

The New Pathway for Student Success: A Focus on Student Mental Health Post-COVID

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My Observation

- **Need for Connection**
- Reassurance and Extra Help
- Lack of Confidence and Initiative
- Fear of Future Education
- Isolation and Individual Work

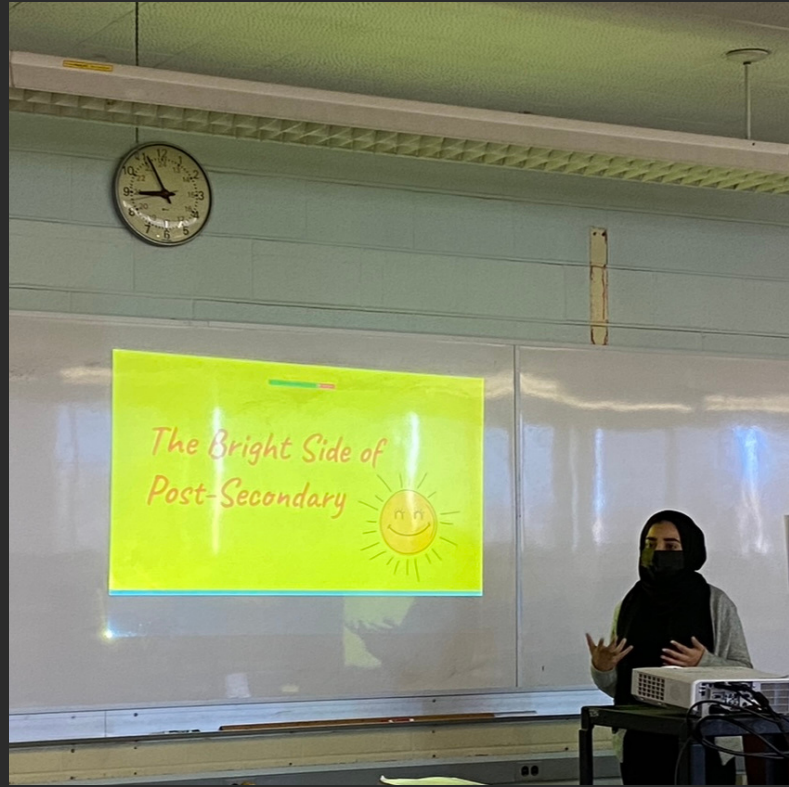


Importance

- Pandemic has significantly impacted the mental health and well-being of students.
- The disruption of their daily routines, social isolation, and the anxiety caused by the uncertainty of the situation has had a profound effect on student success.
- Through my placement, I was able to observe, act, and demonstrate the need to not overlook the effects due to the pandemic.
- Embrace the effects of the pandemic by accepting the need to focus on student mental health in order to create a pathway for student success.

My Action

- Mental Health Weekly Check-Ins
- Lost and Found Project
- Connecting Through Food
- **Post-Secondary Workshop (created and led by me)**
- Daily Affirmations
- Connecting through/to the Outdoors



Applied Theories/Concepts

- Experiential Learning Theory
- Culturally Responsive Pedagogy
- Different Learning Styles
- **Restorative Circles**
- Collaborative Approach
- Scaffolding



Next Steps as an Educator

- Creating Workshops for Students
- **Promoting Student Voice/ Student Advocacy**
- Structure and Routine

