



Preliminary findings from the Student Wellbeing in experiential learning spaces (SWELS) project

Project team: University College London, King's College London & University of Oxford

Funder: SMaRtTeN network

**Presenters: Dr Thomas Kador (UCL)
Esme Elsdon (UCL)**



Background

- Over a decade of museums/cultural heritage and wellbeing research at UCL
- Working with a broad range of audiences/participants
- But never applied this to our own community of colleagues and students
- In 2019 we conducted a little pilot survey
- Students from four UCL modules that all involve an element of experiential and object-based learning
- Relationship between object based learning (OBL) and wellbeing
- Edited book on this topic (Kador & Chatterjee 2021)

UCL Museum Wellbeing Measures Toolkit



Linda Thomson & Helen Chatterjee

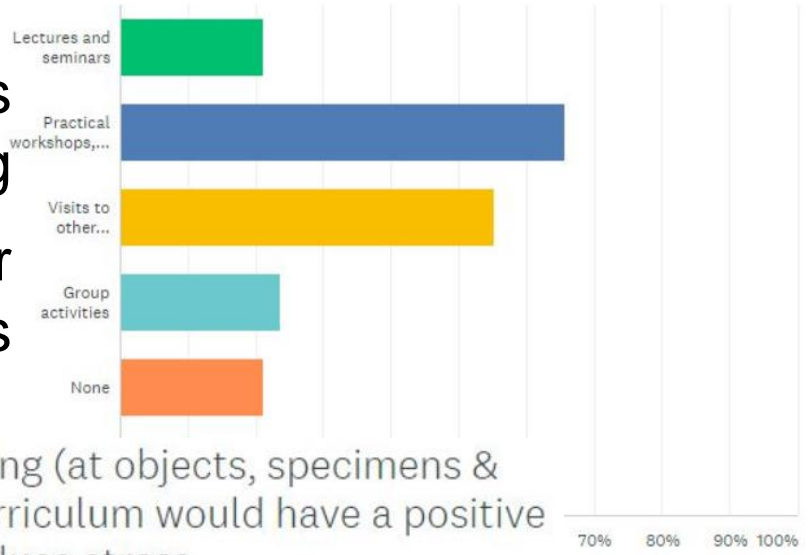
From the modules you have taken (in the current or previous academic years) are there any aspects that you felt enhanced your wellbeing? (Please select any and all that apply)

