

Title: Reflecting on student and tutor experiences during a bespoke musicians' health and wellbeing module at a UK university

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Workshop on conference topics: Educational programs designed to enhance health and well-being practices and performance.

Abstract: As part of this presentation we will share insights from those involved in an educational program designed to enhance the health and well-being practices of undergraduate music students at a UK university. This 20-credit optional module has run during four academic years since 2019. As part of a complementary research project students have shared information about their health and wellbeing, beliefs and behaviours, and experiences during the module. The most recent iteration finished in June 2025 and this presentation will provide context from previous years then focus on the experiences of the 14 students who took part this year. Data were collected via online surveys, anonymous polling software, final assignments, departmental module feedback, and a reflective workshop hosted by the second author (who has not been involved in module teaching). Ethical approval was granted by the relevant university Ethics Committee and students had the opportunity to participate in all activities for educational purposes without providing consent for their data to be included in the research project. Preliminary results indicate that students' awareness of their health-related beliefs and behaviours increased, valued the structured and personalised approach provided by behaviour change frameworks, and reported meaningful shifts in attitudes toward sustainable health and wellbeing practices. They made recommendations for ways to make the relevance of behaviour change frameworks clearer at the outset and streamline the delivery of information to enhance engagement as well as identifying the challenges of negotiating negative personal experiences relating to module topics. Their final assignments documenting practical applications of module content to enhance musicians' health and wellbeing were inspiring and provide hope for the future of the music industry as the 'next generation' of advocates for musicians' health and wellbeing enter the profession in various roles.