



Student Wellness in the Post Pandemic Classroom: Identifying Needs, Programmatic Responses, and Pedagogical Adjustments

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Panel Overview

Overview of
Wellness Work

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graph TD; A[Overview of Wellness Work] --> B[Programmatic Approaches]; B --> C[Individual Approaches]; C --> D[Group Discussions];
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Programmatic
Approaches

Individual
Approaches

Group
Discussions

Introduction to our Wellness Team

1. Faculty working group
2. Community advisory group
 - Dean of Education
 - Faculty of Education Communications
 - Education Undergraduate Society
 - Alberta Health Services
 - Lethbridge Family Services
 - Campus Recreation
 - Campus Collective
 - Campus Wellness
 - Student Success Center
 - Campus Counselling





Wellness is defined as “the intentional pursuit of activities, choices, and actions that work toward an optimal, holistic, and healthy lifestyle for individuals and systems as a whole” (Global Wellness Institute, n.d.).

Situating the Problem



What are student
wellness needs?



Why does wellness matters to university students?

Canadian university students have statistically poorer wellness versus the general population, as indicated by **increased suicidality, anxiety disorder diagnoses, depression, and worsened self-rated mental health.**

Wellness requires a holistic view, which not only includes physical health, but incorporating social, emotional, mental, spiritual, intellectual, and occupational elements as well.



Priority Areas



Implementation



Research

Research



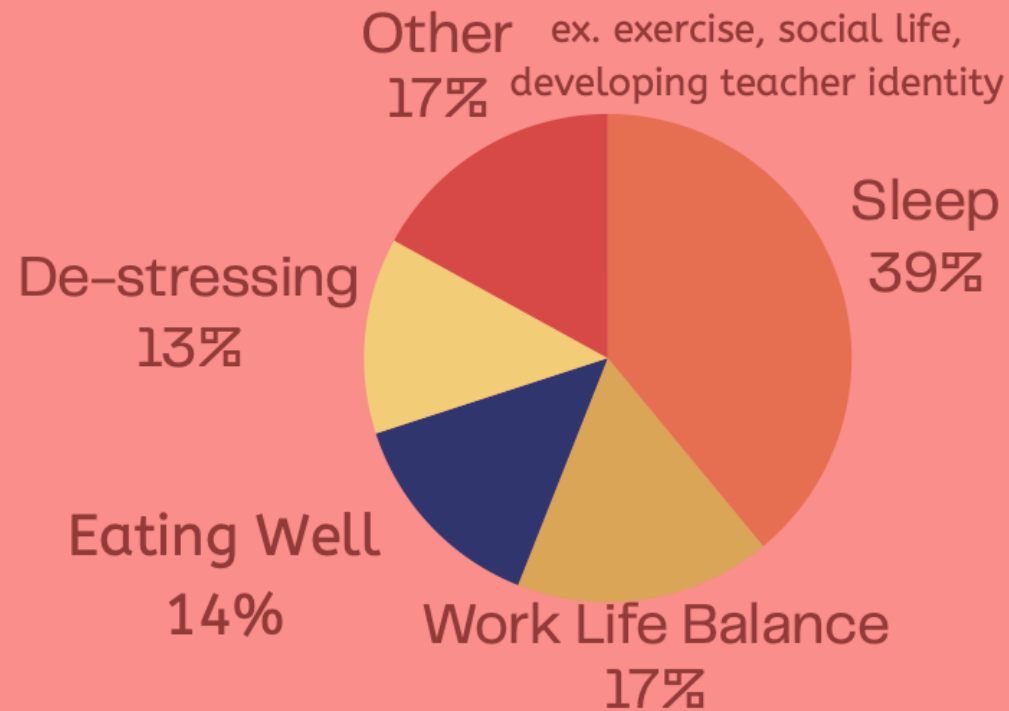
Identify Needs

How effectively are
the expressed
needs of students
being met?

What are we
missing?
What could we be
doing better?

