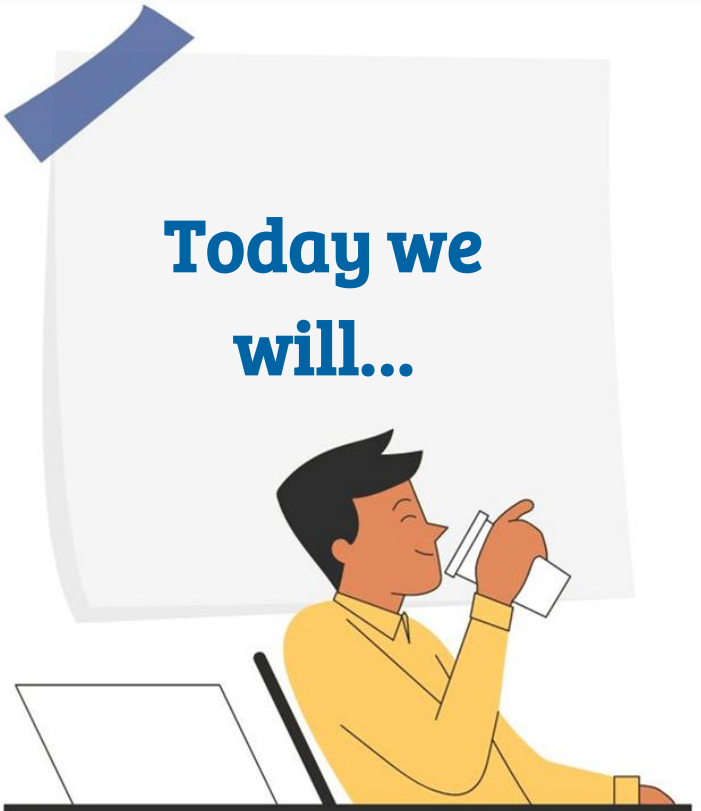


Pedagogical Wellness at UCI

Theresa Duong, Ph.D.
Pedagogical Wellness Specialist
Division of Teaching Excellence and Innovation



Division of Teaching
Excellence and Innovation



Today we will...

1

Describe the current state of mental health and well-being among faculty and students.

2

Discuss the role of faculty in student mental health.

3

Define Pedagogical Wellness.

4

Explore strategies for integrating pedagogical wellness into course design.

5

List resources available to support faculty personal well-being and pedagogical well-being.

Comprehensive Wellbeing Initiative

The **Comprehensive Wellbeing Initiative (CWI)** at UCI is a multi-disciplinary initiative grounded and guided by the Okanagan Charter, and is helping UCI to become a globally recognized health promoting university. UCI is among the first eight campuses in the United States to adopt the Okanagan Charter.

<https://healthpromotinguniversity.uci.edu/>

September 1, 2021

UCI is among inaugural US cohort to adopt Okanagan Charter

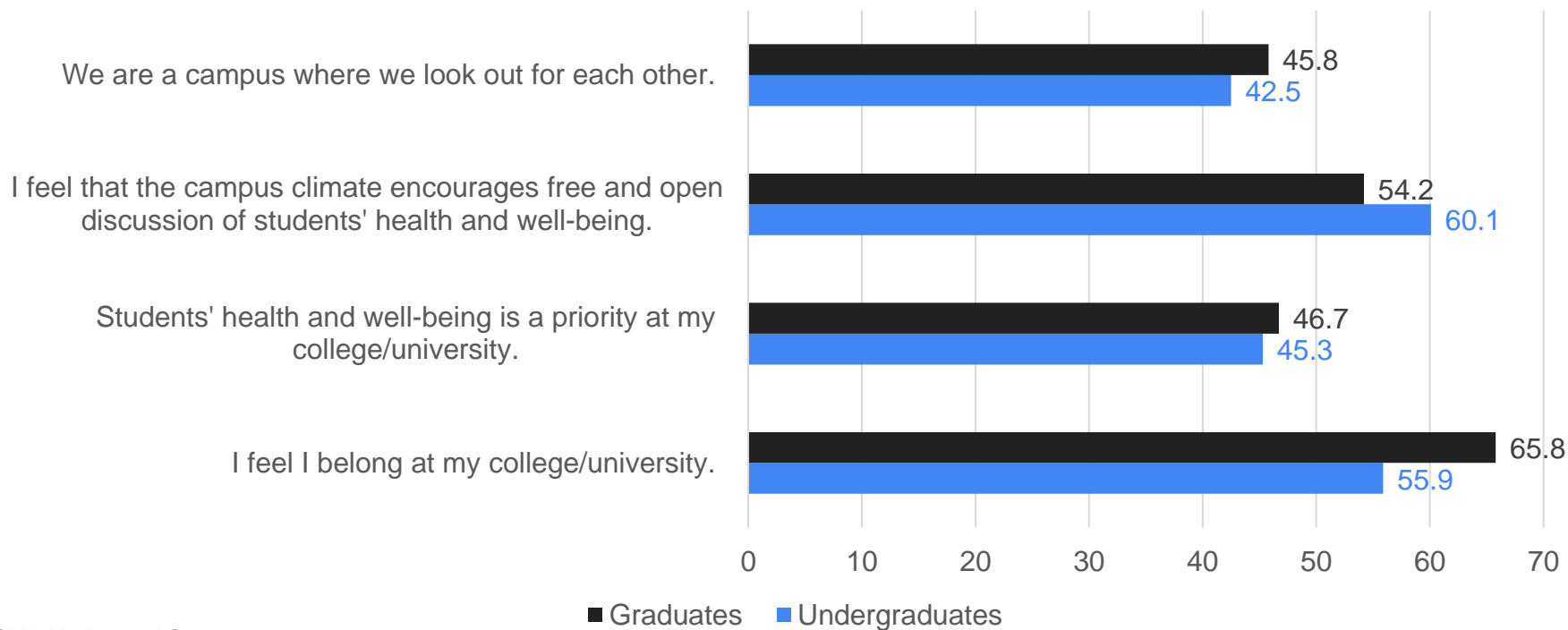
8 campuses formalize commitment to be 'health-promoting universities'



