

IMPERIAL

10-14
FEB
2025

South
Kensington
Campus

Learning Well Programme

DESIGNED FOR ALL IMPERIAL STUDENTS



SCAN HERE



Craft your personal journey
to success

Connect study strategies with
positive mental wellbeing

Foster wellbeing through
effective learning practices

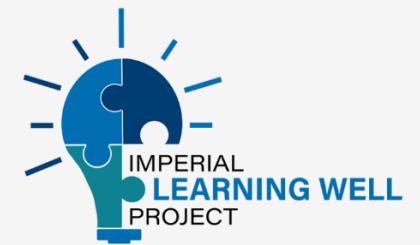
Explore the Learning Well
Project student resources

The power of taking breaks

Facilitators: Julia Hutchinson and Laili Sadr

Student Counselling and Mental Health Advice Service

10/02/2025



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Pre-session check-in exercise

Imperial students -

To support you to get the most from the Learning Well Programme, please take a moment to complete this short exercise about your current understanding and expectations of this session:

- Your responses will be submitted anonymously.
- There are no right or wrong answers – feel free to share your thoughts.
- This activity should take no more than 2-3mins.

Learning Well Programme: Pre-session Check-in Exercise
(MONDAY)



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Small Group Discussion

What do you notice happening...

- in your mind
- in your body
- in your behaviour

When you don't take breaks?



Cognitive Overload

- Working memory – where we retain and manipulate information in real time – is overloaded with stimuli

This affects the prefrontal cortex and hippocampus resulting in

- Mental chatter
- Stress
- Inability to make decisions
- Impaired memory
- Inability to focus

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During Breaks

Breaks enable approaching problems from new angles



The mind continues processing information resulting in deeper learning



Breaks enhance creativity by allowing the mind to wander



Breaks helps release stress in the body and sharpen focus

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Group Activity

Q1: Which breaks do you take that help you focus

Q2: Which breaks do you find adds to your stress?



Meditation Break



**Mindfulness and
meditation
techniques**



**Help train our brains
to focus on the
present moment**



**Manage cognitive
overload**



**Reduces the mental
chatter that
contributes brain
fatigue**

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Types of breaks (1)

Creative breaks

- Daydreaming
- Learn something new

Moving breaks

- Move
- Change your environment
- Go outside
- Do a small chore mindfully



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Types of breaks (2)



