**Cynhadledd Fer: Ymgorffori Lles yn y Cwricwlwm**

**Mini Conference: Embedding Well-being in the Curriculum**

25 Mawrth | March 2021

# Crynoldebau / abstracts

**Supporting students in building a resilient approach to their learning, Antonia Ivaldi**

Students can frequently feel overwhelmed in their studies, leading to stress and poor wellbeing. This session will look at how to support students in building a resilient approach to their learning. This talk draws on four areas that help to address some of the stressors that students experience and that might hold them back in their engagement and learning. Drawing from experiences and material used in the third-year option module, the Psychology of Counselling, Coaching and Mentoring, this session will examine how to help students:

* Understand why they might procrastinate in their approach to studying and learning.
* Identify how to work effectively.
* Recognize that they are in control of their learning and have the power to make choices in their approach to their work.
* Have the confidence to speak out in class and understand what might be getting in the way.

The session will conclude with ideas of how to embed this understanding into teaching, whether it is at class or personal tutor level.