



## WP3 Student support formats

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# Self-supportive group for students in vulnerable situation

- Designed to support students with vulnerabilities in dealing with pressures connected to studying.
- 1x/month
- Co-facilitated by a PhD student and an EBE.
- Invitation sent to all students' emails, to faculty social media, personal invitations in classes and through University Counselling Centre.
- The needs for creation of self-supportive group were gathered through short questionnaire (returned by 35 students).
- EBEs involved in designing the group (specifically we built on their experiences from self-supportive groups), running the group (as co-facilitators), and evaluation of the group (through supervision and intervision meetings).



# Outcomes and lessons learnt:

- 7 self-supportive groups
- Only 11 students attended all together
- Format not working well.
- Focus group on vulnerability - decision on changing the format to more workshop style.
- 1st workshop: Boundaries in the working relationship (model situations and small group work) – planned for 30th of October 2024
- 2nd workshop: Mental health – planned for December 2024



## Self-reflective tool for students

- Designed in order to deepen self-reflective skills of students.
- Piloted in the class „Construction of social norms“ for Bachelor students (3rd year)
- Closely linked to EBEs involvement in the class (in the form of Living library).

### Procedure:

- Students are part of living library (1st class).
- They are then assigned an essay to write during the semester. Specifically they are asked:
  - to choose one EBE's story and to describe it as they remember it.
  - Write more about causes and solutions of the problem, what worked well, what did not and who was involved.
  - Students get a set of self-reflective questions and write answers as a second part of the essay.

- Final meeting and small group discussions with EBEs involved as reflective listeners.



# Outcomes and lessons learnt:

- 7 EBEs involved
- 93 students
- 93 essays with self-reflective part
- The format worked well, good evaluations from students.

EBEs would like to have an opportunity to read through essays.

Logistically complicated for teachers, but at the same time well received.

The same format of the class will repeat this academic year.