The Pilot

Answered: 38 Skipped: 0

66% pract. workshops and object handling

55% visits to other organisations

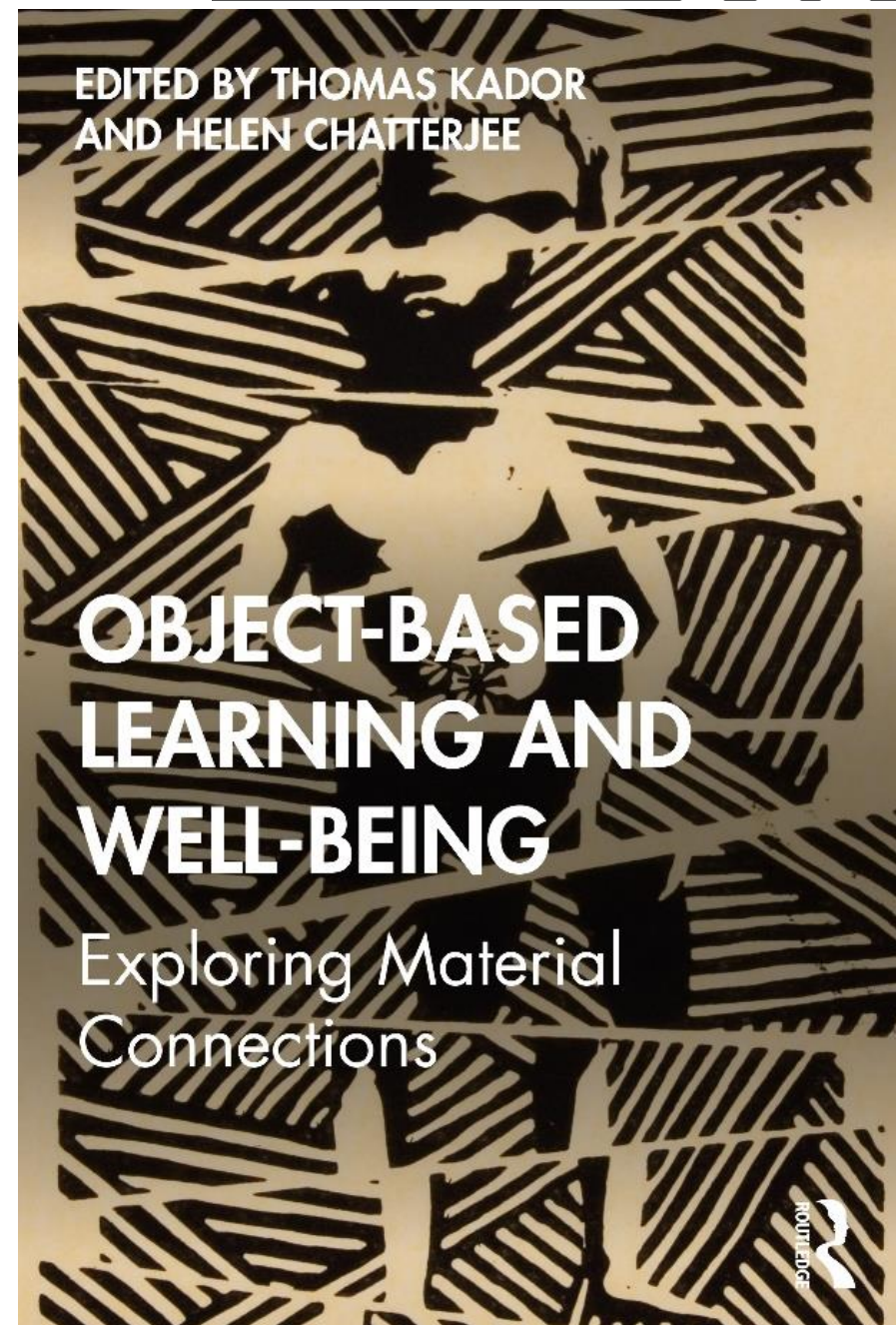
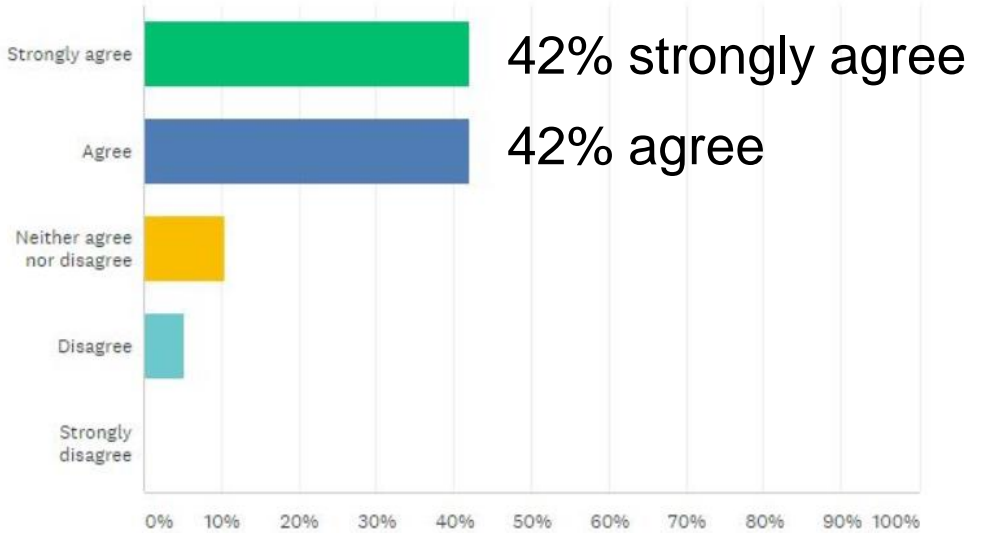


70% 80% 90% 100%

N=35

Introducing object handling and slow looking (at objects, specimens & artworks) more broadly across the UCL curriculum would have a positive effect on student wellbeing and help to reduce stress.

Answered: 38 Skipped: 0

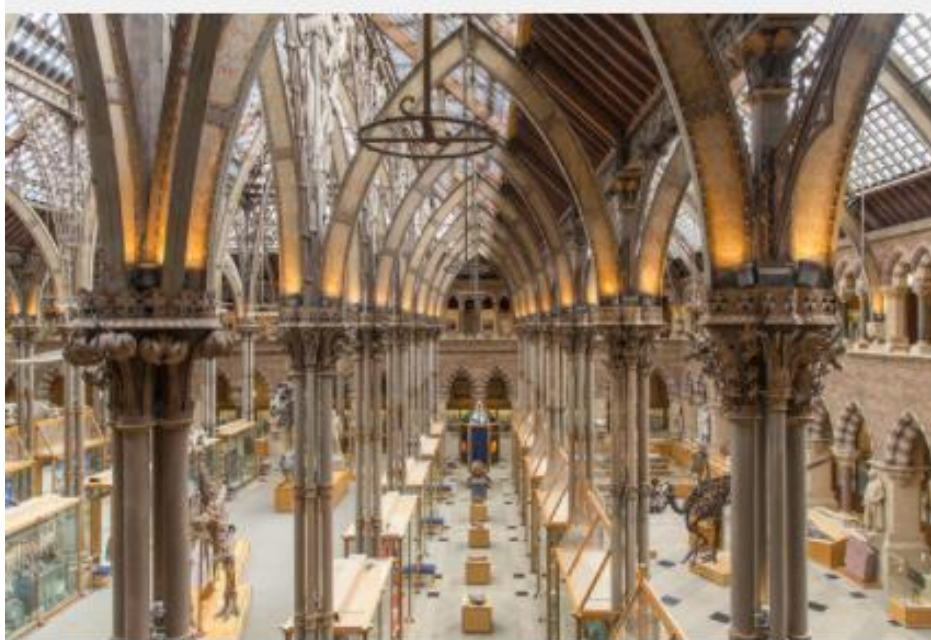


EDITED BY THOMAS KADOR AND HELEN CHATTERJEE

OBJECT-BASED LEARNING AND WELL-BEING

Exploring Material Connections

SWELS Project



Gardens,
Libraries
& Museums



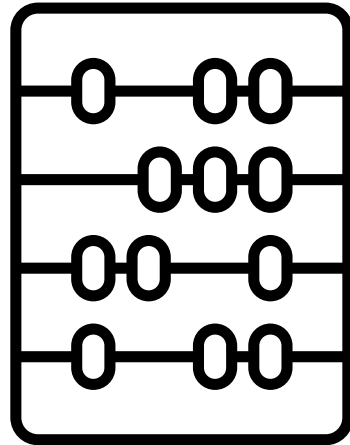
SMaRteN

Demographics

93.5% UK-Based

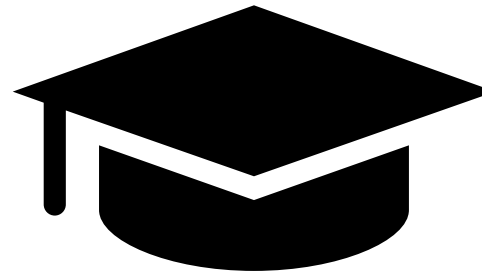


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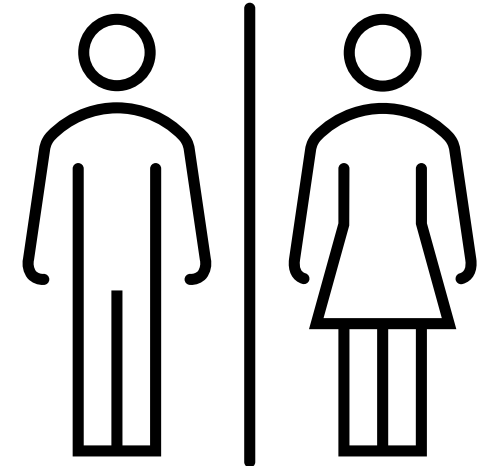
69.9%
Aged 18-
21

