
Approaches to Teaching Students with Anxiety: Event Report

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This one-day event was set up in response to requests from the members of the Teaching and Learning Ancient Religions (TLAR) Network. They identified it as an issue on which they would like help to enable them to support the needs of students. Increasing numbers of students are living with anxiety and anxiety-based depression, and those teaching them face a wide range of challenges in providing appropriate support. Religion is a key feature of many Classics and Ancient History programmes, and it can also generate a variety of specific concerns among students, exacerbating anxiety and mental health conditions.

We soon found that there was a broader audience for this topic, and the workshop developed accordingly. We invited speakers who taught at school-level, and who were teachers of different disciplines, including Drama and History of Art. We also advertised widely across the Liverpool Classicists list, reaching out to teachers of other areas of Classics, as well as asking colleagues to spread the word across disciplines within their institutions. We were grateful that people responded in the same spirit, and, as a result, the participants in the workshop came from a wide range of disciplinary backgrounds, including Neuroscience and History as well as Classics and Ancient History, and comprised not only HE professionals but also secondary school teachers and school governors. The event – our first conference – was held at the Institute of Classical Studies, Senate House, University of London, on 13th September 2017. It was supported by the Institute of Classical Studies, and funded by [CUCD Education Committee](#) and the award money from a Higher Education Academy [National Teaching Fellowship](#).

The event was very much a ‘toe in the water’ to raise awareness, build a network across institutions and encourage related initiatives. The papers delivered on the day are available [here](#) on the TLAR blog along with supporting materials. Also available on the blog is a summary of the ideas that were raised for taking further particular themes and topics, some of which need urgent attention.

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