

The Determinants of Well-Being in the Learning Environment

Evidence-based research has informed significant developments at Simon Fraser University supporting findings that positive student well-being is a key predictor for student learning and success.

Health promotion specialists in the SFU Health and Counselling Department have been creatively engaging with faculty and students, leading well-being initiatives for a number of years now. In partnership with SFU's Teaching and Learning Center, they have applied their findings, mapping categories and identifying activity suggestions for promoting positive well-being within post-secondary learning environments.

We acknowledge the permission and support provided by SFU's health promotion team in providing the framework and some key suggestions, which have been a catalyst for the generation of well-being activity suggestions by Camosun faculty for our learning environments.

By adopting an intentional focus on the enhancement of student well-being, we hope to influence improvements in student's overall college experience, resulting in movements indicated in the following chart:

