

Student WellBeing

The Value of Community

“student wellbeing, a population-level term concerned with positive emotions rather than diagnosed mental health conditions”

[Burns et al 2020](#)

<https://www.frontiersin.org/articles/10.3389/feduc.2020.582882/full>

Quit rate at an all-time high

The share of workers who are voluntarily quitting their jobs reached a record level in September at 3%.

— Quit rate

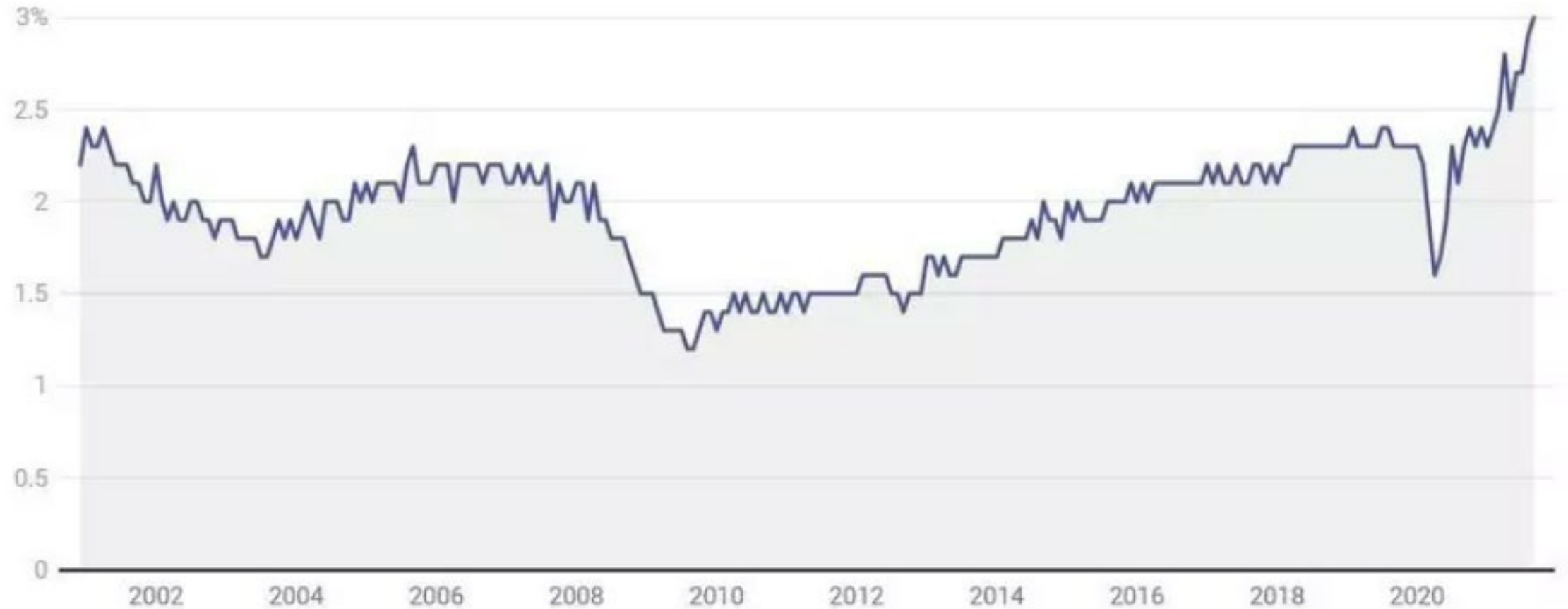


Chart: The Conversation, CC-BY-ND • Source: [FRED](#) • [Get the data](#)

Lessons from the OU

Recommendation 1

Higher education institutes should develop holistic and inclusive approaches to mental health that encompasses all students irrespective of age, mode or intensity of study, and can accommodate different personal needs and circumstances.

Recommendation 2

Providers of higher education should introduce mental health approaches that assist students to balance the needs of studies, work, and friends and family, and develop effective and sustainable coping strategies.

Recommendation 3

More specifically, mental health strategies for all higher education students must promote self-worth and confidence, by creating a sense of belonging and community through active and authentic conversations.

