

# CONVERSATION STARTERS

## *Suggested activity for University Students*

Starting a conversation about mental health is an excellent way to challenge the stigma and get people thinking and talking about their perceptions of mental health and mental illness.

Here are a few suggested conversation points relevant to University Students.

1. What are the main concerns students have around their mental health?
2. Do you think Covid-19 has made students more or less aware of their mental health and self-care?
3. How supported did you feel moving from Secondary School to University? Where did the support come from?
4. How can universities better support the mental health of their students?
5. What tips would you share with new/incoming students about looking after their mental health on campus?



# STRENGTH CARD ACTIVITY

## *Suggested activity for University Students*

University life is full of new opportunities to learn and have new experiences both in and out of the lecture theatre. This learning can help us develop and uncover strengths and transferable skills which will help us in all areas of our lives, as we move on from university life and into the workplace, further education, volunteering and with our relationships and self-development.

We know that acknowledging our strengths can help boost our confidence and self-esteem, whilst learning and having new experiences can boost our mental health and wellbeing.

To help you identify the strengths you already have and the ones you'd like to develop, try out our Strength Card Activity.

Look at the list of strengths provided or cut them out and spread them out on the table or floor.

- Ask everyone to think about three strengths they have. Give people the opportunity to speak about at least one strength they choose.
- Then, ask everyone to think about two strengths they would like to work on. Give people the opportunity to say why they would like this new strength for university life.
- Finally, ask everyone to think about one strength the person on their right has. Invite everyone to say why this person has this strength and why it is so valuable.

## RESOURCES: STRENGTH CARD ACTIVITY

Coherent	Well-Prepared	Flexible	Confident
Charismatic	Knowledgeable	Dynamic	Concise
Understanding	Skilled	Genuine	Open
Enthusiastic	Good Leader	Active Listener	Friendly
Calm	Thoughtful	Creative	Open-Minded
Respectful	Humorous	Personable	Intelligent
Holds Boundaries	Patient	Organised	Focused
Inclusive	Authoritative	Encouraging	Accessible