

UAH · MENTAL HEALTH, EMOTIONAL WELL-BEING AND INTERNATIONAL MOBILITY

Target group	Bachelor's and Master's students
Language	English
Format	Online course with synchronous contact sessions and guided independent work
Course period	1–30 April 2027
Contact sessions	6, 13, 20 and 27 April 2027 · 3 hours per session
Contact hours	12 hours
Credits	3 ECTS · 75 hours total workload
Hosting institution	Universidad de Alcalá
Teaching staff	Bianca Vitalaru, Raquel Lázaro Gutiérrez; other potential lecturers with experience in mental health research or practice
Framework	Mental health and well-being; Mental health for mobile students and Mobile Minds in Motion (MMM) resources

1. Presentation

This course introduces Bachelor's and Master's students to key concepts and practical approaches related to mental health and emotional well-being. It combines general mental-health literacy with prevention, emotional awareness, coping and support, and uses university life and international mobility as relevant contexts of application.

The course follows a four-stage progression: understand, recognize, manage & prevent, and apply & support. International mobility is considered across the full mobility cycle (before departure, during the stay abroad and after return) with attention to emotional adjustment, stressors, protective factors, support systems and help-seeking.

The course is educational and preventive. It does not provide clinical training, diagnosis, or therapy. Participants are not required to disclose personal mental-health experiences or health information.

Prerequisites and recommendations

- Open to Bachelor's and Master's students from different academic backgrounds.
- No previous training in psychology or mental health is required.
- Interest in mental health, emotional well-being, university life and/or international mobility is recommended.

- Working proficiency in English sufficient to follow discussion, use course materials, and complete written activities.

2. Learning outcomes and competences

By the end of the course, participants should be able to:

- Understand key concepts related to mental health, emotional well-being and common mental-health challenges.
- Recognise common factors and signs that may affect mental health and well-being in university and everyday life.
- Develop emotional awareness and use basic evidence-informed strategies for coping, prevention and self-care.
- Understand mental health and emotional adjustment before, during and after international mobility.
- Identify appropriate sources of social, institutional and professional support and recognise the limits of peer support.
- Apply course learning responsibly and reflectively to personal, academic and mobility-related situations.

3. Course contents

Session	Main topics
6 April · UNDERSTAND What is mental health and well-being?	Mental health and well-being; key concepts and misconceptions; mental health as a continuum; emotions and well-being; determinants; risk and protective factors; mental-health literacy and help-seeking.
13 April · RECOGNISE What can affect our mental health and what signs can we notice?	Stress and distress; anxiety and low mood; loneliness; sleep and academic pressure; burnout and other common challenges; physical, cognitive, emotional and behavioural signs; recognising when support may be needed.
20 April · MANAGE & PREVENT What can we do to protect and improve our well-being?	Emotional awareness; emotions, needs and triggers; coping and emotional regulation; prevention and self-care; transitions and change; mental health before, during and after international mobility.

Session	Main topics
27 April · APPLY & SUPPORT How can we apply this to university life, mobility and supporting others?	Practical well-being and coping strategies; stress management; social support and help-seeking; application to university and mobility situations; supporting others appropriately; boundaries of peer support; reflection and action planning.

4. Teaching and learning methodology

The course follows an interactive, student-centred and practice-oriented approach. Short conceptual inputs are combined with guided reflection, case and scenario analysis, small-group discussion, practical exercises and the use of selected academic, institutional and Mobile Minds in Motion (MMM) resources.

Independent work is used to prepare, consolidate, and extend the synchronous sessions. It may include selected readings and multimedia materials, short reflective or applied activities, and a final integrative task. Personal disclosure is not required; hypothetical scenarios may be used where appropriate.

Workload and timetable

Component	Timing	Purpose
Synchronous online sessions	6, 13, 20 and 27 April · 3 hours each	12 hours of direct contact
Guided independent work and final activity	Before, between and after sessions	Preparation, consolidation and integration of course content
Course completion	30 April 2027	Completion of the 3 ECTS / 75-hour workload

5. Course completion and assessment

Successful completion is based on regular participation in the synchronous sessions, engagement with the guided independent work and completion of a final integrative activity.

Assessment is continuous and formative and focuses on understanding, appropriate use of reliable evidence, reflection and practical application of the course content. Activities may include short individual or group tasks, case or scenario work, guided reflection and a final synthesis or action-oriented task.

The final assessment arrangements and any specific completion requirements will be confirmed in accordance with the administrative framework under which the course is offered.

6. Recommended academic and professional resources

The following selection prioritises authoritative institutional sources, peer-reviewed research and project resources. It is intended as a concise working bibliography rather than an exhaustive reading list.

A. Mental health and well-being

- World Health Organization. Mental health. <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>
- World Health Organization. Anxiety disorders. <https://www.who.int/news-room/fact-sheets/detail/anxiety-disorders>
- World Health Organization. Depressive disorder (depression). <https://www.who.int/news-room/fact-sheets/detail/depression>
- World Health Organization. (2020). Doing What Matters in Times of Stress: An Illustrated Guide. <https://www.who.int/publications/i/item/9789240003910>

B. International mobility and student well-being

- Forbes-Mewett, H., & Sawyer, A.-M. (2016). International students and mental health. *Journal of International Students*, 6(3), 661–677. <https://doi.org/10.32674/jis.v6i3.348>
- Mobile Minds in Motion partnership. (2025). Summary of Findings: Evidence-Based Mental Health Practices for Higher Education Institutions (Version 3). Zenodo. <https://doi.org/10.5281/zenodo.18220523>

Mobile Minds in Motion. (2026). Learning Hub. <https://international.up.pt/mobilemindsinmotion/learning-hub/>

