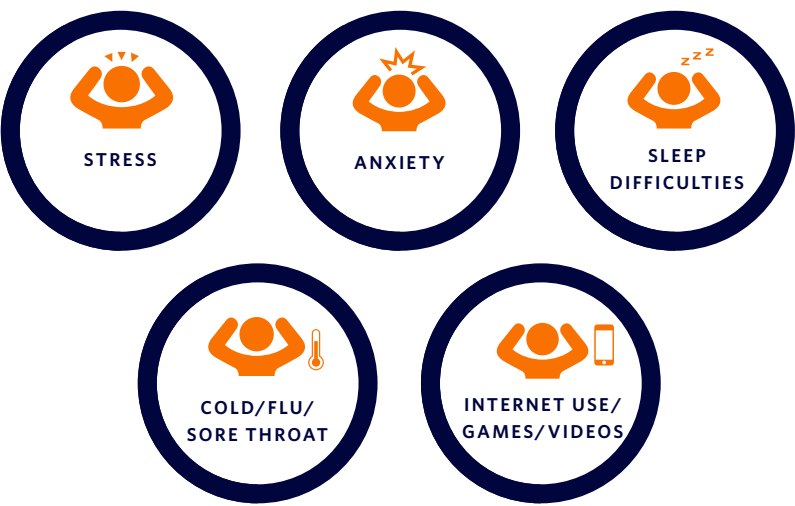


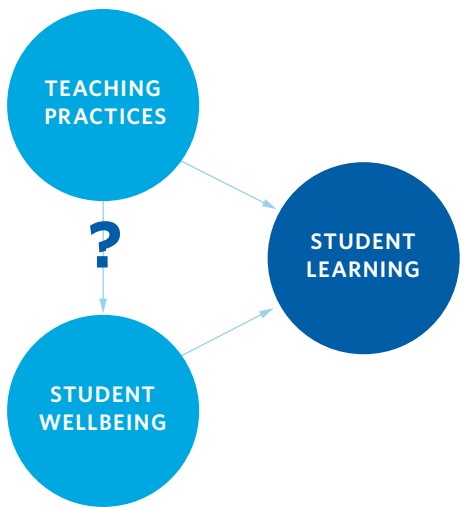
Studies have indicated that good mental health and wellbeing enhances a student's ability to learn. Evidence also shows that different teaching practices affect student learning outcomes. The *Identifying the influence of teaching practices on undergraduate students' mental health and wellbeing* project explored which teaching practices best support student wellbeing and effective student learning.

Did you know?
 UBC students indicate that their academic performance is negatively affected by*:



*Undergraduate Experience Survey 2016.

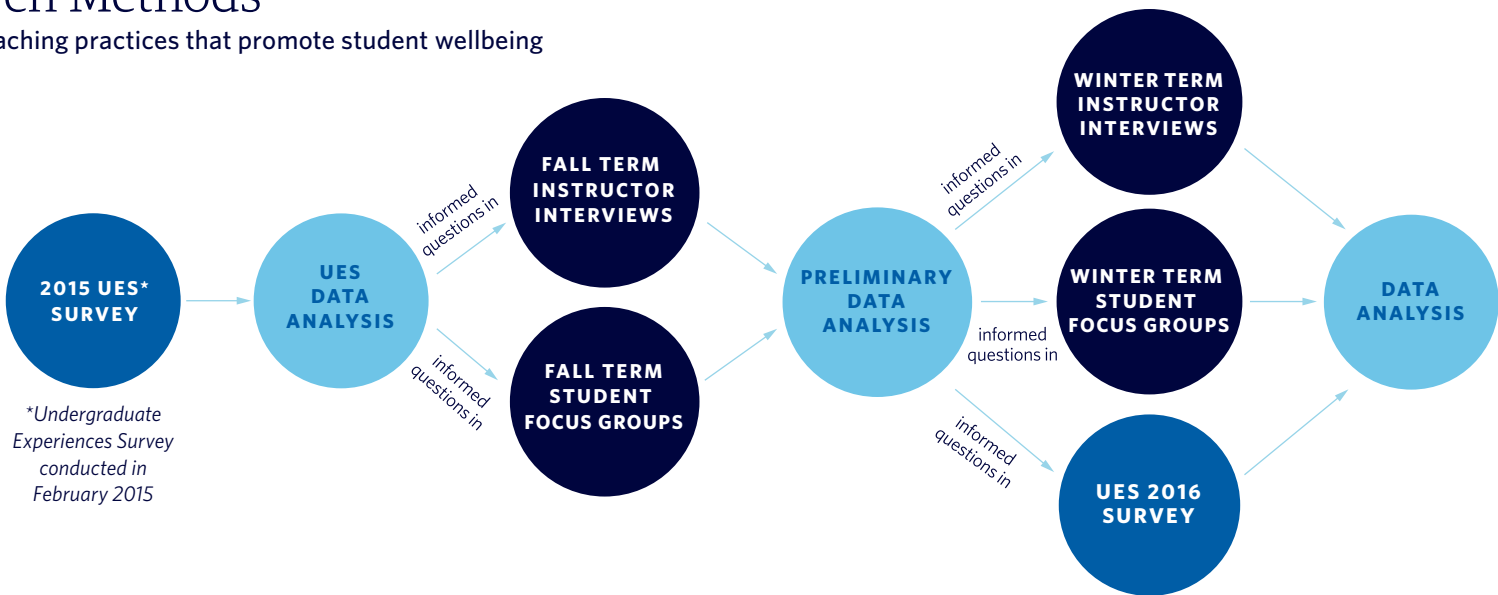
Our research question:
 Research shows that effective teaching supports student learning and that wellbeing supports student learning. Our question was: how do instructional practices affect student wellbeing?



The *Identifying the influence of teaching practices on undergraduate students' mental health and wellbeing* project explored which teaching practices best support student wellbeing and effective student learning.

Research Methods

Exploring teaching practices that promote student wellbeing



METHODS

STUDENT WELLBEING IS IMPROVED THROUGH



1 Students are motivated to learn and feel they are learning successfully

- ✓ Helping students find value in the subject matter
- ✓ Helping students find value in the learning process
- ✓ Structuring the course effectively
- ✓ Delivering the material effectively
- ✓ Supporting learning outside the classroom



2 Students feel connected to their peers and instructors

- ✓ Fostering instructor-student relationship
- ✓ Fostering peer-to-peer relationships



3 Instructors recognize that the students' experience extends beyond academics

- ✓ Recognizing that students have lives outside academics
- ✓ Openly discuss wellbeing-related topics
- ✓ Creating a safe classroom environment

FINDINGS