

Academic Tutorial: What is Wellbeing?



Wellbeing Tutorial

Session Length: 45mins-1hour

Aims:

- The aim of this session is to support learners in building their understanding of what the term 'wellbeing' is and how to promote their positive mental health in everyday activities.

Set Up:

Ideally, this session should be held in a digital workspace where learners can view the Kahoot quiz on a large screen and be able to access a computer to play the Kahoot. However, learners can easily access the interactive quiz independently on either their smart phones or tablets. This activity is designed to engage all learners in discussion in a secure and collaborative class room set up where they can speak openly and safely without interruption. The tutor needs to be able to speak and question the learners with organic discussion so students are comfortable to share their viewpoints and answers to one another, whilst encouraging a playful competitive environment.

Equipment:

- TV/Interactive screen
- Computers OR smart phones/tablets
- Kahoot account (Tutor only) to deliver the quiz
- [Wellbeing Kahoot](#)
- [Kahoot How-To-Guide](#)
- Optional— [Intro](#) and [Exit](#) Forms

Structure:

Session Introduction (10mins):

Once the equipment is set up sufficiently and all participants have access to kahoot, introduce the session aim to the learners, explaining why they are taking part in the session. Start by questioning their existing knowledge of what wellbeing is and why it is important for them to know.

Tip: Use this time to recap and reflect on big moments that have happened in the past and what might be happening at the moment in their lives, discussing how they might need to consider their wellbeing – this could be for learners that are at a time of making big decisions about their next steps in education, moving to employment, adjusting to changes in relationships, managing deadlines and workloads or becoming more independent in their lives. Optional - ask students to complete a digital intro form.

Main Task (20-25mins):

The learners are to work independently on this and not in groups - this is to get them to self-reflect and so that the tutor can identify the individuals understanding of the subjects discussed in the quiz. Learners will need to set up a username that will be seen by all, so they are encouraged to use a name that is mature and non-offensive, this can be monitored at the tutor's discretion.

The tutor is to start the quiz and go through the questions in the allocated time per question – it is always helpful for tutors or student support staff to read out the questions to help some of those who may struggle.

Once the group have answered the question, the quickest person to answer will be displayed on the screen along with the correct answer, which should encourage friendly competition. Once the answer is through, this is the time for the tutor to pause and discuss the answer, encouraging the group to speak and listen to each others viewpoints. Any interesting or insightful comments should be shared with the rest of the group – tutor can use relatable examples and scenarios for learners to reflect on a think deeper about their wellbeing and how they can or already do, promote positive mental health.

Summary (5-10mins):

Once the quiz has finished and the winner has been announced, summarise on what they have learned. Capture what the learners could use in everyday activities and how they can apply them to more positive mental health in the group. You may give them time to go out and walk, get fresh air, have a break or plan time doing something they enjoy. Encourage learners to exchange tips with one another and give examples of what they will do for their own wellbeing and how this will help them take time out from the challenges in their work and personal lives, this can be done by asking them all to state what they will do and why. Optional - students will now be asked to complete a digital exit form for feedback on the session.