



Vox Pop: What Could Teachers do to Support Student Wellbeing? Video Transcript

This is a transcript of a short introductory video from the website <http://unistudentwellbeing.edu.au>.

People in the video (in order of appearance) include:

EH	Evin Hartley-Murray	Student, Graduate Diploma of Mathematics, University of Melbourne	Student Vox Pop 1
JC	Jenna Cook	Student, Bachelor of Biomedicine, La Trobe University	Student Vox Pop 2
NC	Nicholas Clifford-Hordacre	Student, Bachelor of Science, University of Melbourne	Student Vox Pop 3
BZ	Bernard Zhang	Student, Bachelor of Science, University of Melbourne	Student Vox Pop 4
R	"Rose"	Student, bachelor of Environments, University of Melbourne	Student Vox Pop 5
S	"Sam"	Student, Bachelor of Arts, University of Melbourne	Student Vox Pop 6
XM	Xavier Martin	Student, bachelor of Arts, La Trobe University	Student Vox Pop 7

[Title] *What Could Teachers do to Support Student Wellbeing?*

EH I think something crucial for teachers is showing vulnerability. Because I think it's really important that, you know, a lot of people who are 18 and coming into their first university lecture and the lecture is all the way up the back [gesturing far way], and an extremely sort of well respected and formal person.

The lecturers that really affected me in first year were the ones who were free to say "I got this wrong" or like "I was rushed this morning and I felt like I couldn't handle it" or something like that. More than any kind of like, you know, "Are you OK? If you feel sad, go to this number" - the recognition that these people who you really respect also have problems sometimes too, and also feel stressed and need coffee to get out of bed, and are worried about things, was really helpful to understand, it's not just you. It's even these other really accomplished people.

JC I think to support the students teachers would possibly be able to kind of talk to the students and get a feel for how they are coping with the stress of the workload and how they are going with examples, and in class, just to get more of a feel for how the class is feeling as a whole in relation to the subject.

- NC I think they could - I'm not sure how they'd do this, but if they could somehow - if teachers could understand what's going on for students in different aspects of their lives as well when structuring things like assignments or exams, to better balance it for the students? Because at the moment, they don't do that.
- BZ Yeah, going on what he (NC) said, I feel like that too. Because our Maths exam is worth 80% and that is a lot of pressure compared to the rest of the semester where there's only 20%, so yeah. I get that a lot.
- R Teachers could support students by - really understanding how students feel and know that the subjects that they teach are not the only subjects that the students have... so they should really understand how students feel and not just pile up so much work on them.
- S Teachers could take into consideration the difficulties that students might be facing at home or in their own personal lives and how that might affect their academic performance.
- XM I feel, teachers at the moment already have a lot of tasks on their hands. I would love that teachers could be more involved with their students, and this is difficult obviously with students doing so many different subjects across so many different curriculums. What I find the best is a lecturer or a teacher, who is just there, and they are friendly enough and they are just approachable, that students can come up and talk to them. Some lecturers will come into the room, they'll do their job and they'll leave. Just being friendly is all students really want. They want someone who is just approachable and who can talk for five minutes. Most students recognise that teachers are very busy, but just being friendly, um, having that smile, and let the students come to them, I feel is the best method.

[End of video]