Pedagogical Wellness at UCI

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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/
I feel I belong at my college/university.

Students' health and well-being is a priority at my college/university.

I feel that the campus climate encourages free and open discussion of students' health and well-being.

We are a campus where we look out for each other.
Moderate to severe psychological distress

Positive for Loneliness

Problems with Academics
Faculty Satisfaction

The pandemic has had detrimental 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)
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.
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
In one or two words,

What does pedagogical wellness mean to you?

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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.

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?

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