

Learning
enabled

Seven students
Seven stories

5

Sophie

Mental Health



Synopsis:

This film tells the story of Sophie, a student who suffers from depression. Her work had been consistently good, but her lecturer and tutor become concerned when it deteriorates unexpectedly. Her lecturer invites her to call in for a chat, when she discloses her depression. It seems that her medication may be compounding problems, rather than helping. Her lecturer suggests that Sophie visit her doctor again and discusses some other medical options, but she also recommends that Sophie talk to a counsellor on campus. She phones the counsellor to advise the Sophie will be getting in touch.

Two minute free-write:

- What is your immediate response to this story? What questions do you have about this story?

Questions for group discussion:

- Clarification: did everyone pick up on the details of this story, and the student's mental health issue?
- You have had a short time to reflect in free-writing for two minutes. If you have a question following the two-minute free-write, can we share those questions?
- If you had a student whose work unexpectedly gave you cause for concern, what approach would you take?
- Is it possible that inviting a student to come to see a lecturer could add to the mental health difficulties he/she is facing?
- What do you think is an appropriate response to a disclosure like Sophie's to her lecturer?
- Do you think the lecturer responded appropriately here?
- How would you manage this issue in a face-to-face classroom setting? What about the responses of other students, for example, in groupwork?
- Do you think this story was true to life?

Finding out more:

- You can find out more about this topic at the AHEAD website, <http://www.ahead.ie>
- Do you know who to talk to in your own department or organisation about supporting students with mental health issues?
- What information has your institution provided to help you?