

# What was this session like for you?

You can write a short blurb, use an emoji/meme, draw a picture, etc.

Very helpful  
and uplifting!  
:)

Practical  
and  
inspiring

Hopeful and  
inspiring;  
connection;  
resourceful



I got  
some new  
tips!

It was helpful. Great  
to connect with  
people. I came a bit  
late but i enjoyed  
the questions and  
listening

Great  
ideas  
shared!

timely!

This was a great  
session. It was good  
to listen, gain  
resources, dialogue,  
and share ideas with  
one another.

You are all doing  
great work :) thank  
you the presenters  
for inspiring us to  
keep it going!

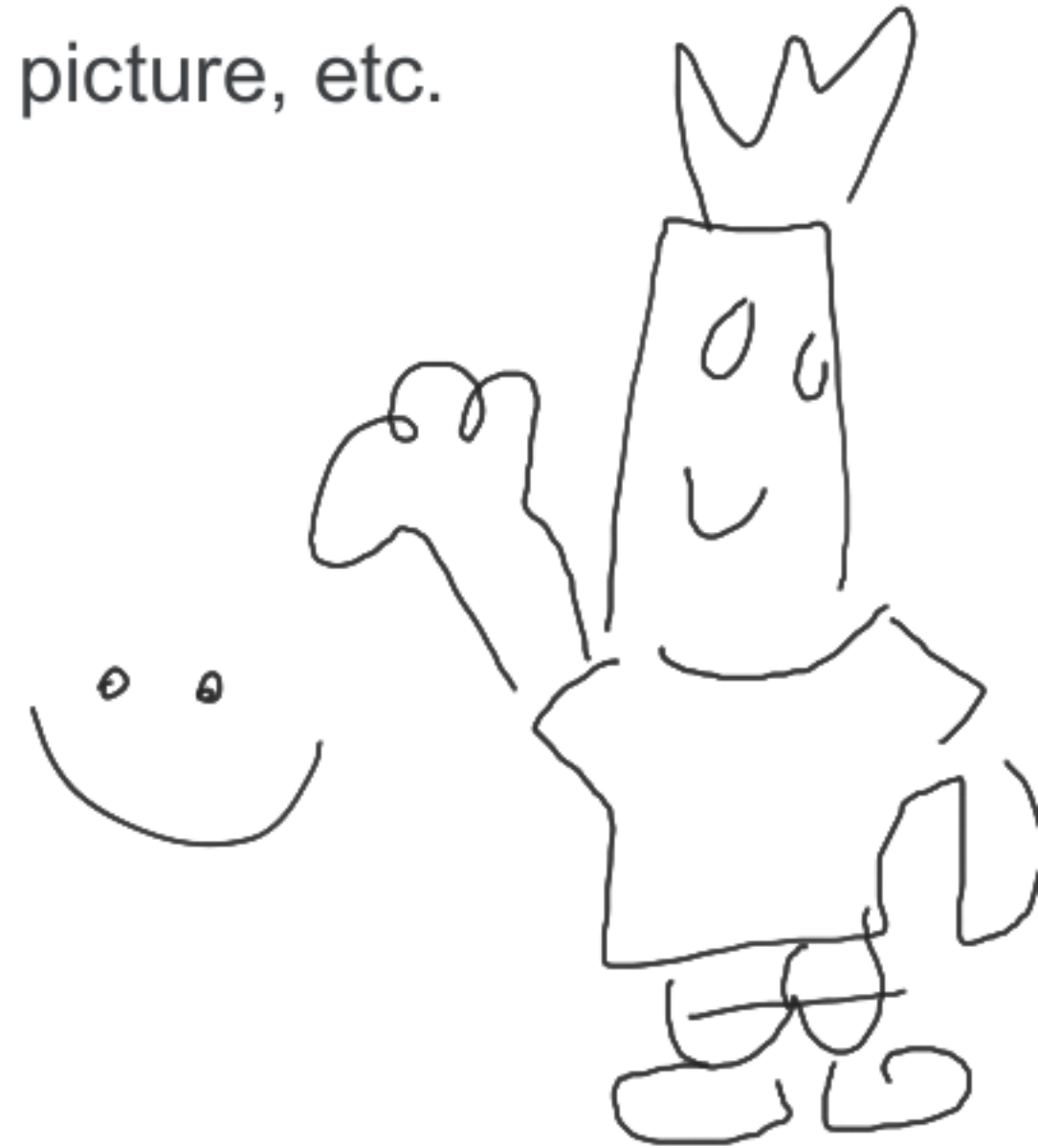
Great to meet folks  
from all different  
post-secondary  
education  
institutions! :)

Sorry I was late.  
What I heard after  
the breakout  
sessions was great!  
Thank you all.

Helpful  
:)

The courage  
to evaluate  
our own  
biases and  
practices is so  
important!

The student voices  
of what they need  
to be successful:  
UDL, flexibility,  
compassion, MH  
literacy, resource  
awareness



I appreciated meeting  
people from other  
schools and to hear  
others are keenly  
invested in student well-  
being also!

# What are some main ideas you'll take away from today's talk?

10 conditions of student wellbeing in the classroom - very helpful to see it framed this way!

demonstrating compassion and flexibility with students

The balance between embedding wellbeing in the practical and strategic level

engagement strategies for staff and faculty; early alert as a conduit for mental health literacy training and education

Indirect ways to support wellness: student training, cruelty free syllabus

removing the hidden curriculum and instead being intentional and clearly communicate flexibility, compassion, understanding

The close co-relation between the faculty and student wellbeing.

Helpful for instructors to promote balance, both for students and for themselves

The ideas we have 'in the choir' are fantastic and I wish the institution would 'mandate' some of these (simple) ideas like syllabus review and inclusive environments...

New concrete ideas like cruelty free syllabus

**Eliminate a culture of silence!**

The importance of a whole systems approach to mental health promotion on campus

**Cruelty free syllabi resources!**

the importance of mental health literacy for faculty

The cruelty-free syllabus is great!

that practical approaches to instructor's becoming appreciative of student wellness are key. I will be reflecting on implementing a COP within my PSI

diminishing power imbalances between instructors and students and be creative with this

nurture/foster safe and brave spaces for students, demonstrate approachability

# What's one action you're committed to based on today's discussions?

**Look at trauma informed syllabus resource**

**increase mental health literacy - include this in faculty development**

**Have more zoom sessions for my online courses so as to connect with students**

**To keep talking about mental health and well-being and make contact with our Health Promotion people and dialogue ideas along these lines.**

**Sharing the Trauma-informed Micro course with new faculty at next week's Faculty orientation**

**Look at the resources from the Well-being in Learning Environment SFU link**

**demonstrate compassion**

**attend more HM/HC events**

**bringing these forward to senior administrators**

**Look at notes on word doc from other groups to help with the course I am teaching this semester**

**Look at the wellness wheel shared on the chat box**

**The student voices of what they need to be successful: UDL, flexibility, compassion, MH literacy, resource awareness**

**Practice self-care :)**

**Come on time so i can take more from the group!**

**including these ideas for my new staff and faculty orientation this week :)**