86.9%
Undergraduate



55.3% KCL
26.8% UCL
16.3% Oxford
1.6% Other

75.6% Female



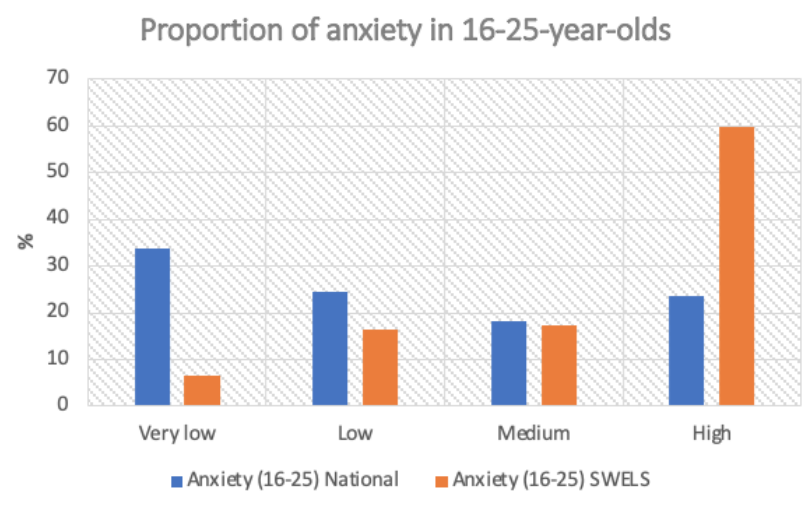
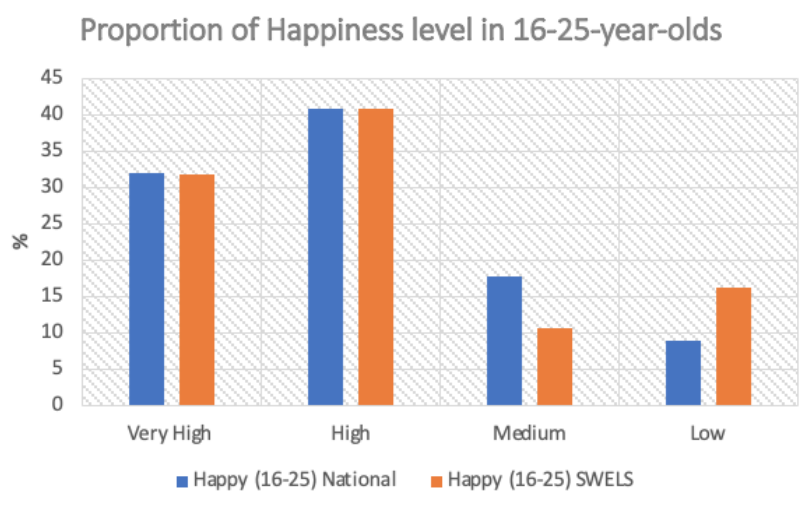
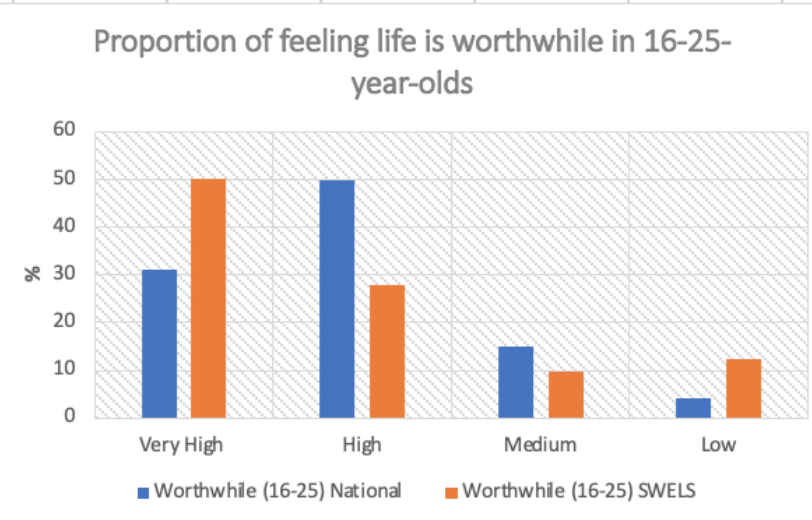
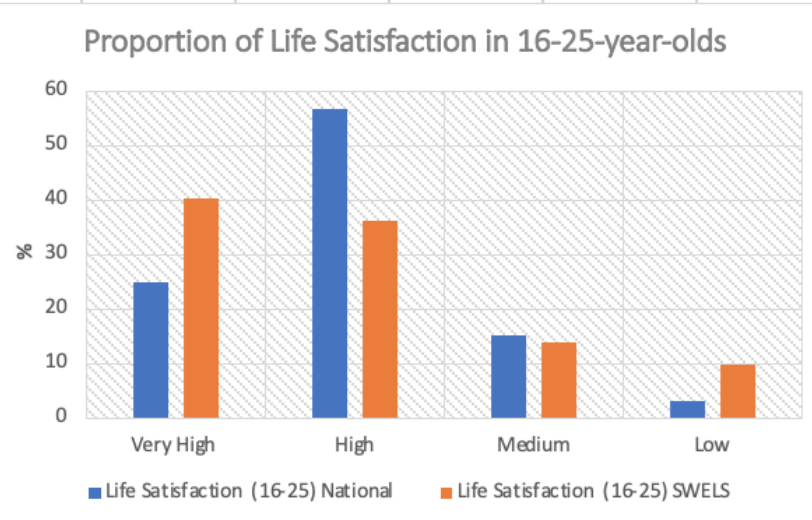
48% White
Caucasian

