



Understanding and supporting student mental health and wellbeing through Our Journey

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Agenda

- Introduction activity: events and emotions in study journeys
- Our Journey: background and work to date
- Explore the tools
- Discussion: opportunities and approaches to integration

Introductory activity

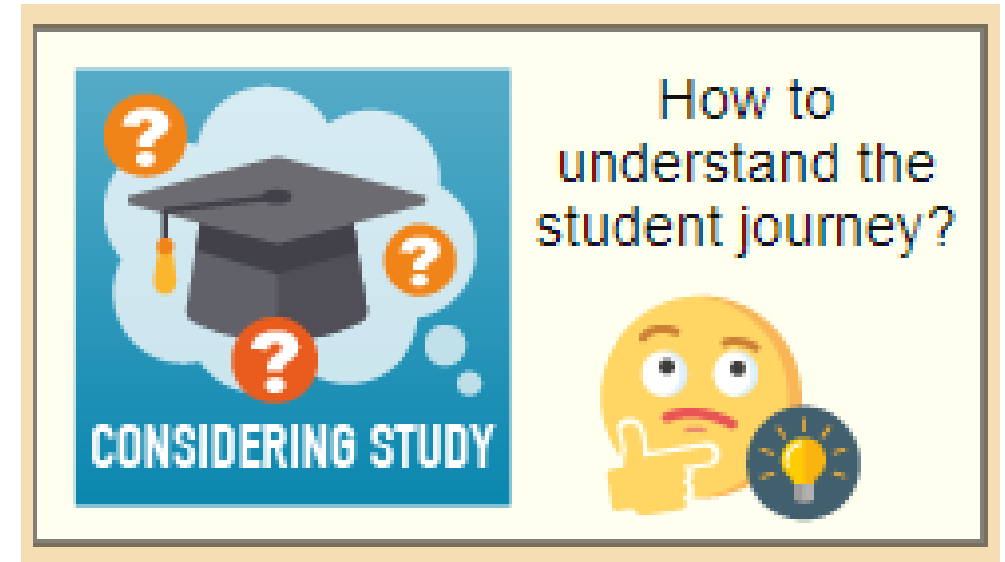
- Look at the event cards on the table. Choose a few that you experienced during your own student journey
- Write down some words on each card to describe these events
- Look at the emotion cards on the table. Can you find one that sums up how you felt for each of your events?
- Discuss on your table



STUDY GOAL

Our Journey: Project rationale

- Diversity of students and their experiences is not visible
- Students face barriers and challenges that impact on their ability to succeed and on their mental health and wellbeing
- Limited mechanisms to represent and provide feedback on these issues and the impacts over time



Work to date

1. Design a visual structure for representing student journeys through participation
2. Create a prototype online tool, pilot and refine
3. Extend and refine the tool so that it can be used at scale and effectively represent emotions and events



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Map your study journey. What were the challenges and achievements?



- Event and emotion cards
- Allocating emojis to individual events
- User agency with start points, milestones, post-it notes etc.
- Flexible towards a variety of uses



Save Menu Help

START
HERE!



