

**Rethinking resilience: reflections on teaching, learning and health in a time of
Covid-19
Mental Health of Students and Lecturers**

Brian Goliath

Social Worker in Private Practice (MDiac Social Work UNISA/Hugunote Kollege)

www.briangoliath.co.za

brian@briangoliath.co.za

082 7777 247

Workplace Enrichment Consultants (Partner)

www.eaps.co.za

brian.goliath@eaps.co.za

Three objectives of this paper:

- The psychosocial impact of Covid 19 & Lockdown (students and lecturers);
- Lessons learnt during lockdown in my practice (statistics and themes);
- The role of an Employee Assistance Programme to address the psychosocial impact of lockdown on students and lecturers.

“If you don’t come out of this quarantine with a new skill, your side-hustle started, or more knowledge gained, then you are doing just fine. Lockdown resulting in self isolation, quarantine and social distancing is far beyond than leisure time vacations for improved functioning, it is a collective traumatic event which poses serious threat to people and have resulted in great loss of lives and property for every individual”.

(Mukhtar 2020: 3-4)

In a study by Kockuvilayil et al (2021:887) it was found that the Covid 19 pandemic disrupted the teaching methods for undergraduate nursing students that resulted in an unprecedented change in universities globally. Journal of Clinical Nursing

I am currently employed (affiliate) as an onsite therapist, for a major EAP company in South Africa, since 18 May 2020. For the past year I’ve conducted the following interventions:

- Individual sessions
- Groups sessions
- Themes identified

A support programme for staff (academic and non-academic) and students was and still is a necessity to address the psychosocial challenges of everyday life.

The pandemic and lockdown highlighted the need for support initiatives for all, because everybody is effected by Covid-19 and the subsequent lockdown. (Anxiety, grief and loss; ill health, covid recovery, uncertainty, isolation, job losses and unemployment, 3rd wave...)

- EAP for Staff;
- Student Support Programme.