Eleanor Edwards

Institute of Cell Biology

University of Edinburgh

Roger Land Building

Kings Buildings

Edinburgh

EH9 3FF

07.07.2020

Dear Professor David Read,

We wish to submit an original research article entitled “Managing you mind: how simple activities within the curriculum can improve Undergraduate students’ mental health and wellbeing” for consideration by New Directions in the Teaching of Physical Sciences. We confirm that this work is original and has not been published elsewhere, nor is it currently under consideration for publication elsewhere.

In this paper we show that the implementation of simple, individual and group activities into the Undergraduate curriculum of first year Biology students can positively impact the students’ knowledge of how to manage their own mental health and wellbeing. This is significant because these activities are simple to imbed into the curriculum and importantly are able to nurture students and enable them to manage and develop their mental health and resilience. This is something that we believe is an addition to current curriculum that needs to be developed throughout higher education.

We have no conflicts of interest to disclose.

Thank you for your consideration of the manuscript.

Sincerely,

Eleanor Edwards, Heidrun Interthal and Heather McQueen