Move ▾

4. Add an
optional
note



Considering ▾

2. Describe the
event

3. How did
you feel?

Select ▾



JOURNEY

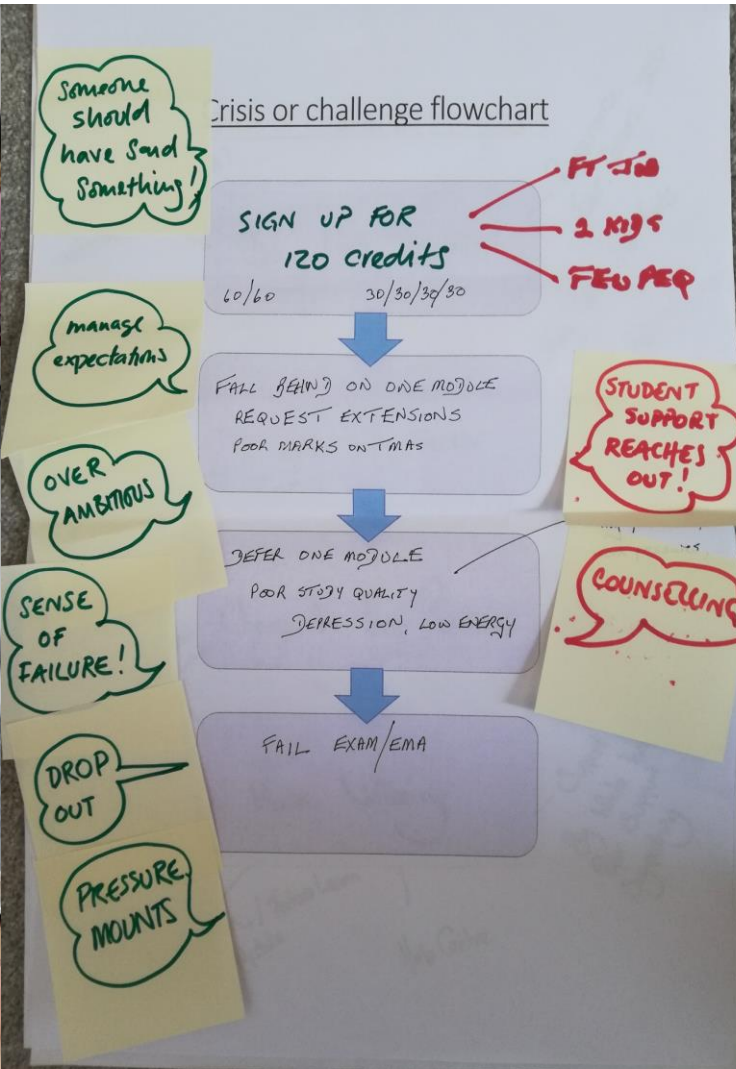
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iet-ou.github.io/our-journey/

Stage 3: What now?

- Supporting and understanding student mental health and wellbeing.
- Providing a better experience for students using the tool.
- Providing a secure way to create and share journeys.
- Exploring ways of including other sources of student data as a part of the journey and in analysing journeys.
- Exploring how the tool could become part of support and guidance for students.

Student participatory design workshop



Linking analytics and journeys

- Trials will be used to explore how journeys can be linked to student records or other data sources for analysis
 - Qualification aim
 - Modules registered for / completed
 - Results
 - Demographics
- Potential to pre-populate journeys with these events or make them available to be added through the journey interface
- This could be a prompt or memory aid for students about past events

