**Student Wellbeing and Support (SWAS)**

**Training Programme**

**Programme Schedule**

**Week 1:**

**Topic:** Student Welfare and Support at Regent’s Park College

**Presenter:** Dr Lynn Robson

This lecture will cover student welfare and pastoral care from college’s perspective, explaining about the services available to students within the College and roles of different staff involved in pastoral care of the students. It will also cover how students are supported in the college community by academic and welfare staff and peer supporters.

**Topic:** Introduction to Oxford University Counselling Service

**Presenter:** Alan Percy

This lecture will provide an overview of how the Oxford University Counselling Service works and what help and advice are available to students. It will also explain in detail what counsellors can and can not help students with and what happens to students who are not able to use this service.

Topic: Models and experiences of psychological crisis prevention and intervention in British Universities

Presenter: Geraldine Dufour

This lecture will share the different ways of psychological crisis prevention and intervention drawing from the experiences of different British Universities and comparing diverse provisions available to students.

**Week 2:**

**Topic:** Students’ Hardship and Scholarship Support

**Presenter:** Dr Matthew Williams

Dr Matthew Williams will cover the resources available to students who encounter financial difficulties, support for students with disabilities and different funds and support available to students who experience different levels of hardship.

**Topic:** Helping Students in Distress

**Presenter:** Dr Ruth Collins

Dr Ruth Collins will introduce a deeper psychological aspect of dealing with students in genuine distress and how to deal with the students who thinks that they are in a crisis but do not appear that way after the assessment. This lecture is helpful for deeper understanding of triggers behind students’ behaviour.

**Week 3:**

**Topic:** Evidence-based practice that positively impacts University students' wellbeing

(“The Application of Mindfulness in Coping with Academic Stress for University Students”)

**Presenter:** Geraldine Dufour

This lecture will introduce the concept of Mindfulness that was successfully rolled out at the University for both students and staff. You will have a deeper understanding of how this concept works and how you could try to implement it in helping your students.

**Topic:** Peer Support Programmes: promoting connectivity and community in universities

**Presenter:** Anne Ford

This lecture will explain how peer supporters are selected and trained to provide the necessary help and assistance to their peers in distress and when to pass them on to the Counselling Service. It will also explain which backing is given to peer supporters to help them stay mentally fit and able to help other students.

**Week 4:**

**Topic:** The Oxford Foundry: entrepreneurial and innovation support for Oxford University students.

**Presenter:** Jonathan Thompson

This lecture will explain what assistance is given to students to support them in their entrepreneurial lives, which funds are available for student-led innovation projects and how the University and the Oxford Foundry help students to develop their ideas into businesses.

**Topic:** Student Life and Experience at Oxford University

**Presenter:** Student Panel

The Student Panel will give you an opportunity to interact and ask questions to current Oxford University students from different colleges and studying different subjects. It will be a great way to find out the students’ perspective on their lives, support given by the University and the College, to find out more about their hobbies and what provisions are available for students’ spare time, to learn about different Unions, Societies and Clubs and which role they play in students’ lives.

**Week 5:**

**Topic:** Ethical Issues in Student Counselling

**Presenter:** Alan Percy

This lecture is extremely helpful in understanding the expectations, duties, responsibilities, and moral qualities that need to be possessed by people providing assistance and care to the students and the challenges that arise during student counselling.

**Topic:** Managing Exam Stress and Anxiety

**Presenter:** Dr Ruth Collins

Final lecture of the series will look in depth at how to assist students in coping with stress and exam anxiety. It will offer some helpful exercises that could be passed on to students and could be practiced before as well as during the exams to rebuild the composure, to reduce the anxiety and to carry on succeeding in their academic lives.