

# Responding to crisis: creating a wellness video.

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# ENHANCING FOR IMPACT

RGU'S ANNUAL LEARNING AND TEACHING CONFERENCE

## Responding to Crisis: Creating a Wellness Video

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# THE PROBLEM

- Throughout the pandemic, it became increasingly clear that students were struggling to adapt to the virtual mode of learning. This was evidenced by:
  - Lower productivity
  - Increased mental health issues reported through School's drop in Office Hours
- RGU has a wealth of resources – but a lot of these were text based
  - These were lost in an avalanche of digital information

# THE SOLUTION

- We wanted to create a simple resource for students to refer to.
- We consulted students on what they would engage best with:
  - Short/snappy
  - Not “preachy”
  - Hints and tips
- We built a three-minute video promoting wellbeing techniques in the context of remote learning, leveraging our experiences and pedagogic research.



thing that you should be doing.

[Click image to go to the video on YouTube - link added to PDF by the RGU Publications Team]

# IMPACT

- “I will play this every morning from now on”
- Over 3k views on Facebook in the first few weeks
- A noticeable increase in staff and students referencing it within the School
- Student awareness (even outside RGU!)