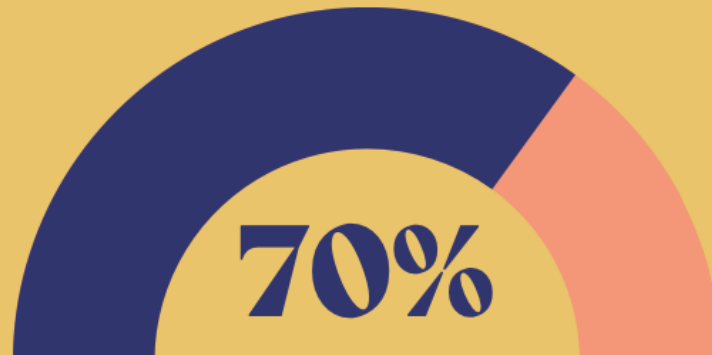
What are the most important wellness needs of PSI students?

“Sleep. If you don’t get enough sleep, you’re done.”



How effective is the Faculty of Education in supporting the wellness needs of PSI students?

70% of PSI students indicated that the Faculty wellness programming was (somewhat or very) effective.



In what ways did the Faculty of Education support the wellness needs of PSI students?

PSI support from their instructors  **88%**

Wellness activities ex. workshops, step challenge  **68%**

Cohort activities  **45%**

Awareness messaging  **37%**

“I have found that the health and wellness initiatives in the faculty to be very helpful when I feel stuck or need to be more reflective in my teaching practice or personal life. Something I pride myself on is the ability to have an efficient and effective work-life balance. While challenging at times, the ability to utilize the wellness initiatives has assisted in grounding me when I feel overwhelmed.”



Wellness Committee Initiatives





Wellness is The Joy of Cooking: Dr. Jeffrey MacCormack

Cooking helps me be present in the moment, helps me feel connected to my body during times when my mind is a million miles away.

FACULTY OF EDUCATION

3 MIN READ



Wellness is Keeping Active, Both Mentally and Physically: Brae Clowes

When given the chance to practice her approach to wellness in teaching, Brae Clowes was up for the challenge.

"Every Tuesday we post TikTok Challenges to encourage movement and also put a smile on students' faces during this difficult time."

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3 MIN READ



The Intersectionality of Faith, Mental Health and Wellness for Racialized Populations During the Pandemic

"Initially there was talk that the COVID-19 pandemic was impacting people equally, only to find out that's not the case" says Dr. Sandra Dixon, assistant professor in the University of Lethbridge Faculty of Education.

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5 MIN READ

Implementation Influencing Faculty Culture



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Wintertime Wellness

BOARD GAMES

Our family **LOVES**
playing board games and
putting puzzles together!

Dr. Richelle
Marynowski

Assistant Dean, Undergraduate Programs
Associate Professor



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Wintertime Wellness

OUTDOORS
WITH FAMILY

Winter Wellness is finding opportunities to stay active, enjoy the outdoors, and spend quality time with family!

Brae Clowes

Current student, Kinesiology Education



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Wintertime Wellness

RUNNING

The trails are especially beautiful in winter and provide a much-needed break from the stresses of the day.

Jason Schilling

Alumni
Alberta Teachers' Association President

Health and Wellness:

Professional and elective semesters in the Faculty of Education are busy and can be stressful times in a student's life. It is very important to pay attention to your health and wellness and maintain a balance between your professional and personal life. Some strategies to maintain health and wellness include: 1) Ensure you get adequate sleep; 2) eat a healthy, balanced diet; 3) include regular exercise and wellness routines in your schedule (e.g., yoga, meditation, hobbies, clubs, social gatherings, etc.); 4) stay organized and on top of assignments; 5) limit screen time; and 6) develop and engage with a strong support system. Most importantly, if you find yourself struggling, ask for help! The following link can help you to identify appropriate supports on campus: <https://www.uleth.ca/education/wellness-initiative>

Everyone Needs Help Sometime



Please access the QR code or visit the following website to acquire information about wellness supports available —
uleth.ca/education/wellness-initiative

