



Individual Development Award (IDA) Springboard Award

Aimed at individuals employed by a health or social care organisation who are an [ARC KSS member organisation](#) to undertake activities aimed at developing research skills.

## Mental Health and Wellbeing Outcomes Following Personal, Social, Health, and Economic (PSHE) Education for Secondary School Pupils in the UK

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### **What did you achieve through this award? Refer to your original objectives in your application.**

This award has allowed me to begin a scoping review and develop the necessary skills to conduct this, including developing search terms and conducting text reviews. In my application, I hoped to take a multitude of courses before starting the work; however, I was only able to attend one due to availability once funding became available. While this made it challenging to know how to begin the project because I had not completed a scoping review before, I had to rely on external assistance and my ability to problem solve to work through difficulties. This award has also helped me develop skills to adapt last minute. While discussing potential PhD projects, I needed to switch the subject of the review rapidly. I learnt how to shift the course of a project and remain flexible, while completing project objectives.

### **What has this award meant for you? What has it enabled you to do?**

This award has been critical for developing the confidence in myself and my abilities to independently complete research projects. In my previous research work, I have assisted on other's projects, with them in charge. This was the first project I worked on completely independently. While I faced personal difficulties during this award, I have realised that I am capable of completing research projects independently, giving me the confidence to move forward with doctoral-level research. I am grateful for the experience I have received during this award and I am looking forward to using the skills I've developed in future projects.

### **What's next?**

Following on from this award, I am hoping to publish the work, in order to build my CV and practice the process of publication.

Next, I am moving back to my hometown in California in pursuit of getting onto a PhD program. I am confident, following this award, that is something that will be possible for me. I am looking forward to expressing all that I have learnt from this work and how I adapted to difficulties.

### **What is your experience of receiving mentorship as part of this award?**

I am incredibly grateful for the time and effort to help me from researchers within the ARC. While I was not able to get onto the courses I originally identified, I was supported through examples, discussion, and personal experience to guide me. This was crucial to working through each stage of my project. Without this support, I would've found this work incredibly difficult to complete.