



Open Research Online

Citation

Roupa, Vicky (2021). The Talk You Wish Your Tutors Had Attended (And Your Students Will Be Glad That You Did). In: Mental Health and Wellbeing Conference, 1-2 Dec 2021, The Open University, Milton Keynes, United Kingdom.

URL

<https://oro.open.ac.uk/80367/>

License

(CC-BY-NC-ND 4.0) Creative Commons: Attribution-Noncommercial-No Derivative Works 4.0

<https://creativecommons.org/licenses/by-nc-nd/4.0/>

Policy

This document has been downloaded from Open Research Online, The Open University's repository of research publications. This version is being made available in accordance with Open Research Online policies available from [Open Research Online \(ORO\) Policies](#)

Versions

If this document is identified as the Author Accepted Manuscript it is the version after peer review but before type setting, copy editing or publisher branding



**MENTAL HEALTH
AND WELLBEING**



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

**Vicky Roupa, Honorary Associate
FASS**

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!

