

# Medway Festival of Learning and Teaching

Exploring assessment and  
feedback through the lens  
of wellbeing – a  
conceptual mapping and  
suggestions for practice  
emerging from a recent a  
literature review

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# Wellbeing in the context of teaching and learning

- Wellbeing: ‘the ability of an individual to fully exercise their cognitive, emotional, physical and social powers, leading to flourishing.’ (Hughes and Spanner, 2019:9)
- ‘providing a positive learning environment that fosters positive mental wellbeing can seem so obvious that it is overlooked.’ (Houghton and Anderson, 2017:5)
- ‘For students, their curriculum and their engagement with academics are their only guaranteed points of contact with their university. Not all students will stay in university accommodation, engage with their Students’ Union or access support services. All students will study their curriculum and engage with their academic lecturers and tutors.’ (Hughes et al., 2018:12)

# Embedding wellbeing in the curriculum

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





# Curriculum process and assessment and feedback practice

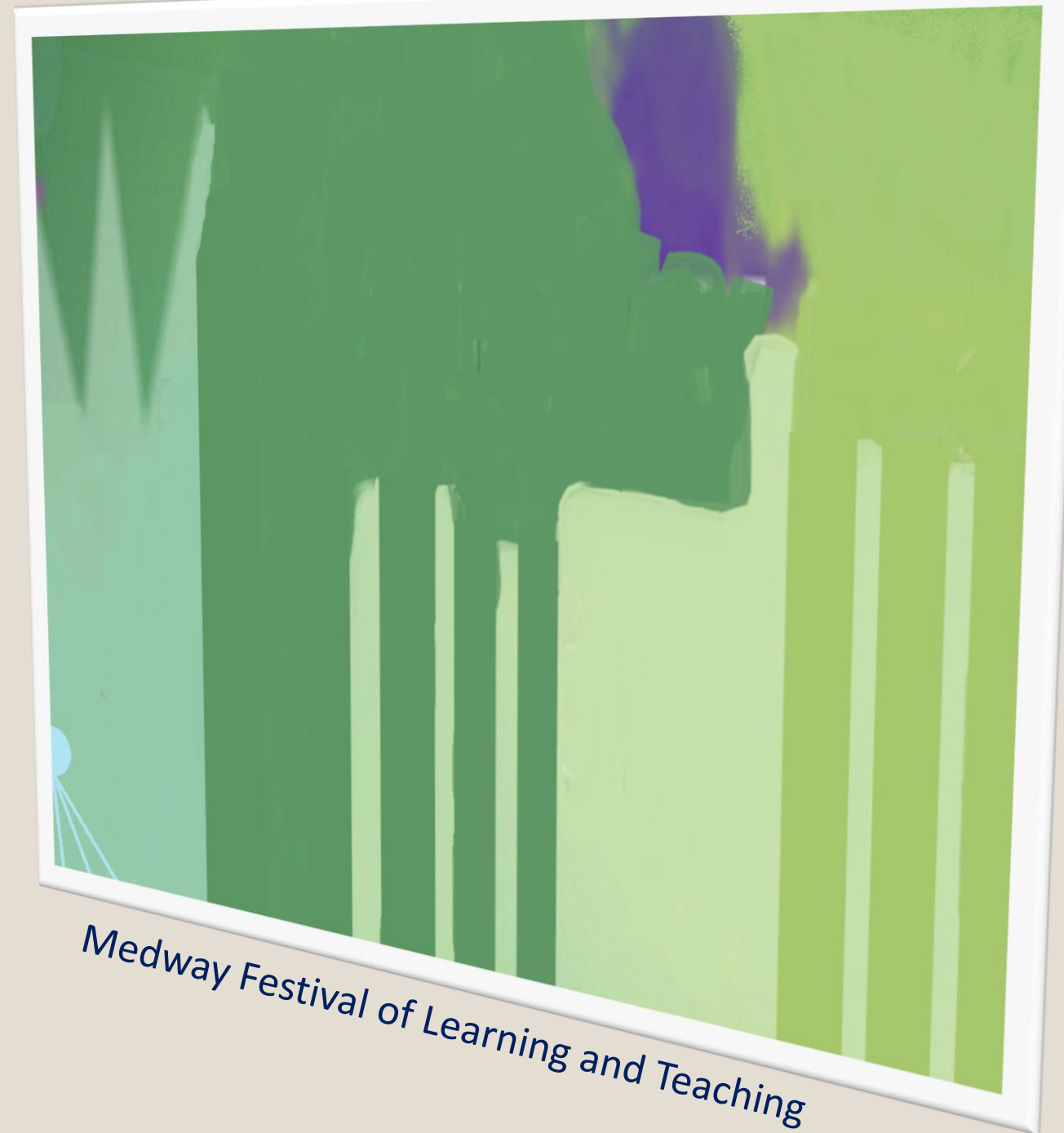
- Assessments as micro-transitions
  - positive relationships and belonging
  - self-efficacy
  - self-regulation
- The role of emotion and the way this shapes how students experience and respond to assessment and feedback – should we be working more closely with the ‘emotional elements of their learning experience’? (Hill et al., 2019: 4)

# Some ways of thinking about our practice

- Challenge
- Inclusive assessment
  - nature and authenticity
  - choice and flexibility
- Connection, collaboration and dialogue
  - pedagogic partnership (Hill et al., 2019)
  - dialogue
  - compassion-focused pedagogy (Gilbert, 2017)

# Thank You!

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[University of Greenwich Health and Wellbeing Strategy \(2019\)](#)