

***“Permit us to question — to doubt, that’s all — to not be sure.” Richard Feynman (1955)***

This flyer provides details of the final Research and Practice in HE Seminar this semester.

All staff are welcome, and are encouraged to attend.

Refreshments will be available from 4.00pm and the seminar will start at 4.15pm.

To [book a place](#) please email [TLAcademy@ljmu.ac.uk](mailto:TLAcademy@ljmu.ac.uk)

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**4.15pm – 5.30pm, Wednesday 9<sup>th</sup> May**  
**Redmonds Building**

**Mental Toughness in young people: consideration for first year transition**

**Professor Peter Clough: Head of Psychology, University of Huddersfield**

**Steve Oaks: Director of Education, AQR International**

The seminar will focus on the relationship between mental toughness and young people. It will examine its derivation, its measurement, its impact and its development in individuals. Clough et al. (2002) formulated the most widely used concept of Mental toughness (MT). This has been linked to a broad range of health-related behaviours (Dewhurst et al., 2012; Gerber et al., 2013; Perry et al., 2013; Crust et al., 2014). Specifically, in education, it has been found to be associated with better academic performance (Crust et al., 2014) and Psychological Well Being (Stamp et al, 2015).

In the context of school and further education learning environments, consideration will also be given to the preparedness of students for

Higher Education and the use of Mental Toughness measurement and development training to support first year transition.

**Professor Peter Clough** is Head of the Department of Psychology at the University of Huddersfield. Peter has previously held academic positions at MMU and Hull University as Head of Psychology and Associate Dean (Learning and Teaching). Peter has written two books about Mental Toughness and has produced numerous academic papers relating to the 4 'C' model. Peter's research has been carried out in partnership with a number of other Higher Education Institutions including: The University of Basle; University of Lincoln; University of Leeds, University of Newcastle and the University of Edinburgh. The work started in the sports domain, but is now extensively used in both business and education. Ongoing projects are looking at the possibility of enhancing mental toughness and the cognitive underpinnings of the 'mental toughness' advantage. The expertise gained is used to enhance student performance and employability.

**Steve Oakes** is the Director of Education at AQR. His work is largely based on AQR's Mental Toughness model and measure MTQ48. The main outcomes for this work revolve around attainment, well-being, behaviour and transition. The Mental Toughness concept embraces ideas such as Resilience, Mindset, Grit, Character and Learned Optimism in a single highly accessible format. Formerly, Steve was the Assistant Director of the Blue Coat Sixth Form in Oldham for eight years where he embedded a Mental Toughness culture throughout the school which produced some outstanding results in A Level attainments. Steve is the co-author of the A Level Mindset and GCSE Mindset and currently completing a PhD in Mental Toughness at MMU.

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