Everyone Needs Help Sometime



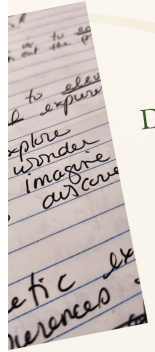
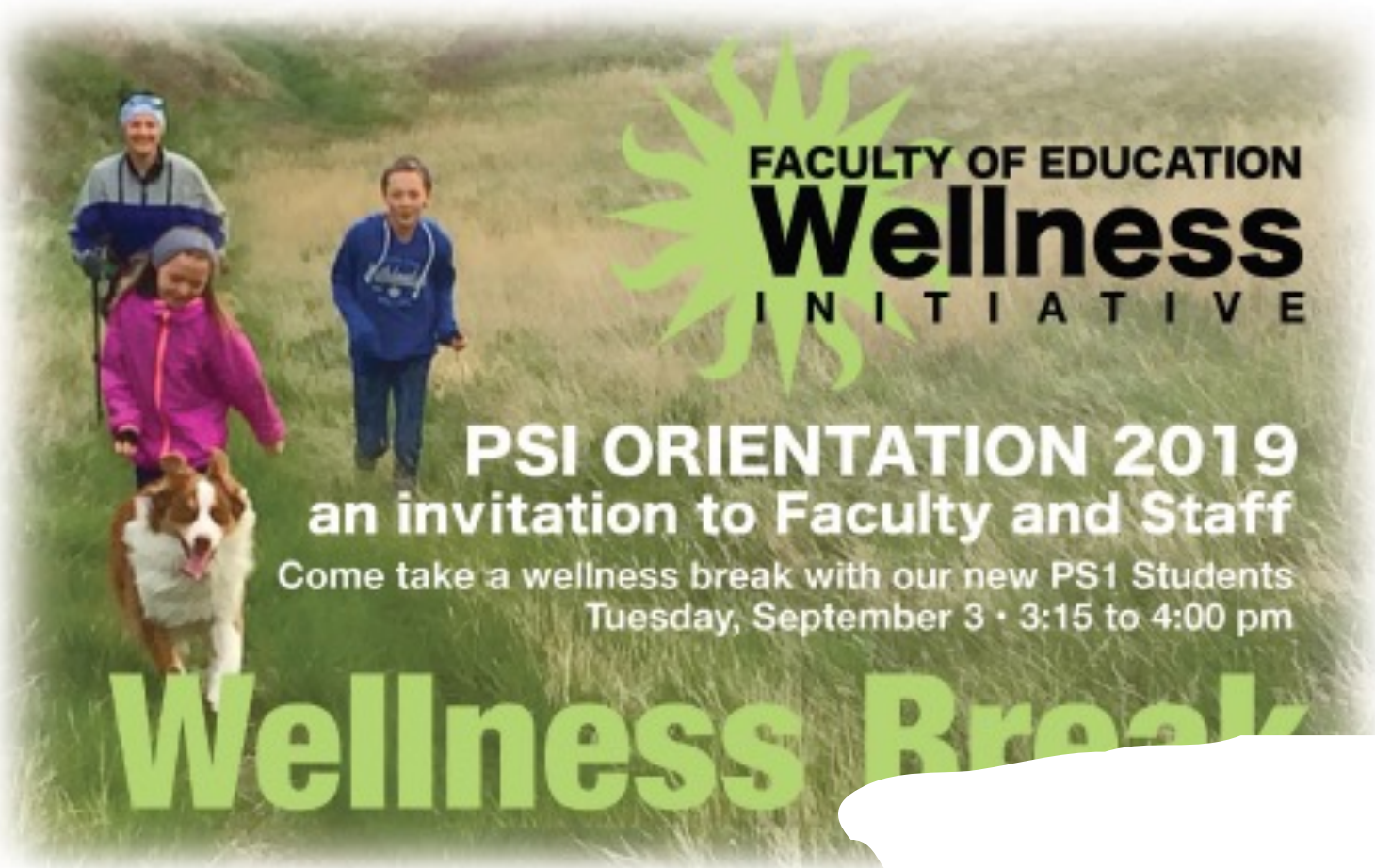
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A group of ten people, including men and women of various ages, are standing on a wooden walkway in a natural, outdoor setting. They are dressed in casual attire like t-shirts, jeans, and cargo pants. In the background, a large metal truss bridge spans across a valley. The sky is blue with scattered white clouds. The overall scene is bright and sunny.

