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The Talk You Wish Your Tutors Had Attended (And Your Students Will Be Glad That You Did)

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**MENTAL HEALTH
AND WELLBEING**



The Talk You Wish Your Tutors Had Attended (And Your Students Will Be Glad That You Did)

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Philippa Perry: 'praise effort, describe what you see and feel and encourage your [student] without judging'

▶ What?

- Drop positive or negative judgements

▶ Why?

- Get away from a culture of Tutor = **AUTHORITY** (like Bake Off or Masterchef judges!)
- Help students develop **INTERNAL**, not **EXTERNAL** standards of what counts as good work
- Guide students to pay attention to the substance of the feedback, not the praise (or the grade)
- Encourage learning through experimenting, not through following a template

▶ How?

- Avoid temptation to give out positive energy – it will turn to bite you (or your student!)
- Avoid praise or blame
- Direct the student to the substantive feedback – allow and encourage experimentation
- Use TMAs as opportunities for exercising creativity!

