

Welcome! We're glad you're here.

- Your audio is muted on arrival.
- Please tech check yourself:
 - Turn audio on and off. Check volume levels.
 - Use video sparingly to help with bandwidth levels
- Type in chat: say hi, share your role, institution, subject area
- If you are here for another reason, please let us know in the chat!

Note: These sessions are recorded and shared on the BCcampus COVID-19 website

A Few Guidelines for Webinars

- Please refrain from identifying individuals and institutions
- Be mindful that everyone comes to this space with their own experience and needs
- Be respectful of everyone's emotional and mental boundaries at all times
- Use this time to practice respectful dialogue
- The BCcampus Code of Conduct includes webinars

Be Calm. Be Kind. Be Safe.

– Dr. Bonnie Henry

#thrivingbeyondcampuses

Don't forget to consider follow-up events occurring in January
and February 2021

<https://covid19.bccampus.ca/thriving-beyond-campuses/>



Thriving Beyond Campuses

Well-being in Learning Environments



Thriving Beyond Campuses

A Dialogue Series Connecting B.C. Post-Secondary Schools

Thriving Beyond Campuses: Promising Learning Environment Practices that Enhance Student Wellbeing

Hosts: Diana Jung and Russell Thomson

December 3, 2020



THE UNIVERSITY
OF BRITISH COLUMBIA



BCcampus



Thriving Beyond Campuses

A Dialogue Series Connecting B.C. Post-Secondary Schools

Round Table Discussion Themes (break-out sessions)

1. Enabling Connections to Enhance the Student Experience
2. Embedding Well-being in Graduate & Professional Programs
3. Inclusive Teaching for Student Well-being
4. Enhancing Student Self-efficacy



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Theme 1: Enabling Connections to Enhance the Student Experience

Sharing is Caring? Food Interventions in the Learning Environment

Sarah Walshaw, senior lecturer, Department of History, SFU

Using Contemplative Practices to Create Community: Experiences from a Student, Faculty & Staff Meditation Group

Elisabeth Bailey, assistant professor of teaching, Faculty of Applied Science/School of Nursing, UBC Vancouver

Kindness: An Exploratory Study of How University Students are Kind

Sally Willis-Stewart, associate professor of teaching, School of Health and Exercise Sciences, UBC Okanagan

John-Tyler Binfet, associate professor, Faculty of Education, UBC Okanagan

Adam Lauzé, research assistant, UBC Okanagan

Zak Draper, statistician, PhD student, Department of Psychology, UBC Okanagan



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Theme 2: Embedding Well-being in Graduate & Professional Programs

Improving Graduate Student Well-Being through Constructive Management of Expectations

Clare McGovern, lecturer, Department of Political Science, SFU

Graduate Supervisory Relationships and Wellbeing: Using Research-Based Theatre to Elicit Deep Dialogue

Susan Cox, associate professor and director of PhD and MSc programs in the School of Population and Public Health, UBC Vancouver

Michael Lee, senior instructor, School of Occupational Science & Occupational Therapy, UBC Vancouver

Building a Well-being Community through Embedded Counselling

Anna Kline, student well-being manager and counsellor, Counselling Services in Allard School of Law, UBC Vancouver



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Theme 3: Inclusive Teaching for Student Well-being

Maintaining Well-Being in Reconciliation Work

Janet Pivnick, educational consultant, Curriculum and Instruction Division, Centre for Educational Excellence, SFU

Engaging Difficult and Distressing Material in and Beyond the Classroom: Strategies and Resources

Evan Mauro, lecturer, Coordinated Arts Program, UBC Vancouver

Fenn Stewart, English Department, Douglas College

Otoniya Juliane Okot Bitek, Ellen and Warren Tallman Writer-in-Residence, SFU



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Theme 4: Enhancing Students' Self-efficacy

Embedding Wellness and Transition to University Content in a First-year and Second-year Cohort

Juan Abelló, assistant professor of teaching, Department of Mechanical Engineering, UBC Vancouver

Quizzing and Well-being

Ivona Mladenovic, senior lecturer, Department of Biological Sciences, SFU

The Role of Pedagogy in Building Student Resilience

Tiffany Muller Myrdahl, Senior Lecturer, Gender, Sexuality, & Women's Studies, Urban Studies Program, SFU



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