

TEXAS WELL★BEING

PROMOTING WELL-BEING IN UT LEARNING ENVIRONMENTS

The Counseling and Mental Health Center's Well-being in UT Learning Environments project collaborates with The University of Texas at Austin faculty to embed well-being practices in learning environments. Well-being is an essential element for effective learning. Engaging in practices that promote student wellness is the responsibility not just of one department on campus but the entire campus community. Students at UT Austin indicate that faculty are often seen as the "missing link" when it comes to their personal well-being.

Luckily, faculty across UT Austin have found easy methods for supporting student wellness. Strategies they use include:

- ❑ Building personal connections.
- ❑ Helping students set goals and connect learning to these goals.
- ❑ Focusing on growth and mastery rather than performance and competition.
- ❑ Openly discussing the importance of mental wellness.
- ❑ Supporting students in the use of self-care techniques.

“ We really need to make a cultural change. We need to ask ourselves how we can build relationships and connections with students not only in our classrooms but across our college. How can we get more folks on board with thinking about and supporting student well-being?”

—Renee' Acosta

I'M IN A KIND OF LARGER CLASS, BUT MY PROFESSOR KNOWS EVERY PERSON'S NAME BY WEEK TWO... I REALLY APPRECIATED IT. I THINK THAT SMALL THING MAKES A HUGE DIFFERENCE.

—Student