Implementation

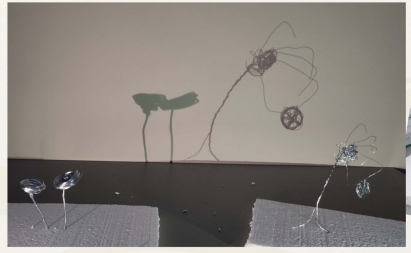
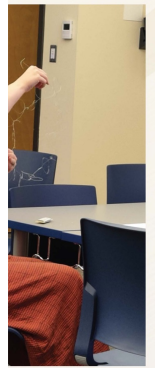
Programmatic Initiatives



Droplet Dance



Shadow Sculpture



Aesthetic Encounters, with P Art Educ

Activity Sessions – PS I Orientation 3:15 – 4:00

Room/ Meeting Place	Title of Session	Contact
Blue (North) Gym	Dodge Ball "If you can dodge a wrench, you can dodge a ball": Meet in the gym for some action-packed games	Greg Ogilvie
PE 255	Yoga Come join in on this active session	Dalaine Kubik
PE 152	Barre Strength based workout influenced by	Sheila Gruenhage

Wellness Break

—

Wellness Sessions

anxiety

socialmedia

timemanagement

executivefunctioning

sleephygiene





Twitter Challenge



Lime Health and Wellness Step Challenge 2023



Please note the total steps for your group in the space below:

Section	Total Number of Steps – Week One	Total Number of Steps – Week Two
A	1,173,381	1,175,122
B	1,191,801	1,139,572
C	1,045,271	1,213,066
D	1,304,828	1,333,044
E	1,276,453	1,036,810
F	881,597	998,051
G	1,051,401	725,023
H	1,124,739	1,143,999
I	1,332,439	1,417,186
J	817,752	1,083,359
K	1,015,540	755,094
L	937,154	1,282,250



Week One = September 11th to September 17th

Week Two = September 18th to September 24th

Target Goal = Average of 6,000 steps/day/ person

Step Challenge

Title: Traditional Games Workshop **Location:** North (Blue) Gym*

Presenter: Winston Day Chief **Moderator:** Amanda Fox

Description:
The goal of this workshop is to introduce or reconnect students to sports and recreation through traditional FNMI games. Games were used by elders for children to help develop their cognitive ability, physical strength and ability to hunt, gather and survive in harsh climates. Students will learn these games and play them in a respectful manner. By participating in activities and games children developed their physical, mental, emotional and social abilities.

*Student card required for access

Title: Understanding Suicide **Location:** SUB Ballroom A

Presenter: John Thompson **Moderator:** Dawn Burleigh

Description:
This presentation offers an overview of the topic, including emotions and needs, facts and myths about suicide, statistics, clues, signs and symptoms, as well as at-risk populations.

Title: OM my ... Yoga in the Life of a Student Teacher **Location:** Curr Lab

Presenter: Tienna Chang **Moderator:** Jenna Lowe

Zoom Information:
<https://us02web.zoom.us/j/4125470508?pwd=WFF2SEpTUINidnFsQ01UaW1GZ2JjQT09>

Description:
Insights into embracing yoga and mindfulness into the practice and lifestyle of a student teacher. Join this session to learn a few tangible ways in which yoga can influence the culture of the classroom and finally take a few highly deserved deep breaths through a yoga practice intended for the student teacher before your practicum experience!



Presenter: Katie DeLucia-Burk **Moderator:** Erin Reid

Description:
This session is intended to provide practical steps to fostering belonging for 2SLGBTQ+ students with a focus on classroom culture and navigating difficult conversations. In this session, we will talk about how to manage unconscious bias and stigma and what you can do to foster an environment where student's feel comfortable exploring their identities and being themselves. We will also discuss how to foster productive relationships with parents, students, and communities and addressing stigma and misinformation.

Title: The Quiet Revolution **Location:** L1170G

Presenter: Karanjot Bal & Matthew Morrison **Moderator:** Aaron Stout

Description:
With an alarming rise of anxiety prevalent in student populations and in teachers themselves, what can we do to fight this tide? This presentation offers one simple but powerful solution: the practice of Mindfulness. Join us to learn what Mindfulness means, how to use it in your own life, and how to introduce it to your students. With results from our own Professional Inquiry Project, we'll look at what works, and what doesn't.

