

What is your key takeaway from our discussion today?

Various approaches to improving students' wellbeing.

I liked the idea of self-reflection after receiving quiz feedback.

Quiz autopsy! I can see many uses even beyond quizzes.

The concept of Academic buoyancy was interesting and something I will explore further

Today I saw that there are at least three different ways instructors can build their students' self-efficacy. Juan, Ivan and Tiffany have all looked at their students and met some of their needs. I love the idea of embedding some wellness strategies

I would like to see some of Tiffany's resources. It was very well thought out. I think it took a lot of courage to implement this with her class.