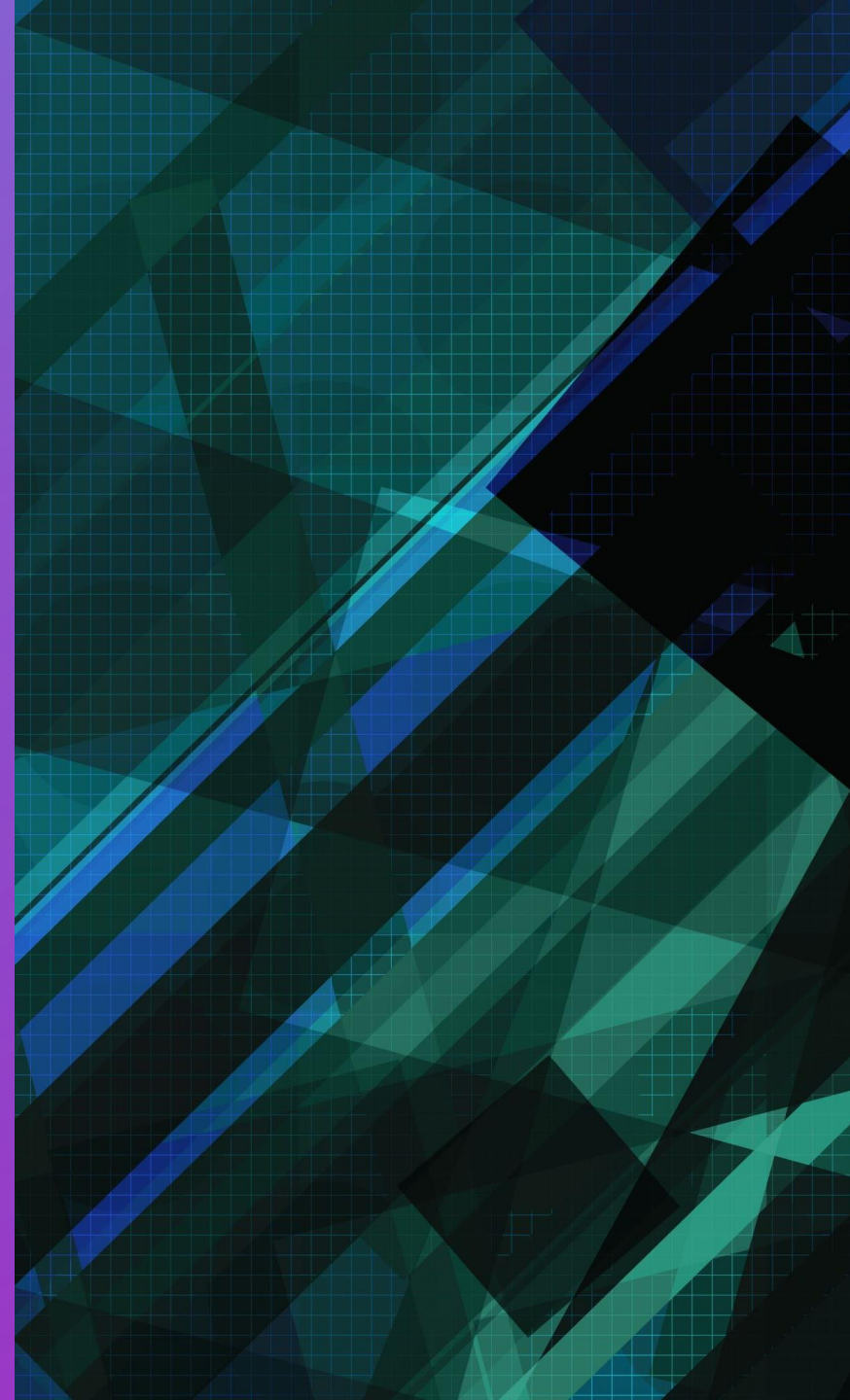


DR FELICITY SEDGEWICK,
DR CHARLOTTE FLOTHMANN,
MRS ANTONIA LYTHGOE &
DR TRANG TRAN

**COVID-19,
DISTANCE
LEARNING,
STUDENT
RESILIENCE AND
COMMUNITY
BUILDING**



WHY ARE WE DOING THIS?

- Students (and staff) are facing a range of new challenges this academic year
- Normally, cohorts help each other through these
- **BUT** majority-online learning removes many opportunities for informal connection and support
- Research has shown that being part of a strong community is beneficial for physical and mental health (Suhlmann et al., 2018), crucial in COVID times
- Especially as mental health is such a focus at Bristol

WHAT ARE WE GOING TO DO?

Stage One

Interview existing students and recent graduates from SoE Ugabiut how they made and maintained community during initial shift to online learning

Stage Two

Use these insights to design three interventions to support sense of community and wellbeing among current SoE UG students, then trial these across TB2

Stage Three

Evaluate the effectiveness of the three programmes

WHAT DO WE HOPE TO FIND?

Ways to build a sense of community and encourage peer-to-peer practical support among our cohort

Expecting to see improvements in subjective quality of life and sense of wellbeing

Form recommendations for the wider university on how to create supportive contexts for students who are mostly learning online



**Elizabeth Blackwell Institute
for Health Research**



Rosetrees Trust

Supporting the best in medical research

THANKS AND QUESTIONS

