



CTLT Summer Institute
Aug. 24, 2022



a place of mind

Embedding Student Wellbeing Into Your Teaching Practice

Brought to you by Dr. Sally
Stewart, School of Health and
Exercise Sciences, and the
TEACHERS Project Team



“...let us do so with intent,
acknowledgement and gratitude”

Land Acknowledgement:

We are presenting to you today from the
traditional, ancestral and unceded territory of the Syilx Okanagan Peoples

Agenda:

Student wellbeing and learning

The TEACHERS Project

Dimensions of Wellbeing

Wellbeing in your class

Sharing of implementations

Your turn!

Closing, resources and inspiration



HEALTH, BETTER LEARNING

Research On Improving Student Health
And Academic Success

 power thesaurus

Synonyms for Strong evidence

compelling evidence

hard evidence

solid evidence

substantial evidence

clear evidence

to be best in all
point of view.
Evidence ['evi
material objec
court, show b
proof or to es

Student Wellbeing And Learning

We cannot learn if we are not well. Instructors and the classroom environment are key to facilitating and supporting student wellbeing and learning.

The TEACHERS Project:

Training and Engaging Academics in their Classrooms to positively impact Health, Education and Resiliency in our Students

Targeted interventions: (3 course areas)

- a) course logistics
- b) instructor approaches
- c) activities



Results:

A minimum of 70% of students stated they agreed, or strongly agreed, with each of the evaluation components of the interventions

N = 214

72% female

61% white

12% learning/neuro disability

19% mental health issue

student surveys about each intervention addressed:

enjoyment

focus in class/motivated to learn

helped engage

wellbeing supported

sense of community

asked if they would have wanted these in class

Interventions included:

