**Cynhadledd Fer: Ymgorffori Lles yn y Cwricwlwm**

**Mini Conference: Embedding Well-being in the Curriculum**

25 Mawrth | March 2021

# Crynoldebau / abstracts

**Resilience - a valuable student skill, Sadie Thackaberry**

Overview of a recent series of tutorial sessions conducted by level 4 and 5 students where resilience was discussed as part of student wellbeing. Students took part in activities such as creativity and risk taking, daily gratitude activities and creating a wellbeing journal as part of resilience skill building. Some sections of results of activities and focus group results of student perception of the need for resilience as a skill in the life sciences sector reviewed as part of the presentation.