Title: Energize Your Classroom **Location:** TH373

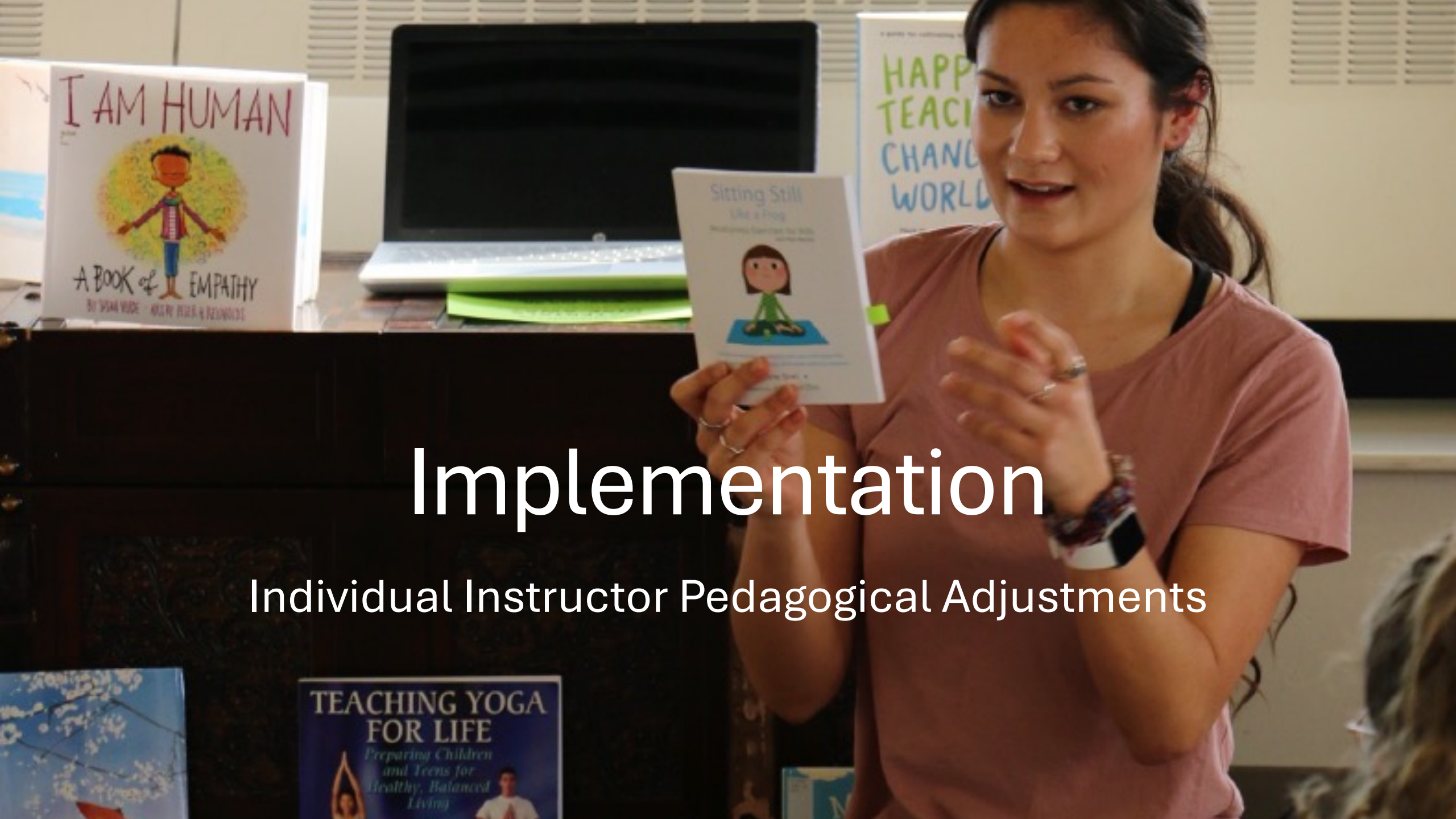
Presenter: Jamie Anderson **Moderator:** Karen Andruschak

Description:
Physical activity offers many benefits above and beyond physical health. This workshop will offer practical tips on how to incorporate physical activity into any subject area. Join us in learning how to energize your students, break up sedentary time and increase physical activity across the school day!