movement breaks

intentional arrivals

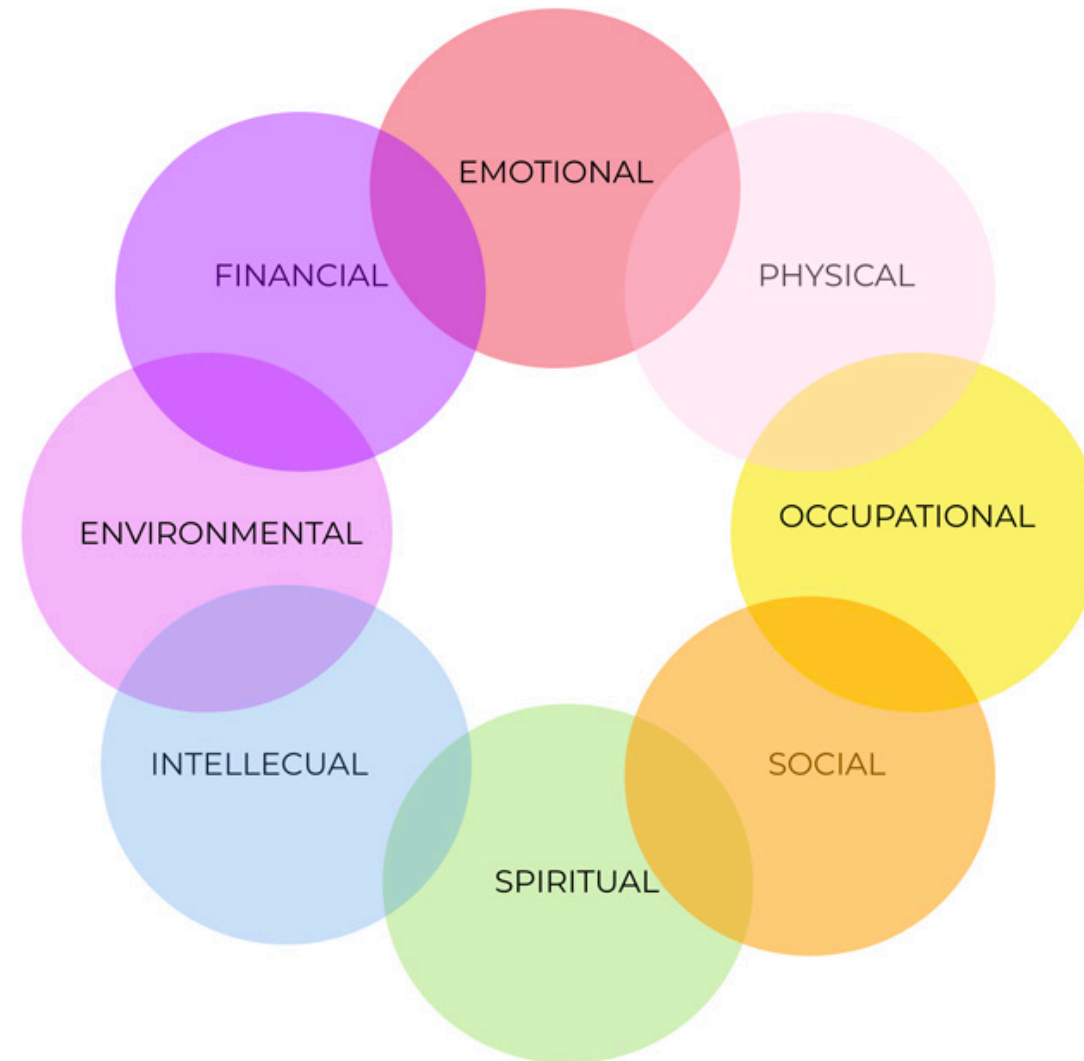
Intentional kindness

Approachable instructor

Grading input

Course outline wording (positive and inclusive)

Dimensions of Wellbeing:



Embedding Student Wellbeing Practices Into Your Classroom And Courses:

..... as foundational as your course learning objectives!

Students say **“YES”** *but what about faculty?*



Sharing Classroom Wellbeing Implementations:

Tamara Freeman – Chemistry; tamara.freeman@ubc.ca

Jamie Piercy – Psychology; [Intentional Wellnessjamie.piercy@ubc.ca](mailto:jamie.piercy@ubc.ca)

Shirley Hutchinson – Psychology; [Flexible Grading](mailto:shirley.hutchinson@ubc.ca); shirley.hutchinson@ubc.ca

Lydia Watson – Communication and Business; lwatson@capilanou.ca

Brianna Tsui – UBCO Physical Activity and Wellbeing; [Move U Crew](mailto:brianna.tsui@ubc.ca); brianna.tsui@ubc.ca

Sally Stewart – Health and Exercise Sciences; [Intentional Kindness](mailto:sally.willis-stewart@ubc.ca); TEACHERES Project Lead Researcher; sally.willis-stewart@ubc.ca

Jannik Eikenaar – Engineering; TEACHERES Project co-researcher; jannik.eikenaar@ubc.ca

Flexible Grading – Shirley Hutchinson

▼ CogBooks Activities (Online Learning Resource)			10% of Total	1 Rule ▼	+	⋮
			Drop the lowest 3 scores			
📄	Chapter 1	Due Dec 11 at 11am 2 pts	✓	⋮		
📄	Chapter 2	Due Dec 11 at 11am 2 pts	✓	⋮		
📄	Chapter 3	Due Dec 11 at 11am 2 pts	✓	⋮		
📄	Chapter 4	Due Dec 11 at 11am 2 pts	✓	⋮		
📄	Chapter 5	Due Dec 11 at 11am 2 pts	✓	⋮		
📄	Chapter 6	Due Dec 11 at 11am 2 pts	✓	⋮		
📄	Chapter 7	Due Dec 11 at 11am 2 pts	✓	⋮		
📄	Chapter 9	Due Dec 11 at 11am 2 pts	✓	⋮		

Providing students with the option to complete **SOME** of the assigned activities as opposed to **ALL** of the activities helps students engage with the content and build meaningful connections for the content they are interested in

INTENTIONAL WELLNESS

Arrivals

Explicit wellness focus

- Discussion, examples of compassion and self-care
- Support for mental health themes
 - Connect to resources on campus and online
- Emphasis on community connection and inclusion

STRUCTURAL INTERVENTIONS



Flexible grading

2 quizzes
dropped



Lower stakes exams and
assignments



Movement breaks to support
attention and engagement

Lydia Watson + 19 • 11mo

Wishes and Worries Wall

Please use the + sign to add your thoughts

Lydia Watson from Capilano U

Wishes: What are your hopes for this course?

getting good grade, improve editing skills.

that I improve my public speaking and I manage my time and do not fall behind

To better my grammar and writing.

