

2015 UES

1. Present Keyes' model and ask what a person in each of the four quadrants might feel or experience. Ask students how this connects with the concept of wellbeing.
2. How does the Keyes definition fit with your notion of the terms ...?
 - a. Wellbeing
 - b. Mental Health
 - c. Mental Illness
3. Provide prop cards that illustrate a variety of teaching practices, ask students what teaching practices:
 - a. Promote their wellbeing (and why), and to provide examples.
 - b. Have a negative effect (and why), along with examples.
4. Are there a card that either don't have any effect or had a negative effect on your mental health or wellbeing? Tell me about it.
 - a. How did this experience play out in your class? Describe the scenario...
 - b. How did it affect your mental health or wellbeing?
 - c. How could the situation have been improved?
5. Can you share other teaching practices that promote your mental health and wellbeing?
 - a. What was it about this teaching practice that promoted wellbeing?
6. Is there anything else that your instructors do to promote mental health and wellbeing?
 - a. Why is this important to your mental health and wellbeing?
 - b. If you say that an instructor is ____ (nice, friendly, etc.), what do you mean by that?
7. Now that we've spent the last hour or so talking about teaching practices, mental health and wellbeing, I want you to take a moment to reflect back to when you started your degree. Have there been changes in your perceptions since you started your degree?
 - a. How so?
 - b. Were there teaching practices that at the time you previously felt were beneficial to your mental health and wellbeing, but no longer do (or vice versa)?
 - c. Was there anything that prompted this shift in perception? Tell me about it.
8. What is a "safe and supportive" classroom environment?
9. How can an instructor foster connections between classmates?