UCI will use four themes to drive its pathway to becoming what the charter calls a "health-promoting university": diversity, equity and inclusion; the built environment; a culture of health and well-being; and sustainability. Above, students enjoy the beauty and tranquility of the campus's Aldrich Park. Steve Zylus / UCI

Irvine, Calif., Sept. 1, 2021 – The University of California, Irvine is among the inaugural U.S. cohort of eight "health-promoting universities and colleges" to adopt the Okanagan Charter and will join the others in a virtual signing ceremony today. The Okanagan Charter calls on institutions of higher education to infuse health and well-being into the campus environment and lead health promotion action and collaboration locally and globally. It provides signees with a common language, set of principles and framework to become health-promoting campuses

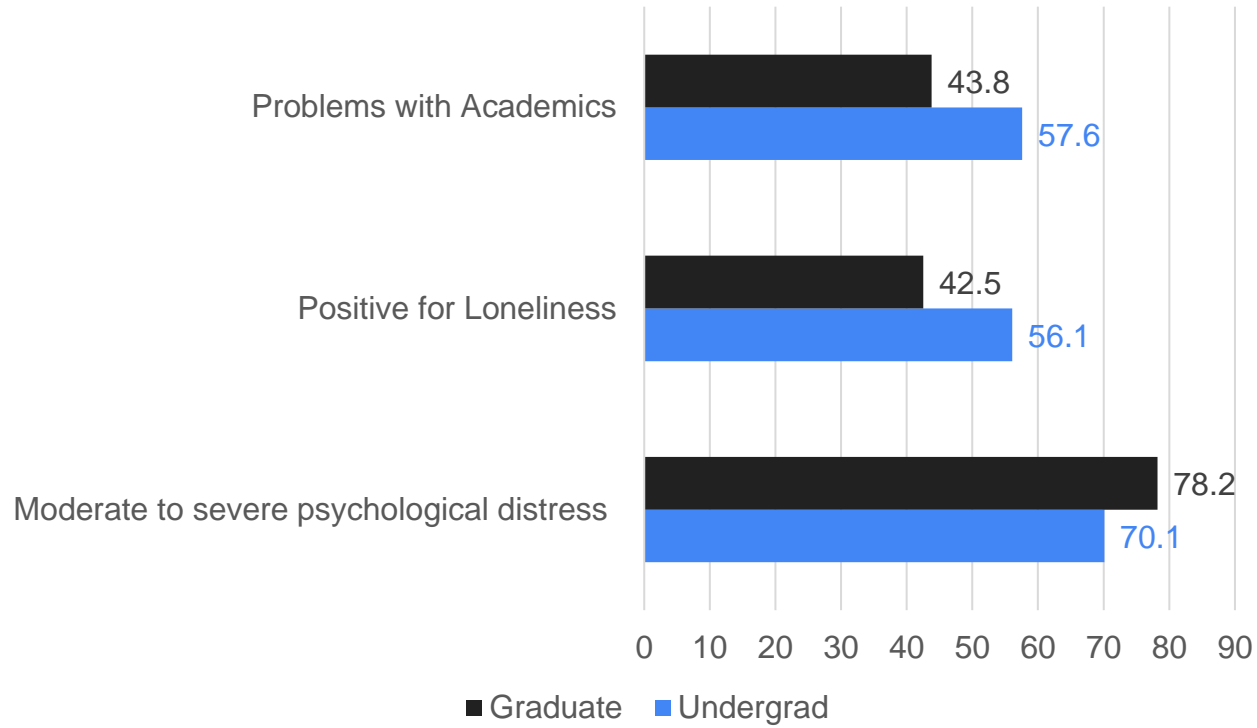
Health and Campus Climate (ACHA, 2023)



[ACHA Undergrad Summary](#)

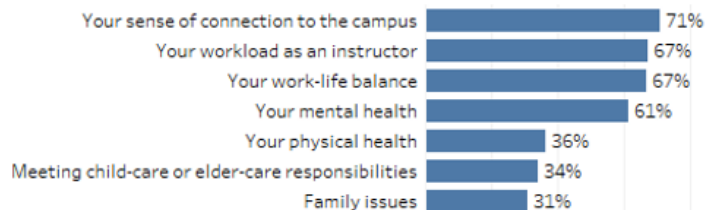
[ACHA Grad Summary](#)

