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Symposium on psychological well-being of students: A brief summary

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This is an author's accepted manuscript of an article published in the Psychology Teaching Review 23 (2), pp. 91-92 2017. The final definitive version is available from the publisher at:

https://shop.bps.org.uk/publications/publication-by-series/psycholog...

The British Psychological Society Annual Conference 2017: DART-P symposium on Psychological Well-being of Students

The following symposium was presented on behalf of DART-P. The aim of the symposium was to examine recent research that has aimed to enhance the psychological well being of students in Higher Education. A recent report by the Guardian commented that "A surge in the number of students at top universities using mental health services is due in part to the hike in tuition fees to £9,000", campaigners have said, adding that financial stress is linked to anxiety and depression. The first paper discussed a specialist mentoring programme for undergraduate students with MHC or Autism Spectrum Disorders (ASD) and its impact on participants psychological well-being. From the utilisation of survey instruments, mentees indicated that mentoring had a positive impact on their academic skills and university life, social relationships and skills, and well-being. The second paper explored reciprocal peer coaching in a module context using a mixed methods approach. Results indicated that the peer reciprocal coaching relationship impacted upon increasing student resilience and psychological well- being. Finally, paper three highlighted the benefits of technology-enhanced learning, while underestimating the actual impact they have on learners' experiences and well-being using a mixed methods approach with 88 students. Findings indicated that students used ubiquitous connectivity to enhance their well-being by satisfying four basics psychological desires and needs: ease, freedom, engagement and security. The emergent theory was used to generate a model of students' psychosocial well-being.