Nourishing breaks

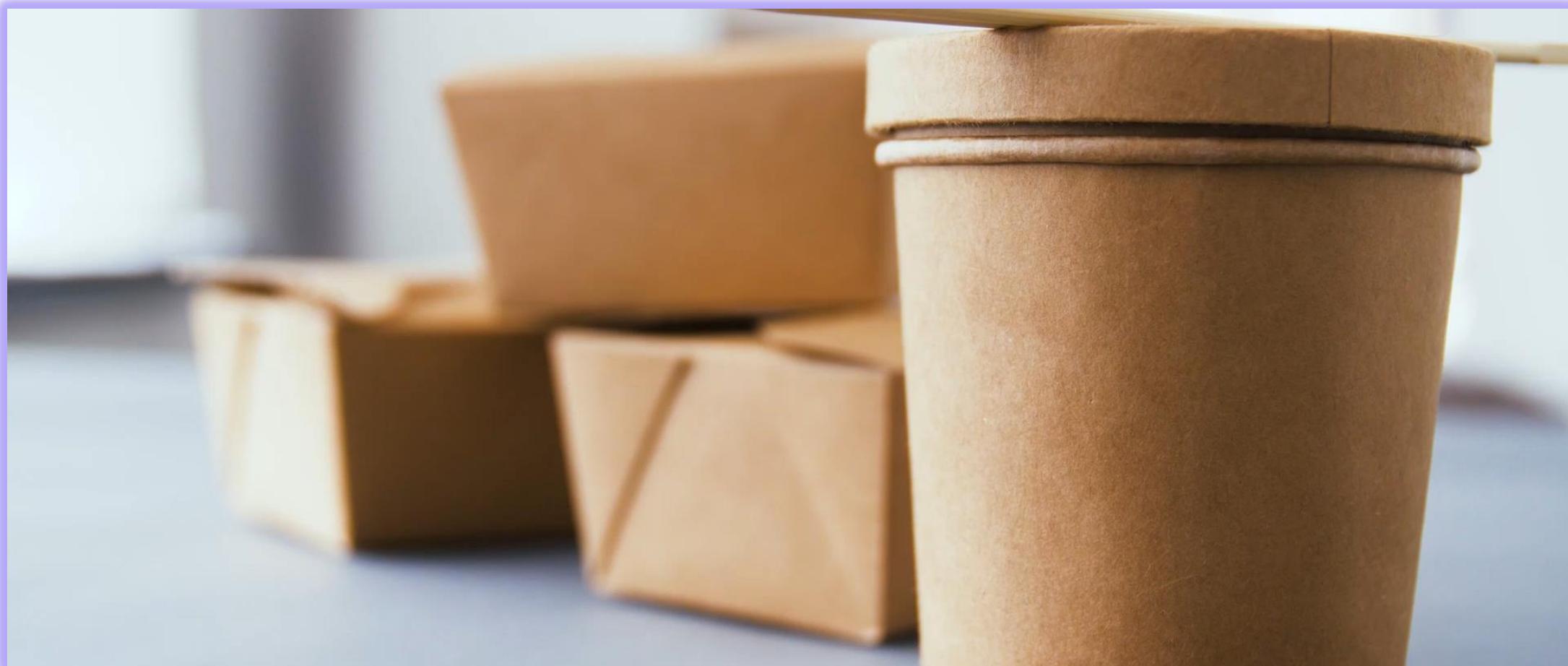
- Meditate
- Nap
- Food and hydration

Socialise

- Friends and family
- Flat and course mates

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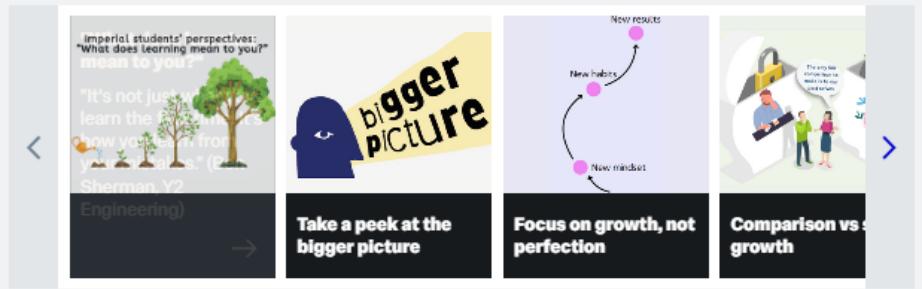
Takeaway messages



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Learning Well Resources

Understanding 'Learning Well' and strategies to achieve it



Imperial students' perspectives: "What does learning mean to you? mean to you?"
"It's not just about learning the subjects, how you learn from your mistakes." (Dana Sherman, Y2 Engineering)

bigger picture

Take a peek at the bigger picture

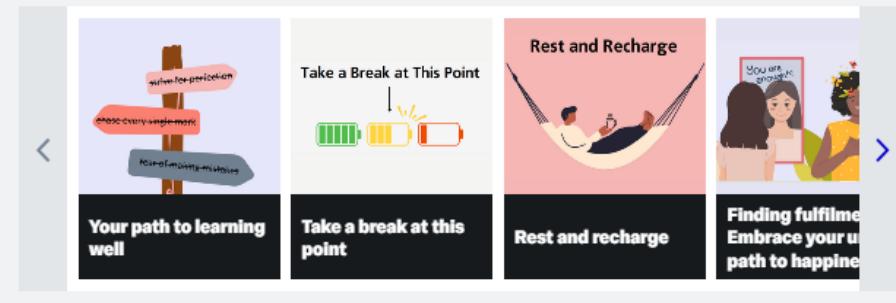
Focus on growth, not perfection

New habits → New results

Comparison vs growth

The only way to grow is to make mistakes and learn from them

Maintaining mental wellbeing is essential for effective learning



Your path to learning well

Take a break at this point

Rest and recharge

Finding fulfillment Embrace your unique path to happiness

You are unique!



Website: <https://www.imperial.ac.uk/education-research/our-work/efficacy-agency-and-wellbeing/imperial-learning-well-project/pedagogical-materials-development--innovation/>

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Post-session Reflection

Imperial students -

To help you maximise this learning opportunity, this activity is designed to support you to reflect on what you've learnt and to consider what you can personally take away from this session.

- Your responses will be submitted anonymously.
- There are no right or wrong answers.
- This exercise should take no more than 3mins.
- We hope you find this activity helpful.

Learning Well Programme: Post-session Reflection Activity (MONDAY)