Learning more/ better way to present

strengthen my organizational skills

to learn more about communications and also get a good grade. i also want to enhance my speaking skills

Critique of my writing style

improve my writing

Getting an A in the course

Worries: What are your concerns regarding this course?

Group projects and unfair division of duties

Motivation

Difficulty of communication

being shy and not asking for help

grammar and editing

Group projects

Group projects

Grammar

group project

a heavy amount of reading assignments

i won't be able to focus for

ADD SECTION

WISHES AND WORRIES CHECK-IN

Wishes	Worries
More Knowledge and Info on Projects	Dsm
	lack of sleep
	✓behind in courses already
partners responding for group assignment x2 ✓✓✓✓	so many dsm
More direction with group projects	so many getting assignments done
learn more about the team project	✓assignment overload
understand better the chapter	
clear up some questions about the chapter	not to get done the team project asii

thank you!

Also, thank you so much for doing these check ins :) they feel helpful ✓

INCLUSIVE SYLLABUS LANGUAGE

In my classroom, I encourage you to participate and look for meaningful connections between your life and the presented material. In doing so, you exercise your fundamental rights as a learner.[\[1\]](#)

These are:

1. The right to be confused,
2. The right to make mistakes and revise your thinking,
3. The right to speak, listen and be heard, and
4. The right to write, do and represent what makes sense to you.

Do not be afraid to make mistakes and ask questions. I am here to help you learn.

- Introduce yourself! Use pictures, pronouns, funny stories that help describe you.
- Replace impersonal language (*the student should..*) with statements that include the student (*you will be introduced to..*)
- Describe the purpose of office hours and provide links to hints & tips for effective use.

MOVEMENT BREAKS WITH THE MOVE U CREW

The Move U Crew are HES practicum students and students from the Exercise Is Medicine Club who promote physical activity on campus.

Movement breaks improve wellbeing by:

- Alleviating Stress
- Improving Mood
- Increasing Energy

Request a 5-10 minute movement break with the Move U Crew for any class, meeting or event!

Find our request form on the UBCO Recreation Website under the **Get Active Page** (Launching September 2022)





My To-Do List

Date	✓	Item
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	



6 scientifically proven
benefits of

Acts of Kindness

1. Releases oxytocin.
2. Increases energy.
3. Boosts happiness.
4. May increase lifespan.
5. Increases pleasure.
6. Releases serotonin.

Third Bliss

**MAKE
KINDNESS
THE NORM.**

Windsor-Essex
Community
Foundation

**inspire
kindness®**

Kindness pledge

Lets make our
communities more kind
and inclusive

**TEACH
KINDNESS**



"It's one
thing to be
TAUGHT
kindness.

It's another
thing to be
TOUCHED
by it."



inspire
kindness

**No
act
OF
KINDNESS
no
matter
HOW SMALL
IS ever
WASTED**

Intentional Kindness

Helping

Doing something for others

Kind words; polite

Compassion

People want to feel cared
for

Your Turn!!

What are your initial reactions to the options?

What inspires you about these?

How can you modify and make it yours for your class?

What support do you need to make it happen?





<https://wellbeing.ubc.ca/tools-and-resources/teaching-learning-resources>

Eg. Take a Stand, Random Acts of Exercise Videos, Teachers Project, Move U Crew, and more!

Move
Sleep
Eat well
Connect
Give



<https://www.sfu.ca/healthycampuscommunity/learningenvironments/rationale.html>

RESOURCES:

Please feel free to reach out to any of us!!



Closing And Inspirations

