



## **Embedding Mental Wellbeing: Methods and Benefits Collaborative Enhancement Project 2021**

### **Student Academic Transitions Toolkit**

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**Many colleagues at the University worked on this project, including:  
Professor Clare Furneaux (Teaching and Learning Dean), Chair of the working group,  
and Lauren McCann, Senior TEL Advisor**

#### **Rationale**

The University created a working group involving colleagues from across the institution - academic and professional services - during the summer of 2021.

The aim was to combine our resources and create a Student Academic Transitions toolkit, to share information and good practice for staff on supporting new students as they join the university, and returning students.

The University acknowledged the challenges facing students after lockdowns (COVID-19) to manage the transition to university and for those returning to continue with their studies.

#### **Method**

During the summer of 2021, colleagues met to discuss what resources were available across the university and what would need to be created to support students. The aim was to coordinate resources available and create one source where staff could access them easily.

Colleagues gathered information from students (current and prospective), colleagues across all schools and relevant functions, and from across the sector (conferences, publications).

The Toolkit includes sections on what students/Year 13 pupils told colleagues, resources and suggestions for staff (with examples of good practice), resources for Academic Tutors and students themselves, and upcoming academic transitions events for staff.

The focus was on academic transitions, including the social aspects of the university, so the Toolkit also includes signposting to relevant resources provided by various services and functions and RUSU (Student Union).

The resources are on a site available to staff. It is a dynamic website where staff can add new ideas and resources. There is a section where colleagues from across the university can contribute their ideas.

## **Evaluation**

The Toolkit (website) is new this academic term. Colleagues will evaluate the use of the resources later in the year.

## **Takeaway message**

It is essential to collaborate and include staff from across the university to make sure all are involved, identify resources available (not to duplicate) and make everyone aware of the resources they can use to support students in whatever role they work.

The dedicated effort to bring colleagues together was a remarkable demonstration of the staff's dedication to supporting students in their transition to university, supporting them both in the academic and well-being aspects.

This document was produced as part of the [Collaborative Enhancement Project - Embedding Mental Wellbeing](#).