Academics and Well-Being (ACHA, 2023)

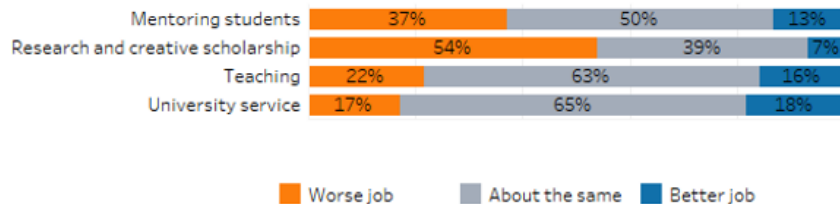


Faculty Satisfaction

The pandemic has had deleterious effects for some this academic year. In what areas have you experienced negative or harmful effects from COVID-related disruptions on your campus?



Since the start of this academic year, do you feel you have done a better or worse job meeting expectations for the following faculty responsibilities?



Since the start of this academic year, have you seriously considered...



Faculty Instruction Survey

(Spring 2021)

The Role of Faculty in Student Mental Health - Boston University School of Public Health (2021)

- **87%** of faculty believe the student mental health has worsened since the COVID-19 pandemic has begun
- **51%** report having a good idea how to recognize that someone is in emotional or mental distress
- **73%** would welcome additional professional development on the topic of mental health

[The Role of Faculty in Student Mental Health - Mary Christie Institute](#)

The Role of Faculty in Student Mental Health - Boston University School of Public Health (2021)

- **21%** agree that supporting students in mental or emotional distress has taken a toll on their own mental health
- **30%** know what, if any, mental health services are available for faculty members at their institution
- **Nearly 50%** believe their institution should invest more in supporting faculty mental health and wellbeing.

[The Role of Faculty in Student Mental Health - Mary Christie Institute](#)

Poll Everywhere

In one or two words,

What does pedagogical wellness mean
to you?

Join by Web

[PolLEv.com/
huongd627](https://PolLEv.com/huongd627)

Join by Text

Send **huongd627** to
22333

Join by QR code
Scan with your camera app



How We Define Pedagogical Wellness

The art and science of integrating wellness strategies into the teaching and learning environment that support the health and well-being of faculty and students.



Balancing Faculty and Student Well-Being



Assignments that take less grading time.



Build flexibility into course policies.



Use the syllabus to communicate expectations and your personal boundaries.



Take time to create inclusive, safe spaces and build faculty-student relationships.



Incorporate wellness activities for you and your students. Consider adding a wellness or mental health day.



Find your teaching and learning community for support.

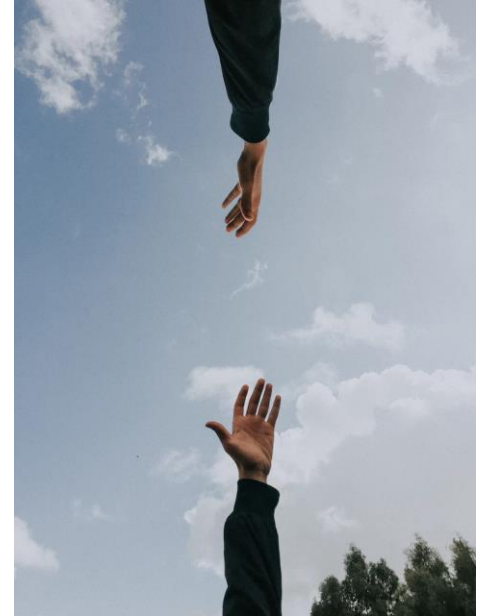
Top Pedagogical
Wellness Tips



<https://bit.ly/PWV-TopTips>

Current Efforts

- Faculty development programs regarding integrating wellness into the teaching and learning environment.
- Advocate for and increase visibility of faculty well-being needs related to teaching and learning through campus partnerships, committee participation, and research efforts.
- Create space for belonging and a culture of care in the teaching and learning environment.



Reminder: Faculty Support Resources

DTEI Pedagogical Support

- **Department-specific trainings or workshops**
- **DTEI one-on-one consultations**
- **Pedagogical Wellness-Specific Programming**
 - **Trauma-Informed Pedagogy Workshop:** on May 31, 2023 from 1-2:30 in AIRB 1030 and online
 - **Pedagogical Wellness Research:** Currently recruiting faculty participants!

Reminder: Faculty Support Resources

Professional/ Personal Support

- **Negar Shekarabi, Psy.D.** - Coordinator of Faculty/Staff Support Services (SSIHI)
- **Life Resources Program (for faculty, staff, and retirees)** – formerly Employee Assistance Program
- [Campus Assist List | Wellness, Health & Counseling Services \(uci.edu\)](#)
- **Additional trainings:** Mental Health First Aid, QPR, Bystander Intervention

Questions?

huongd@uci.edu

