



Embedding wellbeing in
our curriculum
... my teaching starts in
one week

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Image source

<https://images.app.goo.gl/edtQ5fqzjr3XryPh7>

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Embedding Wellbeing in the Curriculum

‘For students, their curriculum and their engagement with academics are their only guaranteed points of contact with their university.’ (Hughes et al., 2018:12)

Ann-Marie Houghton and Jill Anderson (2017)
Embedding Mental Wellbeing in the Curriculum: Maximising Success in Higher Education.

<https://www.advance-he.ac.uk/knowledge-hub/embedding-mental-wellbeing-curriculum-maximising-success-higher-education>

Figure 2: Enhancing student mental wellbeing – the curriculum at the core





The issue of challenge

- Activities which normalise challenge
- Role modelling
- Developing assessment and feedback literacy

Image source: <https://youtu.be/kJ-slNvmFYA>

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Connection and Belonging

- Orientation and socialisation
- Informal connections and spaces
- Asking students and student voice
- Building a culture of compassion and respect



What does this mean for facilitating live sessions?

10 Top Tips

1. Establish low-stakes interaction early
2. Explicitly build a respectful culture
3. Team and ice-breaker activities throughout
4. Give time to think – ‘Take 2 minutes and think about...’
5. Acknowledgement and using names!



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6. Clarity in terms of input – what is expected of students?
7. Checking – is everybody with me??
8. Identify roles - e.g. chat champions/ seminar take-overs
9. Approaches to plenary and hearing all voices
10. Explore with students how it is working – reflective activities (synchronous or asynchronous)



Selection of reading

- Theo Gilbert (2017) 'When Looking Is Allowed: What Compassionate Group Work Looks Like in a UK University', in Paul Gibbs (ed) *The Pedagogy of Compassion at the Heart of Higher Education*. UK: Springer, pp. 189-202
- Emma Jones, Michael Priestley, Liz Brewster, Susan J. Wilbraham, Gareth Hughes & Leigh Spanner (2020) Student wellbeing and assessment in higher education: the balancing act, *Assessment & Evaluation in Higher Education*, DOI: 10.1080/02602938.2020.1782344
- Ann-Marie Houghton and Jill Anderson (2017) *Embedding Mental Wellbeing in the Curriculum: Maximising Success in Higher Education*. York: Higher Education Academy. <https://www.advance-he.ac.uk/knowledge-hub/embedding-mental-wellbeing-curriculum-maximising-success-higher-education>
- Gareth Hughes & Leigh Spanner (2019) *The University Mental Health Charter*. Leeds: Student Minds
- Gareth Hughes, Mehr Panjwani, Priya Tulcidas and Nicola Byrom (2018) *Student Mental Health: The Role and Experiences of Academics*. University of Derby, Kings College London, Student Minds.