Title: Stress and Anxiety – How to Support Yourself **Location:** SUB Ballroom B

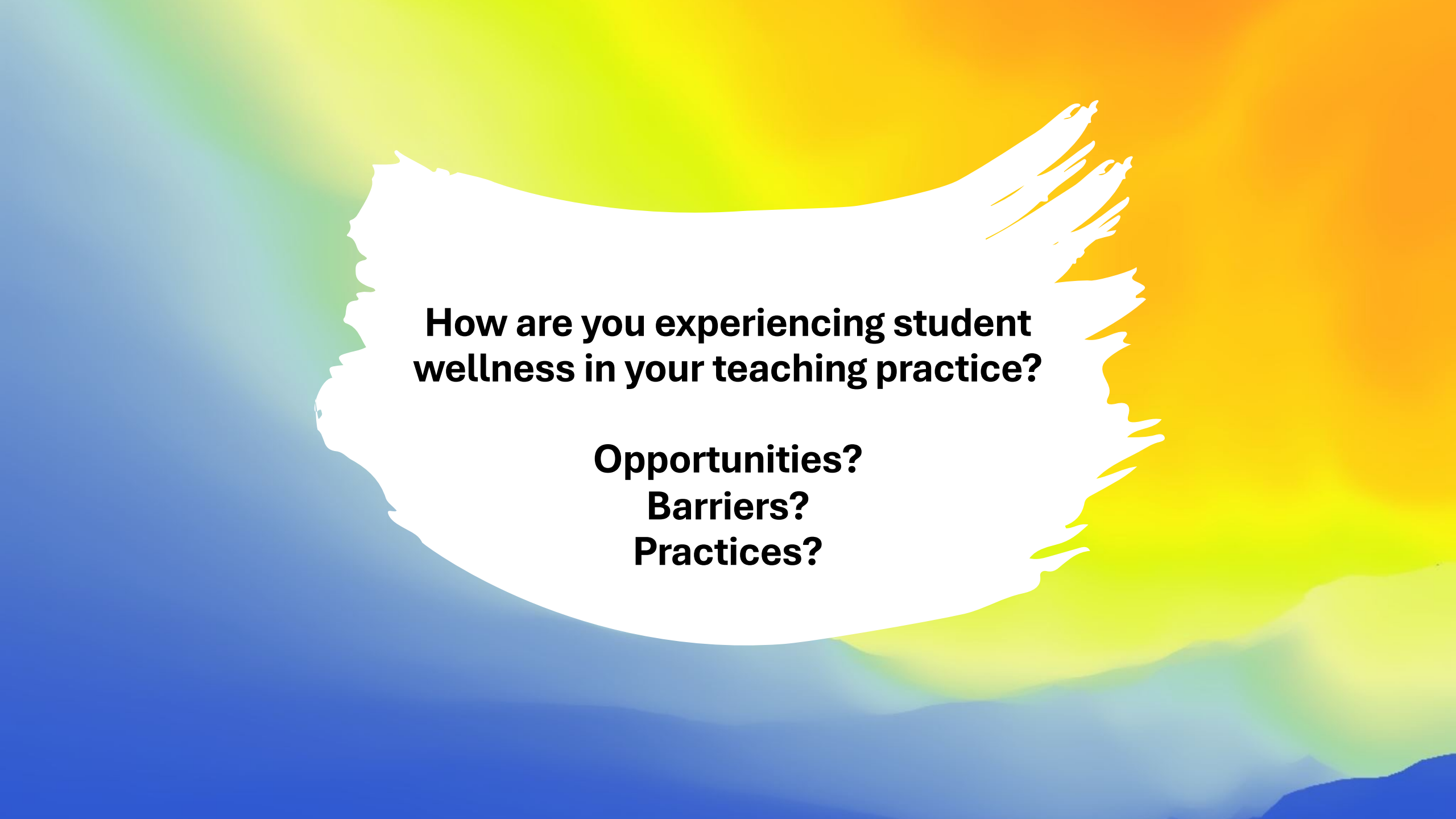
Wellness Workshop

Developing communities of change



Implementation

Individual Instructor Pedagogical Adjustments



How are you experiencing student wellness in your teaching practice?

**Opportunities?
Barriers?
Practices?**

Building a Culture of Wellness

- Legitimizing the work in Faculty Structures
- Grants
- Publications

Runner



Journal of the Health and Physical Education Council of the Alberta Teachers' Association



...to Create Safer
Communities for Gender
Diverse Students

Get Outside, Wellness Awaits

Embracing the Interdisciplinary
Connection of Movement Between
High School Physical Education and
Drama Education

Please be in Touch

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