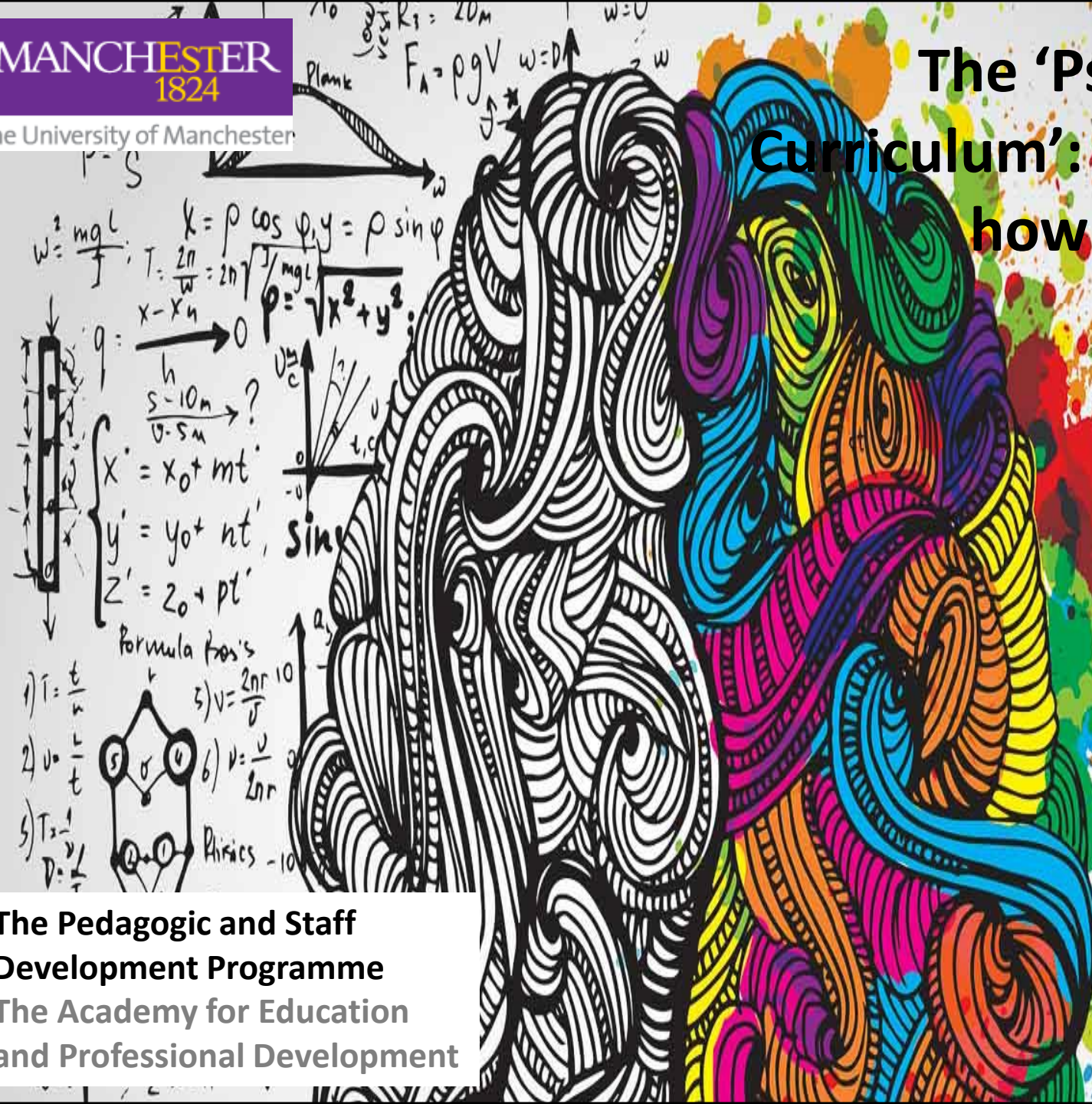


The 'Psychological Curriculum':

how to help students navigate the unseen parts of their studies and student life



The Pedagogic and Staff
Development Programme
The Academy for Education
and Professional Development

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Delivered by:

- **Adam Danquah** - Senior Lecturer in Clinical Psychology
- **Sheila Fidler** - Senior Lecturer in Audiology and Programme Director
- **Sarah Littlejohn** - Psychotherapist and Head of the UoM Counselling Service (from 10.30)
- **Hannah Marsden** - Trainee Clinical Psychologist
- **Emma Willert** - GP, Clinical Lecturer Lead for Early Clinical Experience.

Intended Learning Outcomes

Delegates will leave the masterclass with a good understanding of:

- what the 'psychological curriculum' contains,
- strategic approaches within the University, at different levels and contexts, to support students to engage and attain academically while looking after themselves, *and*
- ways in which they can develop student supports relevant to their own University context.

Session plan

- 09.30 Introduction
- 09.45 Workshop round 1
- 10.30 Workshop round 2
- 11.15 Workshop round 3
- 12.00 Large-group feedback and close

A photograph of two young women standing outdoors, looking at a brochure. The woman on the left is Black with shoulder-length dark hair, wearing a black leather jacket. The woman on the right is white with long, wavy dark hair, wearing a black top and a necklace. They are both looking towards the right. The brochure they are holding is purple and white, with the text 'Campus Guide' visible on the purple cover. The background is a blurred outdoor setting with a building.

The 'psychological curriculum'

Workshops



Mind Your Mind (MYM): Context

- Context
- Student mental health and wellbeing
- Separation and protective factors
- The additional impact of WP backgrounds
- Additional support
- MYM: exploration and support in the context of UG psychology WP challenges

MYM: Content and process

- Series of three sessions of increasing 'depth':
- Social Media; Anxiety; Belonging
- Facilitated by four trainee CPs
- Overseen by CP lecturer
- Coordinated by UG psychology lecturer
- 45-min sessions: introductions and video, lunch, smaller group discussion, large group feedback (collaborative workshops)

MYM: Outcomes

- ✓ Good scores – useful 3.8; understandable 5; impactful 4 / 5
- ✓ Favourable qualitative feedback
- ✓ Quality of relationships / rapport developed over short timeframe
- ✓ ✗ Relevance of topics
- ✗ Take up
- ➔ Lessons: collaborative development of session content and better recruitment