

ARP, PgCert Intervention

“Fashion Break” Workshop Pilot

with Y2 BA FDT
Womenswear students

Intervention's objectives

- To think about our stress levels around submission and unit
- To reflect about our current situation and how to work around a plan
- To connect with one another and work collaboratively to think about shared practical solutions together
- To sign the consent form to participate in the session

Introduction

This study is part of my research on the PgCert Academic Practice in Art, Design and Communication at UAL.

I am conducting an activity to explore inclusivity and social justice within challenging units, using a collaborative approach and generous pedagogy to reduce student stress. My focus is on students' experiences regarding submissions and overall unit engagement in the Personal and Professional Development (PPD) unit in Year 2 of the BA Womenswear course.

Introduction

This research will document, evaluate, and analyse students' responses to an activity designed to encourage them to take breaks from their projects, aimed at supporting stress management.

The methodology will be qualitative, employing a responsive evaluation approach. It will involve an in-class activity and a focus group with groups A and B in Year 2.

Responses will be analysed thematically, sentimentally, comparatively, narratively, and through discourse analysis.

Before we start

What is your stress level considering we are approaching submission?

Very stressed 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Relaxed

Activity | Part 1 (5 min)

Think about **one thing** you are concerned about for your submission because you worry about not being able to meet your personal expectations or the unit requirement.

Write it on a post-it note and title it DESIGN or SAMPLE ROOM depending on the pathway it is related to.

Activity | Part 2 (5 min)

Students to be divided in groups to discuss their experiences:

1 group of those who have a concern about DESIGN

1 group of those who have a concern about SAMPLE ROOM

Be guided by the prompts in the following slide to collaborative on a discussion.

Discussion (15 min)

- What is your concern? Each and all students to voice theirs.
- Can you offer some advice to your peers on their concerns?
- What suggestions first come to mind?
- What can they do to move forward?
- Do you have a visual example you can share that they could photograph and take inspiration from?

Plenary (5 min)

- Was this helpful at all? Yes or No
- Did you find a solution for what your next steps could be from speaking to your peers? Yes or No
- Did someone else have a similar concern to yours? Yes or No
- What is your stress level after the conversation with peers?

Very stressed 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Relaxed