

Positive Digital Practices: a holistic approach to wellbeing for part-time, commuter and distance learning students

Research study participant information sheet

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We would like to invite you to take part in a funded research project that will create guidance for students and University staff (mentors, advisors and tutors) around certain aspects of maintaining wellbeing in study. You can find more information about the study and the research team on the [project website](#).

Please note, choosing to either take part or not take part in this study will have no impact on your marks, assessments, future studies, or on your relationship with the University.

What is the aim of this research?

This Office for Students-funded project will scale up, embed and sustain positive practices that **support** mental wellbeing in learning for part-time, commuter and distance learning students.

This project will consist of initiatives in three areas:

- Positive learner identities, led by the Open University, will focus on emotional awareness, encouraging help seeking behaviour, recognising achievements and valuing learning opportunities
- Positive digital communities, led by the University of Bradford, will support students' sense of belonging and purpose, provide informal peer support and facilitate meaningful connections that do not rely on a campus environment
- Positive pedagogies, led by the university of Warwick, will support learners to take part in and demonstrate technology-enhanced learning in a way that is inclusive and supports mental wellbeing

The **Positive Pedagogies** work area (led by the University of Warwick) has three work packages:

1. The Inclusive Practices package will identify pedagogies which support a students' sense of belonging and wellbeing in the learning setting. This work package identifies the learning environment as a crucial place where inclusion can be fostered and championed through teaching practices.

2. The Digital Literacy package will co-create digital resources and activities to support the development of digital literacy for part-time, distance and commuter learners.

3. The Wellbeing in Assessment package will identify and develop specific wellbeing assessment practices and/or guidelines to improve students' wellbeing. This work package will focus specifically on assessment pedagogies, guidelines and feedback methods.

What is involved?

We would like to invite you to participate as project partners, collaborating on one or more of the work packages listed above. We will ask you to take part in our workshops to help us to identify what works for you. This will enable us to write guidance for students and University staff (mentors, advisors and tutors) around certain aspects of maintaining wellbeing in study. Notes may be taken at meetings, or meetings may be transcribed or recorded, but you have the right to stop recording, transcription, or note-taking at any time.

Is it confidential?

Yes. If you do share any information about yourself, everything that you tell us will be in confidence. No personal information will be passed to anyone outside the research team, and any notes, transcriptions or recordings will be deleted before 31 July 2022.

How will the data I provide be used?

You will be asked to sign a consent form, this must be completed to take part. Notes may be taken at meetings, or meetings may be transcribed or recorded, but you have the right to stop recording, transcription, or note-taking at any time.

Meeting notes, transcriptions and/or recordings, will be stored on a secure server within the University of Warwick. These will be deleted by 31 July 2022, apart from your signed consent form, which will be kept until January 2024.

Guidance and general findings from the project will be shared with staff from the Open University, University of Bradford and University of Warwick, as well as other universities if relevant. These findings will not include any information about you, and you will in no way be identifiable from these findings. This dissemination is important because it will help university staff to design their courses to be more inclusive for student wellbeing in future.

The findings and practices arising from the project will also be written up and published in peer-reviewed journals. As above, any quotes or data you have contributed to the project will not be identifiable as pertaining to you. You may be invited to be a co-author on any of these publications; this is entirely optional, and you are free to change your decision at any time until the publication is accepted.

The University of Warwick is the Data Controller for the personal data that you provide. The lawful reason for processing your data will be that conducting academic research is part of the University of Warwick's public task. (The consent we request from you relates to ethical considerations)

You have a number of rights as a data subject:

- To request a copy of the personal data we have about you
- To rectify any personal data which is inaccurate or incomplete
- To restrict the processing of your data
- To receive a copy of your data in an easily transferrable format (if relevant)
- To erase your data
- To object to us processing your data

If you are concerned about the way we have processed your personal information, you can contact the [Information Commissioner's Office](#) (ICO). Please visit the ICO's website for further details.

The right to withdraw from the study

You have the right to withdraw from the study at any time during your participation, simply by letting us know that you no longer want to take part. You also have the right to ask for your data to be removed from the study. You can do this at any point before 31 July 2022. You can do this by emailing sharron.wilson@warwick.ac.uk.

What happens now?

Please complete the [online consent form found here](#). In the meantime, if you have any queries at all about the study, please contact me on sharron.wilson@warwick.ac.uk. You can also contact the co-investigators, Rebecca and Elena, if you have any questions, or you can contact the impartial contacts below if you have any concerns.

Thank you very much for taking time to read this information sheet.

Impartial contacts:

[Wellbeing Support Services](#)
Senate House
University of Warwick

[WSU Advice Centre](#)
<https://www.warwicksu.com/help-support/>