**Research Methods**
Exploring teaching practices that promote student wellbeing

- **2015 UES* SURVEY**
- **UES DATA ANALYSIS**
- **FALL TERM INSTRUCTOR INTERVIEWS**
- **PRELIMINARY DATA ANALYSIS**
- **FALL TERM STUDENT FOCUS GROUPS**
- **UES 2016 SURVEY**
- **WINTER TERM INSTRUCTOR INTERVIEWS**
- **WINTER TERM STUDENT FOCUS GROUPS**
- **DATA ANALYSIS**

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**Student Wellbeing is Improved Through**

1. **Effective Teaching Strategies**
   - 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. **Belonging & Social Inclusion**
   - Students feel connected to their peers and instructors
     - Fostering instructor-student relationship
     - Fostering peer-to-peer relationships

3. **Support for the Whole Student**
   - 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

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**Did you know?**

UBC students indicate that their academic performance is negatively affected by:

- STRESS
- ANXIETY
- SLEEP DIFFICULTIES
- COLD/FLU/SORE THROAT
- INTERNET USE/GAMES/VIDEOS

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**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?

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