Sharing and control

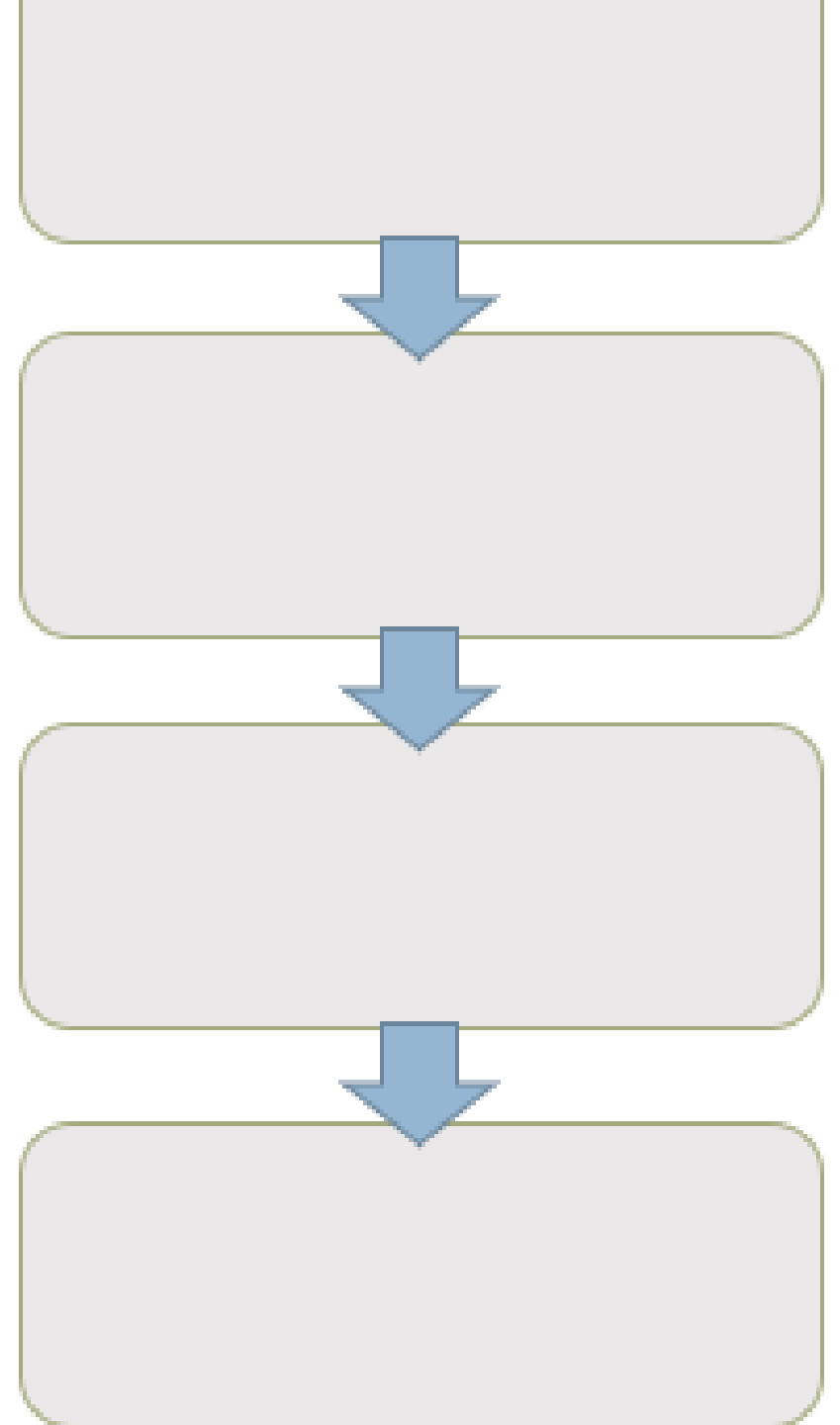
- Student control and understanding of how the journey is used has been a key theme in feedback
 - Will I be judged based on what I input?
 - Who will see it?
 - What happens when I leave or study somewhere else?
- Current plans
 - Create a mechanism for students to share individual event cards
 - Student 'owns' the journey
 - Analyse and explore anonymised and aggregated journeys with relevant staff
 - Explore the design of responsive actions and prompts for support

Our Journey as a means of student support

- Positive feedback on use as a means of supporting students
- Positive feedback on using the tool regularly to record study events
- A means of 'strategic signposting' using reported events
- Increase visibility of relevant resources for particular situations
- Option to share the event with relevant staff
- A 'panic' button
- Opt-in to responsive prompts
- Need to find the balance

Activity: Crisis or challenges in the student journey

- Think of a common challenge students might experience
- How does it escalate/unfold?
- What might mitigate it before it reaches crisis point?
- Plot it on the flowchart



Discussion: opportunities and integration

Our Journey can be used in a variety of ways:

- Reflective learning activity for students
- Feedback at scale to the institution
- Responsive support

Which of these might be interesting in your context?

How could it complement LA?

What analysis might you be interested in?

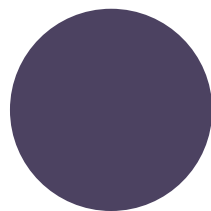
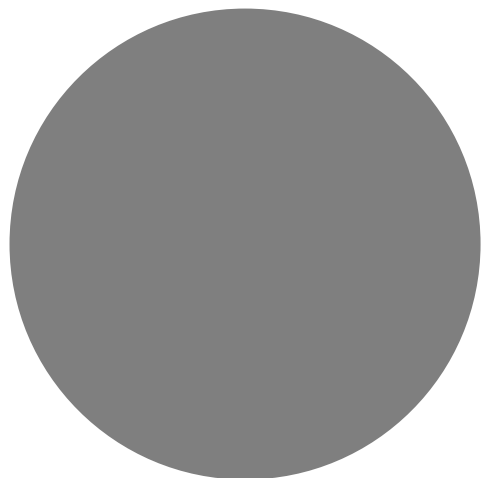
What challenges would you perceive?

How could you apply any findings?

New version
ready for
trial at scale



- Collect at least 100 retrospective student journeys from students registered across 5 qualifications
- Explore approaches to analysis, patterns, augmenting other analytics
- Share and discuss data with staff involved in qualifications and student support
- Longitudinal trial, using the tool on a regular basis



Thank you!