

**Topic:**  
**A cross-cultural perspective on the impact of COVID-19 on student mental health.**  
**This project is designed to raise awareness about the importance of mental health and seeks to promote strategies to enhance the mental well-being of students from different backgrounds.**  
**UNIVEN: Psychology**  
**AUAS: Business/Intercultural competence**

Learning Outcomes (selection)	Tasks	Lessons Learned
<ol style="list-style-type: none"><li>1. The learner understands the importance of mental health and the negative impact of behaviour on mental health and emotional well-being.</li><li>2. The learner is able to communicate about issues of health and well-being, especially to argue in favour of prevention strategies to promote health and well-being.</li><li>3. The learner is able to encourage others to decide and act in favour of promoting health and well-being for all.</li></ol>	<p>Icebreaker: synchronous meeting with questions and mapping your cultural orientation activity.</p> <p>Collaborative task: interviews with guided questions, comparative poster of main findings, and presentation of solutions.</p> <p>Reflection: partly synchronous wrap-up meeting and partly individual written reflection and vlog.</p>	<p>Difficulties</p> <ul style="list-style-type: none"><li>- Student motivation</li><li>- Data and connectivity</li><li>- Language barriers</li></ul> <p>Takeaways</p> <ul style="list-style-type: none"><li>- There are many similarities in our diversity</li><li>- Need for mental illness awareness campaigns for various cultures</li><li>- Student support groups on mental health required</li><li>- Making mental health negotiable to avoid stigmatisation</li></ul>