



Welcome to Learning Labs

To activate your Learning Labs account, go to <https://app.learninglabs.co/register/> and enter your University email address, forename and surname, plus any additional account fields you wish, as displayed below. *Please note you don't need to apply an activation code as this is automated for UWE members.

A screenshot of the Learning Labs registration form. The form is titled "Register" and includes instructions to complete the form to access simple Labs on all assistive technology. It features a "Login" link for existing users and a disclaimer about the Terms of Use and Privacy Policy. The registration fields include an optional activation code, forename, surname, email, and a selection of user roles (student, trainer, assessor, or other). There is also a field for the organisation or university and a checkbox for marketing communications. A "Finish" button is at the bottom of the form. A red rectangle highlights the registration fields. The footer contains copyright information, a privacy policy link, and a terms & conditions link.

Register

Complete the form to access simple Labs on all your assistive technology

Already have an account? [Login](#)

By registering for a Learning Labs account, you agree to abide by our Website's [Terms of Use](#) And [Privacy Policy](#)

activation code (optional)
Only required if you have been provided with one.

forename

surname

email

student trainer assessor other
☐ ☐ ☐ ☐

organisation or university

☐ I agree to receive marketing communications from Learning Labs

Finish

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Once completed, click Finish and you will be taken straight to your dashboard, ready to use your account.

(Please note that to access your account in future, you will need to view the welcome email and set your own password.)



On initial registration, you will be sent an email to confirm your account has been activated along with details for how to access your account.



Your username will be your registered email address as displayed in the email. Click on the link in the email to set your own account password.

Hi Sean,

Congratulations, your Learning Labs account has been setup successfully.

You now have access to a range of multimedia learning resources that will enable you to get the best out of your assistive technologies.

Please find your account details below.

- Email Address: _____
- Username: _____

To complete the setup you will need to [create a password](#).

If you are unsure why this account has been setup for you, it is likely that your equipment provider has done this as part of your Disabled Students Allowance (DSA) or Access to Work award.

If you have any questions, please get in touch and we hope that you enjoy the many benefits of Learning Labs.

Thank you.

