

Open webinar 17th September 2024

Student & Staff Well-being

Welcome to listen to the good practices in promoting student and staff well-being in FORTHEM partner universities. The presentations introduce examples of good practices in different themes concerning well-being (mental, social, and physical well-being, learning and skills, management, and sustainability & equality). Webinar is a part of the process in work package 6, T6.4 to build a toolkit for student and staff well-being.

Target audience: teachers, guidance providers, HR personnel, student services and administration staff, researchers in the field and student union.

Join the webinar: (no registration needed)

<https://jyufi.zoom.us/j/62602883641>

PROGRAMME - *More details on the different presentations can be found on the next page.*

9.30 Presentations

- **Care and Reading Dogs in Teaching** (*Mental well-being for students*)
Peppi Taalas, JYU
- **me@JGU** (*Mental well-being for students*)
Maria Gropalis, JGU
- **Robots Beam, uB** (*Physical well-being for students*)
Clément Debailleul and Kasia Lipinska, uB
- **The Psychological and Therapeutic Support Centre** (*Mental well-being for students and staff*)
Anna Bereźnicka and Jakub Bułacz, UO

11.00 BREAK

11.30 Presentations

- **Health School at work** (*Physical well-being for staff*)
David Esteban and Sara Mollà Casanova, UV
- **Sport game – staff Olympics** (*Physical well-being for staff*)
Uģis Bisenieks, UL
- **Teacher Mentoring** (*Well-being for academic staff in the field of learning & skills*)
Davide Lo Presti, UniPa
- **ARK - Work environment improvement process** (*Social well-being for staff*)
Silje Fladmark, NTNU/UiA

12.55 Closing



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Care and Reading Dogs in Teaching *(Mental well-being for students)*

Care and reading dogs are used in teaching and non-formal study groups to enhance well-being. Just by its presence, a Reading Dog brings warmth and lightness. The dog is easy to approach and enjoys interaction with humans without ever judging anyone. Reading Dogs are trained to perform their tasks and they enjoy the work they are doing. Open learning space with dogs is offered regularly for small group of students.

me@JGU *(Mental well-being for students)*

Online portal, including accompanying workshops, to help prevent mental health problems in student pathways. Tips, worksheets, video files, audio files, and accompanying workshops on study related topics (e.g. coping with exam stress, being well organized, beating procrastination) to enhance students' mental well-being.

Robots Beam, uB *(Physical well-being for students)*

Beam robots allow students to follow their courses remotely, while being physically represented by the robot in the classroom. This service is offered to students experiencing health related issues affecting their ability to attend classes, whether for a shorter or longer period.

The Psychological and Therapeutic Support Centre *(Mental well-being for students and staff)*

The Centre provides free psychological and therapeutic support services for students and employees of the University of Opole such as consultations, psychotherapeutic support, short-term therapy, psychoeducation and others. Psychological support services are provided on-site (at the Center) and remotely.

Health School at work *(Physical well-being for staff)*

Organized by the Vice-Rectorate for Sustainability, Cooperation and Healthy Living and with the collaboration of the Sports Service as healthy activity aimed at all university staff to improve their physical condition in an individualized way taking into account their health conditions.

Sport game – staff Olympics *(Physical well-being for staff)*

Organized each year in June since 2016 by University Sport Club with an approximate participation of more than 400 staff members. The aim of sports games is to promote sport and healthy lifestyle among employees of the University of Latvia, strengthen cooperation in an informal environment, promote team spirit, get to know colleagues from different units of the LU, sport games are for all levels of fitness.

Teacher Mentoring *(Well-being for academic staff in the field of learning & skills)*

Voluntary peer-mentoring activity among university professors, which currently sees the participation of over 140 teachers. The main activity is to facilitate the observation of lessons and the return of feedback for improvement. The teaching community also participates in seminars on educational innovation and residential workshops on teaching methodologies.

ARK - Work environment improvement process *(Social well-being for staff)*

ARK work environment process, survey and toolkit for building and sustaining psychosocial well-being at UiA. ARK is designed by and for the higher education sector, as an arena for cooperative participation, a tool for people in leadership positions and a research database. The aim is having a knowledge-based process that can contribute to improve UiA as a workplace and lead to better health and welfare for all employees, increased productivity and higher achievement of UiA's strategy, plans and objectives.