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Pilot Study of a Student-led Peer Support Wellbeing Programme

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Summary

Many students find the transition to university life difficult, and often struggle with their mental health and wellbeing during this time. Ulster University have developed several initiatives to help address this transition. For example, several Schools within Ulster University run a scheme called Peer Assisted Study Sessions (PASS) which is student led and aims to aid the first-year transition into higher education whereby higher year students (mentors) facilitate weekly study sessions with lower year students (mentees). The aim of the current study was to design, develop, implement and evaluate a 12-week student-led peer wellbeing programme for first year undergraduate students attending the PASS programme in the School of Psychology, Ulster University (mentees). These sessions focused on enhancing the wellbeing and resilience of students during semester two. Mentors and mentees were surveyed, and the top 12 wellbeing topics were included in the programme. Trained PASS mentors delivered the programme and