINGS
- INTER-YEAR STUDENT RELATIONSHIPS
- PERSONAL TUTOR ROLE



# Thank you!

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# Helping Our Students Connect and Focus

Nicolas Le Bigre  
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Elphinstone Institute, University of Aberdeen

12<sup>th</sup> Annual Academic Development Symposium

# Helping Our Students Connect

What is **connecting**?

Connecting is creating an experiential and personal link with various aspects of the world around you.

We are best positioned to help our students feel connected to:

- their lecturers;
- their discipline(s) of choice;
- their classmates;
- the University;
- the city of Aberdeen

**Creating connections** improves

- disposition and mental health;
- curiosity (academic and environmental);

and gives a sense of

- rootedness;
- stability;
- consistency;

and as a result, **greater academic focus and clarity.**

As lecturers we are best poised to help our students connect when we engage them with:

- Empathy
- Honesty
- Encouragement

This creates trust (connection to the lecturer) and helps the student find their own path using their lecturer's advice as a guide.



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# Place of mystery

This one is to do with a legend in which a member of staff died at the hand of students!

1) At the top of the Old Aberdeen High Street, cross St Machar Drive and walk down the Chanonry. (There are many stories associated with the Chanonry and St Machar's Cathedral – including one about one of the limbs of William Wallace – but I'll let you look those up.)

2) At the bottom of the Chanonry, don't enter into Seaton Park but rather turn left onto Tillydrone Road (a pedestrian path):



3) Keep walking down Tillydrone Road. Behind the wall on your left is the arboretum of Cruickshank Botanical Gardens and on your right is Tillydrone Motte (the strange hill, thought to be a medieval fort but now thought to be part of an iron-age settlement).



4) Keep walking and on your right you'll pass Benholm's Lodging, locally known as the Wallace Tower (because of the figure of the knight on its north side – the side facing the park). Believe it or not, this building used to sit at the Netherkirkgate (near the bottom of George Street) until it was moved in the 1960s to make way for Marks and Spencer!




5) Anyhow, keep going until Tillydrone Road intersects with the very busy Tillydrone Avenue. Walk back a few meters south (towards the Zoology Building), and you'll see this, a cairn in memory of Sacrist Downie with a plaque on it:



Hopefully the intrigue of this shocking tale will get you out stretching your legs again now that the weather is warming up!

Thank you!

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A wide-angle photograph of a desert landscape. In the foreground, a dirt road with tire tracks leads from the bottom center towards the horizon. The middle ground shows a flat, sandy desert floor. In the background, the ocean meets a sky with scattered white clouds. The sun is low on the horizon, creating a warm, golden glow across the scene. Centered over the image is the text 'UPCOMING Q&A' in a bold, black, sans-serif font. Above the word 'UPCOMING' is a simple black arrow pointing to the right. Below 'Q&A' is the phrase 'WE WOULD LOVE YOUR QUESTIONS' in a smaller, all-caps, black, sans-serif font.

→  
UPCOMING  
Q&A

WE WOULD LOVE YOUR QUESTIONS