

An intervention based on imagined contact

LESSON 9

Perceptions of Inclusion, well-being and Identification
with
the European Union in Ukrainian university students



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Imagined Contact based intervention



Goal = Increase direct contact between Ukrainian international students and the local student population.

Structure of the intervention

- Each academic year, about 20 Ukrainian students participate
- 20 tutor buddies support the intervention
- Each tutor works with two Ukrainian students
- For 8 weeks, tutors send a weekly online questionnaire

Imagined contact task

Each questionnaire includes a 2-minute imagined interaction with a local student.

Imagined Contact based intervention

Imagined Interaction Scenarios



Each week participants imagine a positive interaction with local students in different everyday contexts. For each scenario, students are invited to imagine that the interaction is **positive and interesting**.

Examples of scenarios:

- Talking with a local student during a seminar
- Meeting a local student at a concert
- Interacting with local students at the university canteen
- Meeting local students at a sushi restaurant
- Talking with a local in the supermarket queue
- Drinking coffee with locals at a bar
- Commenting a concert performance with a local persons
- Talking about paintings at an exhibition with local persons

Evaluation of the intervention



Before the first imagination task, participants are invited to complete scales measuring:

- **psychological well-being;**
- **social well-being (social self-efficacy);**
- **contact with local students**, for instance: “How many local students have you met with some regularity in the past week?”
- **contact with local population**, for instance: “How many local persons have you met with some regularity in the past week?”

Evaluation of the intervention



After the imagination task, participants are invited to:

- a) shortly describe the imagined interaction;
- b) evaluate how pleasant, interesting, and characterized by unpredictable aspects the imagined person(s) was (were).

These evaluations allow us to check the effectiveness of the manipulation.

Intervention outcomes

- Well-being measured pre and post intervention
- Contact measured weekly

Tutors can analyze results using simple statistics (t-tests, correlations).

Thank you

Any Question?

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