Comparing SWELS participants' wellbeing to national average using the ONS Wellbeing questions

On a scale from 0 to 10:

1. Overall, how satisfied are you with your life nowadays?
Overall, to what extent do you feel that the things you do in your life are worthwhile
2. Overall, how happy did you feel yesterday?
3. Overall, how anxious did you feel yesterday?

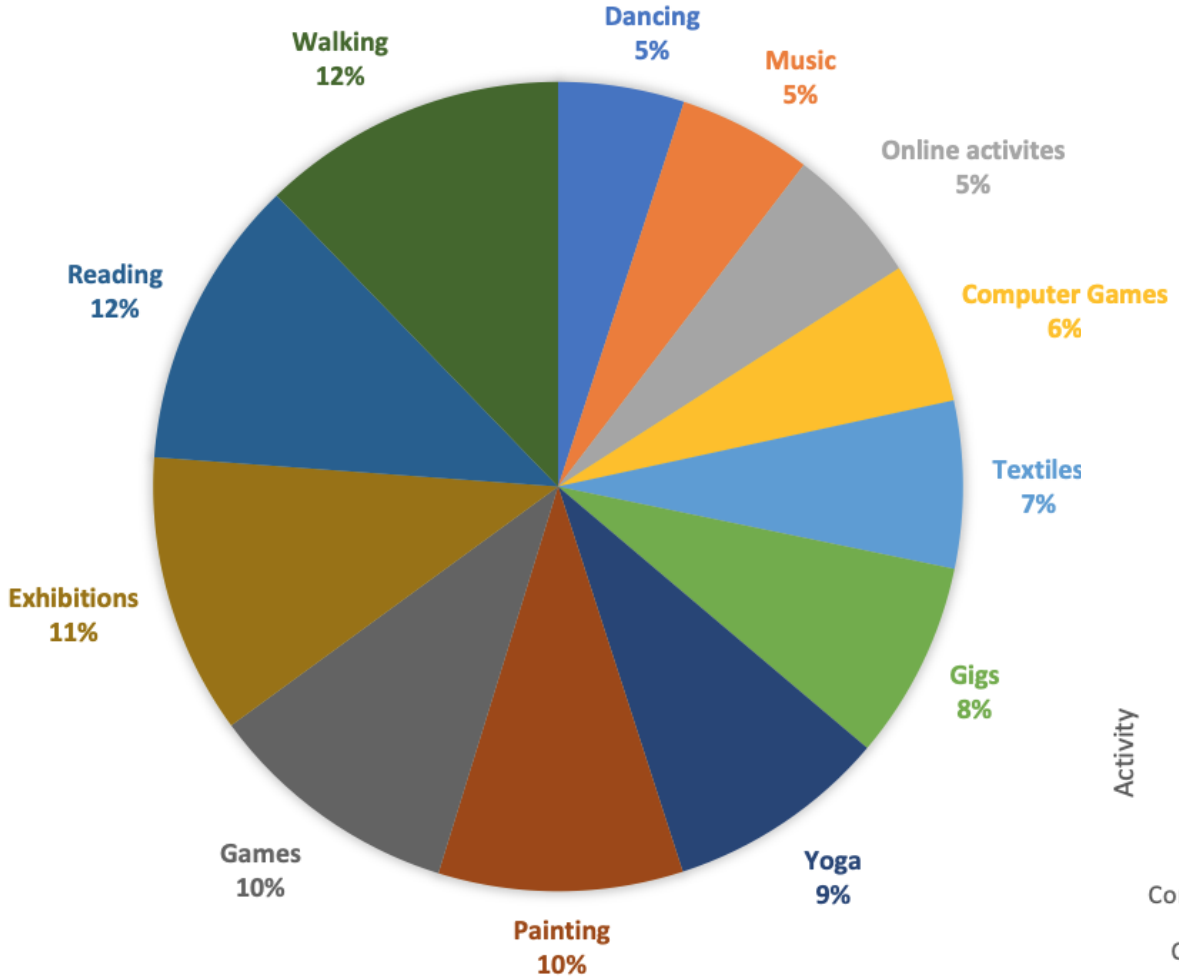
0 = "not at all" and 10 = "completely"



