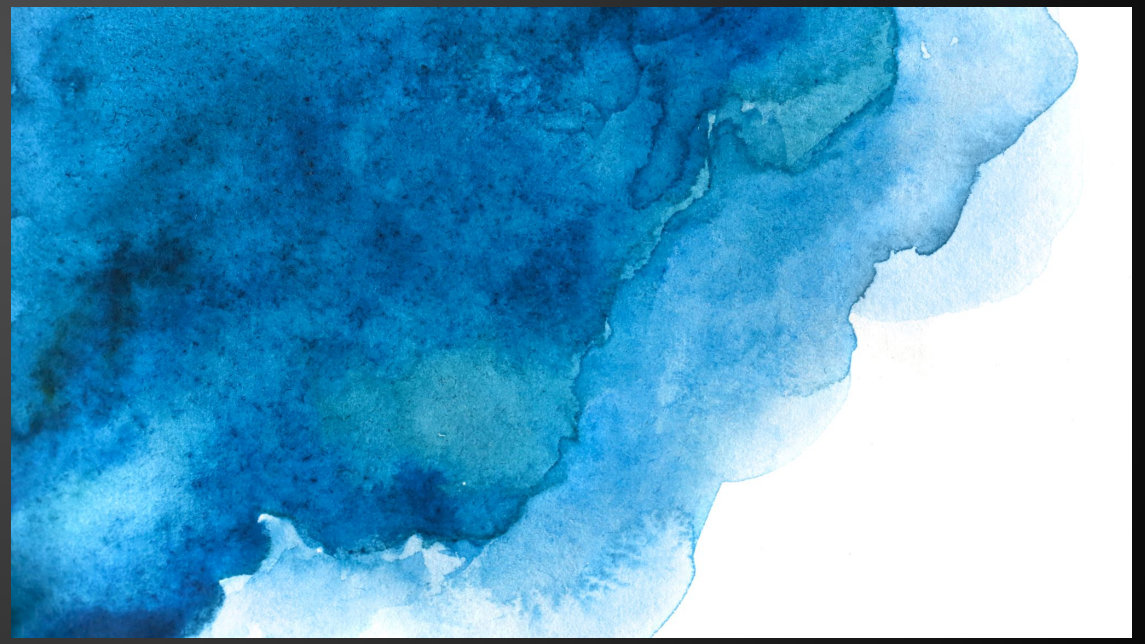
cysylltu | connect



CONNECT

CORINNA AFRA

INTRODUCTION

- Student wellbeing support service
- Connectors (Staff and students)
- APP
- Aims

BACKGROUND

Swansea University Student's union and UWTSD student's union have helped to shape the project

Works with several further education colleges to create and deliver content for the transition to university

EXPERIENCES



- Surprises (confidence, challenge)
- Challenges (Conversation, silent)
- My mental space

EXPERIENCES



IMPROVE (NEGATIVE THOUGHTS, ANXIETY)



OPEN QUESTIONS



LEAD THE CONVERSATION

EXPERIENCES



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- Problem solving (exercises, basic counselling skills)
- Events together
- “ I am always here”



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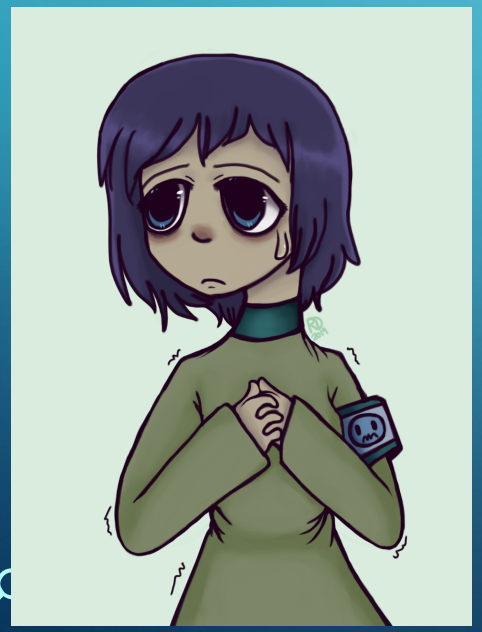
EXPERIENCES

- Used my knowledge (SOLER)
- Company of mine
- Ethic form

EXPERIENCES

- Every session is a responsibility
- Suicidal thoughts
- Proactive approach (think about topics, writing them an email about how they are feeling)

EVALUATION



- Empathy, listening, safe space
- Nervousness, right question
- Proper session, practice

REFERENCES

- *CONNECT*. (2021). Connect. https://connect-wellbeing.wales/

NOTES

- Connect is for students from any campus for any student on any course
- Does not offer crisis support
- Feelings that a student might feel are: homesick, isolated, stress about exams
- Connectors are trained before they start
- There are staff members and student at connect
- Staff members can provide more information than students
- Students are more like listening ears
- “Feeling good app” audio based mind, body training program for wellbeing recovery
- Aims: Supportive community
- Lifelong positive and healthy behaviours
- Look after their wellbeing

NOTES

The most surprising thing would be a reflection of myself how confident I would be after a few session compare how nervous I feel now thinking that I cannot help someone. I would be surprised by myself. That would be a completed challenge.

- Challenges
- starting the conversation and lead the session, deal with silent, when hard them to open up and I need to find a way to reach that.
- Giving help when i am not in good mental space
- Improve skills
- Deal with nervousness and thoughts for example I am not enough to help or any thought that give me anxiety about me being a counsellor
- Asking open questions
- Lead or pick up a topic to talk about smoothly

- Empathy and listening in general which is very helpful on its own if they feel listened. Let them know they are not alone (kinda empathy)
- Give them the feeling “I am always here for them”
- I would ask 2-3 things at the beginning why are they grateful for today
- I would do a minute of breathing exercise
- At the end of the sesion i would do some affirmation such as I will have a great day, I am enough, I am loveable…
- I would offer my company
- I would offer them events where we can go together
- When I would let them talk and i am just listening
- When I would have an in person meeting with the student or when we would go to an event together
- When I would summarise that they said and they feel that I was listening
- When I use hm, uhumm during a session
- When I would show them empathy and provide them a safe place
- When I desribe the ethic form

- I think its always a responsibility when you are a helper because you are responsible of their mental health or for them to get better
- If i would have someone with suicidal thoughts that would be a huuuuuge responsibility
- Empathy and listening and providing the safe place would go well i think the nervousness would not be too helpful and could cause unprofessionalism also ask the right question I would say the bad part would be my strong nervousness and the good part is simply the opportunity to develop my skills and reach my expectations
- As an experience would have been nice and helpful for see myself in a proper session and be able to see the bigger picture and analyse myself how it went but i think at the end I would feel that i am doing good and i enjoy to do it and want to practice and learn more about it.