

INTEGRATING WELL-BEING CONCEPTS INTO LEARNING ENVIRONMENTS



In accordance with the UCI Strategic Plan, the efforts of this guide align with the Pillar 2: First in Class. In order to “foster excellence in teaching and learning” and “integrate student life with educational experiences”, this guide is being made available for you to integrate holistic wellness into the learning environment for the students of UCI. Integrating well-being concepts into classroom/learning environments results in healthy classroom practices that ultimately lead to student/academic success, a healthy culture and positive environment, student retention, and effective learning outcomes.

Suggestion #1: Be Mindful about Deadlines, Workload, and Timing of Feedback. Being mindful about assignments, expectations, and feedback in the classroom is one way to ensure that students are not extremely overwhelmed.

Suggestion #2: Be Flexible and Offer Options. Providing students with some flexibility and control over their learning experiences, assignments, staggered due dates, and options for grades helps them to feel empowered and supported, contributing to their well-being.

Suggestion #3: Encourage Breaks, Standing, Stretching, and Reflection. Providing an opportunity for movement, mindfulness, or an activity break during class can have a positive impact on students.

Suggestion #4: Share Resources and Wellness Info with Students. College can be an extremely stressful environment for students, affecting students’ health and well-being. Sharing student resources in your syllabus, or during the beginning of class helps ensure that students feel supported and can succeed.

Suggestion #5: Help Students Connect with You. Connecting with students on a personal level, making yourself available, and identifying yourself as an ally can help create a productive environment that allows for students to feel comfortable and supported, which can be beneficial for improving their ability to learn.

Suggestion #6: Be Welcoming, Enthusiastic and Caring. Be intentional in setting a welcoming tone and safe space to help cultivate a friendly, positive learning and working space for students. Take care of your own well-being so that you can be present for your students.

Suggestion #7: Help Students Connect with the Community. Getting students connected with their local and individual communities gives them the opportunity to make a difference and can benefit their well-being.

Suggestion #8: Provide Timely Feedback and Helpful Advice. Providing feedback and advice that is timely and specific allows for students to discover their challenges early on and work to improve themselves throughout the course. Outline ways students can improve and how the work can further professional goals.

Suggestion #9: Provide Opportunities that Promote Professional and Personal Skills. Providing students opportunities to engage with the real world by connecting course materials to life skills will help promote their personal and career readiness skills necessary after graduation.

Suggestion #10: Help Students Connect with Each Other. Positive group experiences have been shown to contribute to student learning and overall college success. Students are able to develop communication and teamwork skills that are increasingly important for the professional world.

For more information, visit: <https://whcs.uci.edu/>