



Pedagogical Wellbeing: Placing wellbeing at the heart of the curriculum

Quarterly update from LITE Fellow Dr Bridgette M Bewick

December 2019

A huge thank you to University of Leeds staff and students for investing their time and support. The response to the start of my LITE Fellowship project has been overwhelming. It's uplifting to see the passion University of Leeds students and staff have for developing a "well" university environment.

Special thanks to the Student Expert Advisory Group, our first meeting was a fantastic success. Thanks to lively student input the project now:

- Involves postgraduate students.
- Includes the School of Languages, Cultures and Societies.

The next Student Expert Advisory Group will be during February/March 2020. Contact b.m.bewick@leeds.ac.uk for details.



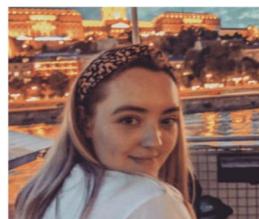
KEY MILESTONES REACHED

- 1st Oct Fellowship begins
- 29th Oct Ethical approval granted
- 29th Oct FBS promo filming
- 30th Oct Student Expert Advisory Group
- Oct/Nov Individual meetings with steering group members
- 12th Nov First participant recruited

STUDENT VOICE: Now is the time to act

"Now is the time for us, FBS students, to speak up to let the Faculty know what they can do differently."

James Woodward
FBS Sports Science School Rep



"Wellbeing is a huge issue, it's easier to fix the academic side. If we don't start to address wellbeing the problem will never be solved."

Izzy Joza
BA Music and Music Psychology

"Being aware of our mental health is extremely important, it allows us to know when we need to ask for support. If the School of Medicine knows what we need they can help us to access resources to improve our wellbeing and our university experience."

Xenia
iBSc and MBChB student



To hear Biological Science students explain why addressing student wellbeing is important to them visit <https://teachingexcellence.leeds.ac.uk/feature-placing-wellbeing-at-the-heart-of-the-leeds-curriculum/>

NEXT STEPS

- Dec 2019 - Faculty of Biological Sciences (FBS) complete student survey recruitment
- Jan/Feb 2020 - Relaunch recruitment in the: School of Design; School of Languages, Cultures, and Societies; School of Law; School of Medicine; School of Music.
- Feb 2020 - Launch recruitment in the School of Mechanical Engineering.
- Feb 2020 - Begin FBS staff survey recruitment and start student interviews.
- Feb 2020 - Free student mental health events (see over page). Register if you are interested in attending.

UPCOMING EVENTS

WEDNESDAY 12TH FEBRUARY

Student mental health and the arts sandpit

(staff and student reps/exec)

Register: http://www.leeds.ac.uk/events/event/6045/student_mental_health_sandpit

THURSDAY 20TH FEBRUARY

Share, Adopt, Adapt: Placing wellbeing at the heart of the Leeds Curriculum.

(staff and students)

Register: <https://teachingexcellence.leeds.ac.uk/events/share-adopt-adapt-placing-wellbeing-at-the-heart-of-the-leeds>

The Cultural Institute and Dr Bridgette Bewick invite expressions of interest from colleagues interested in exploring how the arts can develop solutions for student mental health. The sandpit will connect practitioners and researchers in the arts and humanities with practitioners and researchers from health and social sciences. By drawing on our differences in methodologies and values we will generate new insights into identifying problems and developing solutions that address the social, cultural, and academic aspects of student mental health and wellbeing.

The 'Placing wellbeing at the heart of the Leeds Curriculum' event will be led by LITE's Dr Bridgette Bewick. It will explore educational practices for improving student mental health and wellbeing. It will also cover questions such as: "How can we embed wellbeing into university curriculum?", "How do students experience wellbeing and their curriculum?", and "How can educators integrate pedagogical wellbeing into practices and policies?".

IN THE MEDIA

Dr Bewick shares practical ways that universities should change to benefit student health in Emily Goodard's 'Universities must confront the student mental health crisis'.

To read more: https://www.vice.com/en_uk/article/ywabyd/student-mental-health-expert-advice-universities



In November I had the pleasure of meeting with Rotimi Akinsete (Associate Dean of Students—Wellbeing & Inclusion—University of the Arts London) to explore synergies between my LITE project and the ongoing Advance Education project investigating wellbeing and the university curriculum.

For further information or to get involved contact:
Dr Bridgette Bewick, b.m.bewick@leeds.ac.uk

<https://teachingexcellence.leeds.ac.uk/teaching-enhancement-projects-current/pedagogical-wellbeing-and-the-leeds-curriculum-the-embodiment-of-wellbeing-and-the-university-experience/>



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