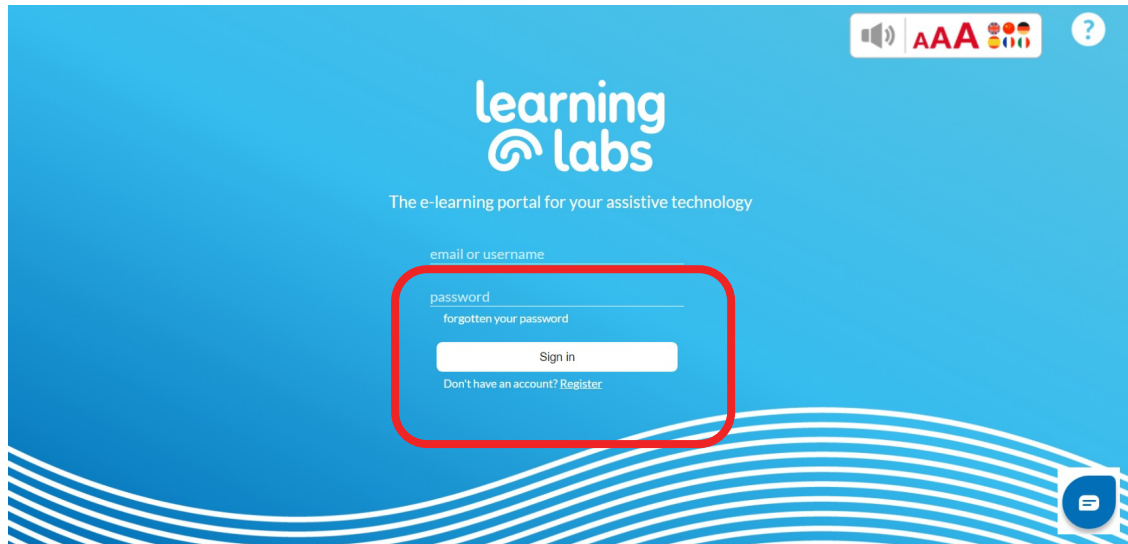
0191 230 6689

info@learninglabs.co

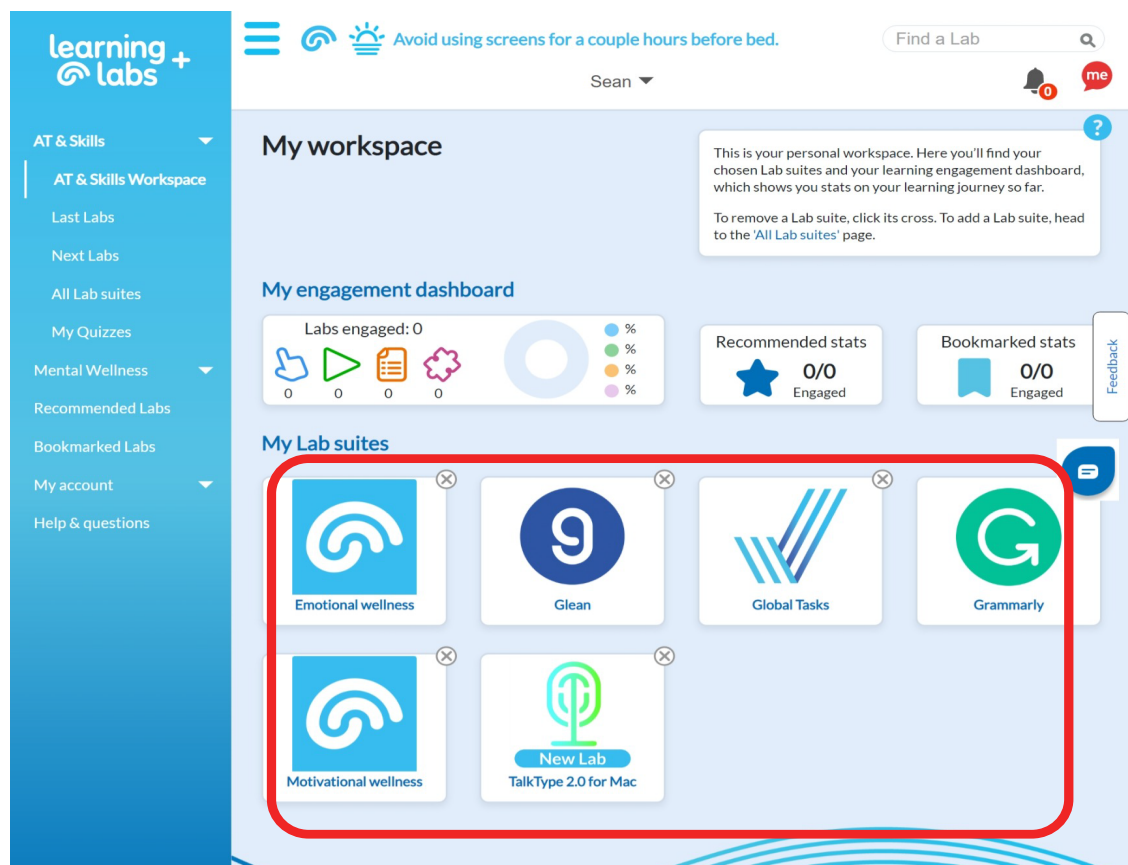
www.learninglabs.co



Once completed, you can login to your account by clicking on the Member Login button at the top of any page, or by navigating to www.learninglabs.co/login.



From your AT & Skills Workspace- All Lab Suite tab, all available products will be displayed and you can access them by clicking on the appropriate icon.





To view any one of the tutorials in the Lab, click on the appropriate icon in either the **Do**, **Watch**, **Read** or **Quiz** sections.

When you've completed a few Labs why not challenge yourself with a Quiz?.



You can visit the Learning Labs 'mental wellness drop down tab' please select “Wellness Workspace” in the menu on the left hand side of the portal.

learning labs +

AT & Skills

AT & Skills Workspace

Last Labs

Next Labs

All Lab suites

My Quizzes

Mental Wellness

Wellness Workspace

My Mentor Hub

My Dashboard

Recommended Labs

Bookmarked Labs

My account

Help & questions

Find a Lab

Sean

me

My Mental Wellness Workspace

[Collapse All](#)

Learn: Understand the 6 Domains of Mental Wellness

Learning Labs' mental wellness domain explorer

This is your Mental Wellness Domain Explorer. Hover over the wheel to see a summary of each of the Six Domains or click a Domain to [Learn](#) about the subject.

You can then also assess your own current state of mental wellness using the assessments below in the [Assess](#) section (scroll down this page).

Finally, if you are looking to maintain and develop your mental wellness, try some Action Labs, which you will find in the [Develop](#) section at the bottom of this page.

If you have any questions about anything just use our Live Chat, located in the bottom right of your screen.

Getting Started

This is your Mental Wellness Domain Explorer. Hover over the wheel to see a summary of each of the Six Domains or click a Domain to start learning. If you have any questions about anything, just use our Live Chat.

[In crisis?](#)

[Feedback](#)

[Assess : Gain awareness of your own mental wellness](#)







Once you're in the mental wellness hub you can learn about mental wellness, then assess and develop your own mental wellness as often as you like.

How are you feeling today?

😞 😐 😊 😄 😁






— My mental wellness domains dashboard




 Assess your Physical Wellness here Get started by assessing your Physical Wellness	 Assess your Emotional Wellness here Get started by assessing your Emotional Wellness
 Assess your Intellectual Wellness here Get started by assessing your Intellectual Wellness	 Assess your Motivational Wellness here Get started by assessing your Motivational Wellness
 Assess your Social Wellness here Get started by assessing your Social Wellness	 Assess your Spiritual Wellness here Get started by assessing your Spiritual Wellness

Develop : Take a mental wellness Action Lab




— Physical

	 Click here to start a Physical Action Lab	 Next suggested Lab - Physical > How to exercise when you're busy - 10 minute toning workout
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— Intellectual

	 Click here to start an Intellectual Action Lab	 Next suggested Lab - Intellectual > Activities that can stimulate the left hemisphere of your brain
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— Social

	 Click here to start a Social Action Lab	 Next suggested Lab - Social > How to manage your social media
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— Spiritual

	Click here to start a	Next suggested Lab -
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Useful resources

You can learn more about all the features within Learning Labs' by viewing our 'Get the most out of Learning Labs' video by [clicking here](#).

You can learn more about the importance of checking in with your mental wellbeing via the Learning Labs mental wellness portal by viewing our 'Check in with yourself' video by [clicking here](#).



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