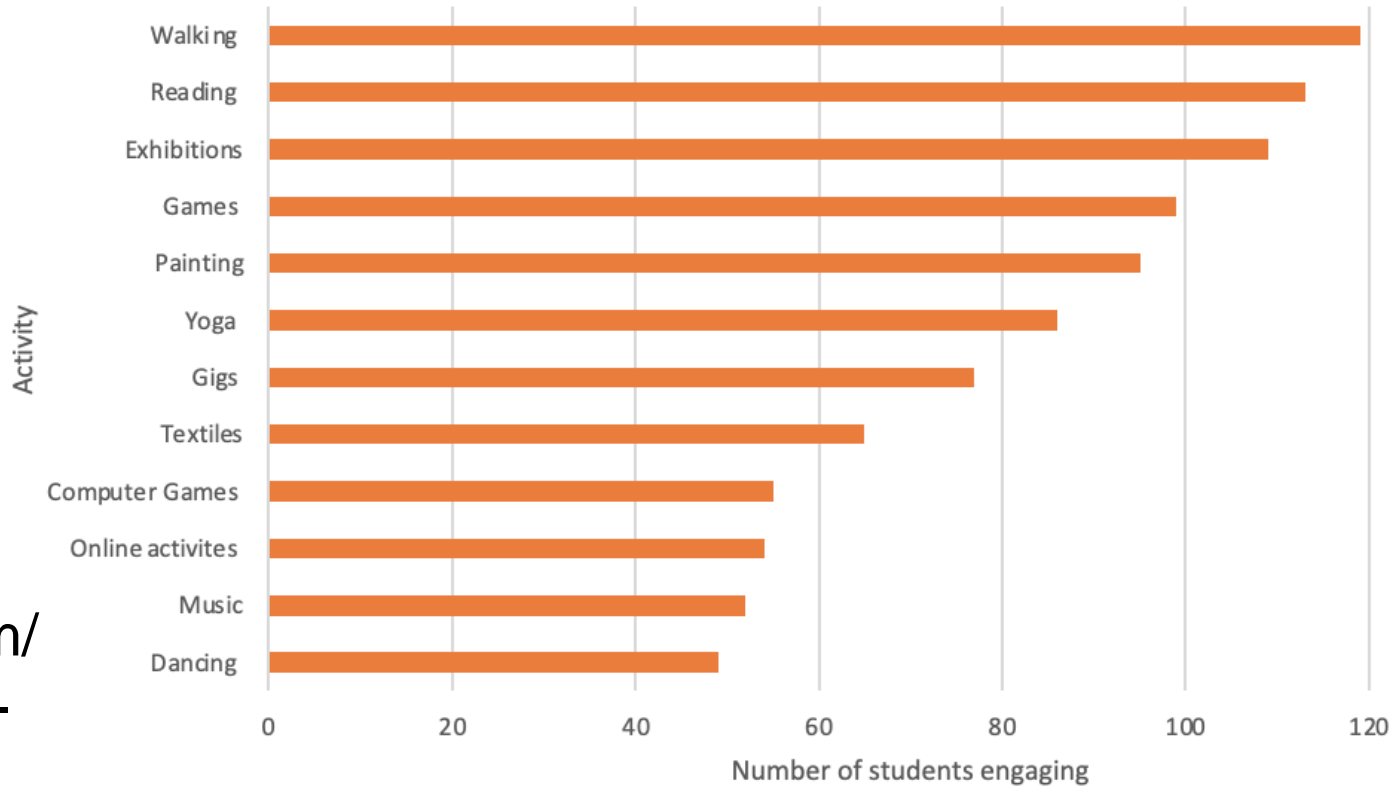
CULUTURAL AND CREATIVE ACTIVITIES STUDENTS ENGAGE IN

t.kador@ucl.ac.uk

esme.elsden.15@ucl.ac.uk



Engagement in creative and cultural activities by SWELS participants



<https://culturehealthresearch.wordpress.com/student-wellbeing-and-experiential-learning-spaces-swels/>