



# UCL ECF – Wellbeing Charter

## 1. ANYTIME, ANYWHERE

Choose to study at a time when it suits you best. The resources are available to you all the time & our UCL Extend learning platform is accessible on any digital device with internet access

## 2. ALL THE CONTENT, ALL THE TIME

We allow you to look ahead, or look back over the whole 2 years, so you always have access to what you need

## 3. PLUG IN & PLAY

Save time by listening to the research and practice summaries. Just open the session and click on the listen button



## 4. GUIDEBOOK, NOT RULE BOOK

Use the audit and module summary guides to work with your mentor to tailor the programme to suit your development needs

## 5. YOUR MENTORS ARE 'ON-SIDE'



## 6. CLICK TO DOWNLOAD

Tired of the screen? You can download and print an entire module's worth of resources. Just remember to go on UCL Extend to tell us you have completed the module

## 7. FLEXIBLE PROGRAMME

If you fall behind, re-engage by taking this option for any Year 1 Module

## 8. REVIEW, TAILOR, TICK

Decide what you need to focus on in each of the sessions and plan your time appropriately. Never spend longer than an hour on a self-directed study or mentor session. There is no test—we trust you! Simply, tick to tell us you have completed.

## 9. COMMUNITY & PEER LEARNING



## 10. BE OUR GUEST

The time of your facilitated session clashes with something else? Ask your Delivery Partner and they will try to fix you up with an alternative. If you still cannot attend a live facilitated session, you can watch a recording instead.