

Abstract

As reported in several international studies, we are observing a crisis, which is growing internationally each year, in student and staff mental health and wellbeing in Universities. Such crisis might be soon exacerbated by the current pandemic which has generated further uncertainty and fast changes in the Education settings.

Students' overall experience in Higher Education is highly impacted by the teaching and learning environment (Barden and Caleb, 2019). Such an environment plays a key role in students' learning, but also in their personal wellbeing and ability to flourish and become engaged citizens (Hammond, 2004; Okanagan Charter, 2015). Therefore embedding self-care and wellbeing in educational spaces and across curriculum in Universities is an essential step for supporting and sustaining self-care of students and staff across Institutions.

In this workshop we will look at wellbeing interdisciplinary pedagogies and strategies and Elena will share her understanding and ideas about how to foster positive wellbeing in the teaching and learning environment for both students and staff. Such ideas are drawn from her pedagogic research about students' Wellbeing in educational settings as well as her teaching practice, including her experience of devising and delivering the interdisciplinary undergraduate course 'Understanding Wellbeing'.

Attendees will have the opportunity to think about and design wellbeing interdisciplinary strategies for their own educational setting.