



Addressing Significant Loss to Support Engagement with Learning

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Aim of the Workshop

To share the impact of supporting mature university students who have been impacted by adverse experiences.
To raise awareness of Seasons for Growth.

The urgent nature of the global response to COVID-19 brought rapid change to family, education, and work life; this session provides an opportunity for us to consider the impact of the COVID-19 pandemic and associated protection measures upon adults.

Format of workshop:

Presentation of Seasons for Growth -Supporting Children and Adults during the Covid 19 Pandemic

Case studies from mature students who have attended Seasons for Growth.

How to implement supplementary programmes at university –participants will work together to share best practice and experiences

Q and A

There is strong evidence that the educational impact of students who have experienced significant losses are often distracted by thoughts of what is happening at home, experiencing difficulties in concentration and lack of focus. They can feel disempowered and challenged in meeting goals. The pandemic significantly increased the likelihood of experiencing a loss.

Underrepresented Students are more likely to have experienced significant loss, there is often a higher percentage who will have had adverse childhood experiences and may find higher education challenging. This validated programme focuses on the feelings associated with significant loss rather than the loss itself.

Seasons for Growth has been used with adults with very positive results. We are currently increasing the programme by training more companions. This workshop will share some of our experiences in rolling out a new programme. Participants will be able to consider if Seasons for Growth would be useful for their learners.

This workshop may also benefit staff who are trying to roll out a new programme at their university or organisation.