Hunter 2021

<https://www.fenews.co.uk/fe-voices/supporting-the-mental-health-of-mature-higher-education-students/>

Learning Communities

Community of Inquiry

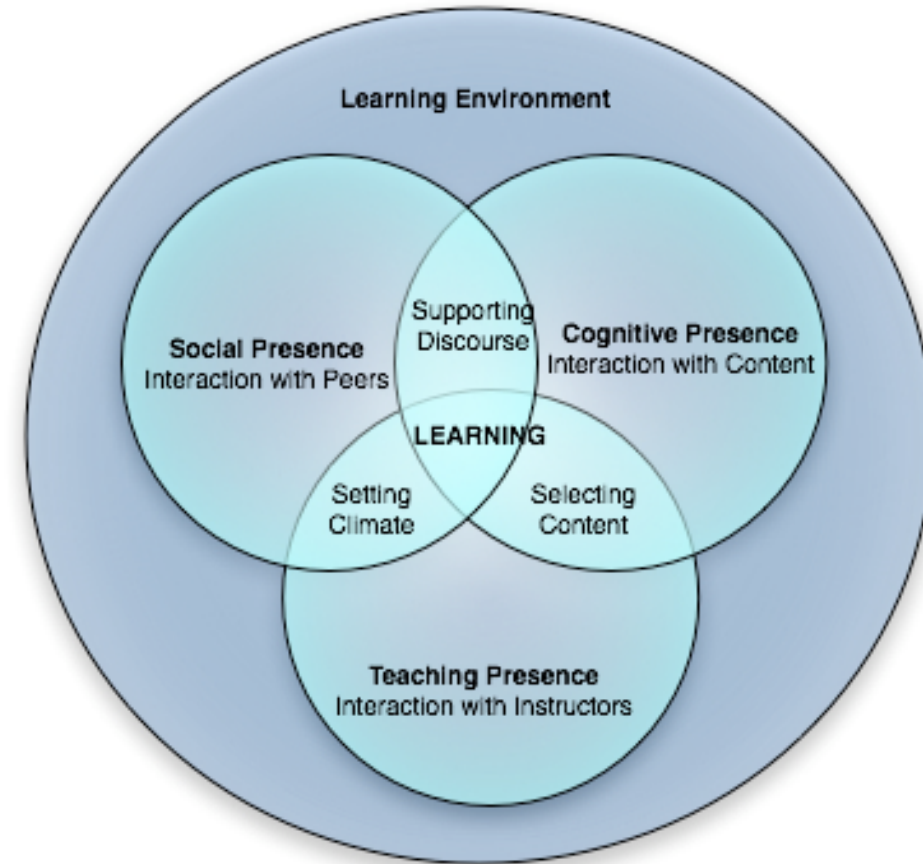


Figure adapted from R. Garrison, T. Anderson, L. Rourke et al Community of Inquiry Model [2007]

Horizontal and vertical learning communities

Horizontal
Own peer group

Vertical
Student cohorts
above and below
Staff

Building a horizontal community in person

'Doughnut' lectures throughout 1st year

Discussions in pairs and small groups in lectures

Problem Based Learning in small groups

Seminars where students take turns to present on a topic

Co-working spaces with designated times

Building a horizontal community online

Asynchronous activities

Discussion boards - students can put up drafts, and get feedback leading to co-creation of teaching materials

Workshop style activities using Google sheets
(semi-synchronous)

YouTube channel for video presentations

<https://youtu.be/JuOd3xJpd0Q>

Peerwise for MCQs

<https://peerwise.cs.auckland.ac.nz/>

https://www.researchgate.net/publication/220807308_Student_use_of_the_PeerWise_system

Building a horizontal community online

Synchronous activities

Use of breakout rooms for small group work

Create a large table in Excel/Word with missing bits, people claim a section to fill in.

Validity confirmed by teacher, add to VLE as a co-created resource

3rd year dissertation
'Writing retreats'

Building a vertical community in person



Building a vertical community online



