Exploring Links between Learning Environments and Student Well-being in Higher Education

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CHECK IN

Rosie Dhaliwal
Health Promotion Specialist
SFU
“The college experience poses significant and complex challenges to student well-being. Traditionally these have been addressed in residential halls, campus clinics and counseling centers – everywhere but the classroom.”

(Georgetown University, 2011)

NATIONAL COLLEGE HEALTH ASSESSMENT

Top Academic Impacts at SFU (ACHA, 2010):
- Stress (32.3%)
- Anxiety (25.0%)
- Internet use/computer games (24.1%)
- Sleep difficulties (20.9%)
- Cold and Flu (20.3%)
- Work (20.1%)
Alisa Stanton
Health Promotion Specialist
SFU
General Resources: Team Style Inventory

This short inventory is designed to give you a general sense of your dominant and preferred personality when in a team or group setting. It simply indicates a general preference and is not meant to put you in a rigid category.

Read each line and select the two characteristics that best describe you as a person. When you are finished, click Calculate Score. The column that has the highest number of characteristics circled indicates your dominant style. Remember to select two characteristics per line. Have fun!

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<td>D</td>
<td>S</td>
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<tr>
<td>1.</td>
<td>Persuasive</td>
<td>Open</td>
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<td>2.</td>
<td>Controlling</td>
<td>Supportive</td>
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<td>3.</td>
<td>Decisive</td>
<td>Calm</td>
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<td>4.</td>
<td>Urgent</td>
<td>Thoughtful</td>
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<td>5.</td>
<td>Competitive</td>
<td>Gentle</td>
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<td>6.</td>
<td>Confident</td>
<td>Trusting</td>
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<td>7.</td>
<td>Risk-taking</td>
<td>Cooperative</td>
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<td>A</td>
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<tr>
<td>1.</td>
<td>Practical</td>
<td>Creative</td>
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<td>2.</td>
<td>Objective</td>
<td>Involved</td>
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<td>3.</td>
<td>Hard-working</td>
<td>Idealistic</td>
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<td>4.</td>
<td>Deliberate</td>
<td>Imaginative</td>
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<td>5.</td>
<td>Efficient</td>
<td>Original</td>
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<td>6.</td>
<td>Systematic</td>
<td>Intense</td>
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<td>7.</td>
<td>Industrious</td>
<td>Ingenious</td>
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Collaborating Partner: Senate and Academic Services, Registrar’s Office

Creating Conditions for Well-Being in Learning Environments

- Inclusivity
- Real Life Learning
- Personal Development
- Flexibility
- Social Connection
- Instructor Support
- Services and Supports
- Civic Engagement
- Optimal Challenge
- Positive Classroom Culture

Personal Reality Check

WHAT MOTIVATES ME: (PURPOSE)

WHAT I WANT SOCIETY TO VALUE:

WHAT ARE MY SKILLS AND ABILITIES:

WHAT VALUE:
Profiled Faculty Members

Kate Taylor
Assistant Professor, Faculty of Health Sciences
Kate Taylor integrates knowledge and experience in teaching and technology to create engaging and student-centric learning experiences. Her expertise in using technology to enhance student learning and engagement makes her a valuable resource for students.

Richelle Tucker
Assistant Professor, Faculty of Health Sciences
Richelle Tucker is recognized for her ability to inspire students and create a positive learning environment. Her passion for education and student success is evident in her teaching style and commitment to student learning.

David Zemdegs
Associate Professor, Faculty of Health Sciences
David Zemdegs is known for his innovative approach to teaching and his dedication to enhancing the learning experience for students. He is involved in the development of new learning tools and strategies that help students succeed.

Barb Berry
Educational Consultant
SFU Teaching and Learning Centre
Barb Berry is an educational consultant at SFU's Teaching and Learning Centre, where she works with faculty and students to improve teaching practices and enhance the learning experience. Her expertise in educational technology and innovative teaching strategies is highly valued.
Fostering Conditions for Teaching and Learning in the “Local”

Macro
- Institution Level
  - Course Evaluation Framework - pilot
  - Universal Instructional Design Policy

Meso
- Disciplinary Level
  - Team Leadership Development
  - Scholarship Inquiry Circles
  - Curriculum Design

Micro
- Individual Level
  - Capacity Development
  - Design Consultation

David Zandvliet
Associate Professor
SFU Faculty of Education
DISCUSSION

How might create conditions for well-being in learning environments at your institution?
QUESTIONS

Let’s CONNECT

www.sfu.ca/healthycampuscommunity/learningenvironments