

EDUCATION STRATEGIES TO SUPPORT STUDENTS' WELL-BEING AND ACADEMIC EXCELLENCE

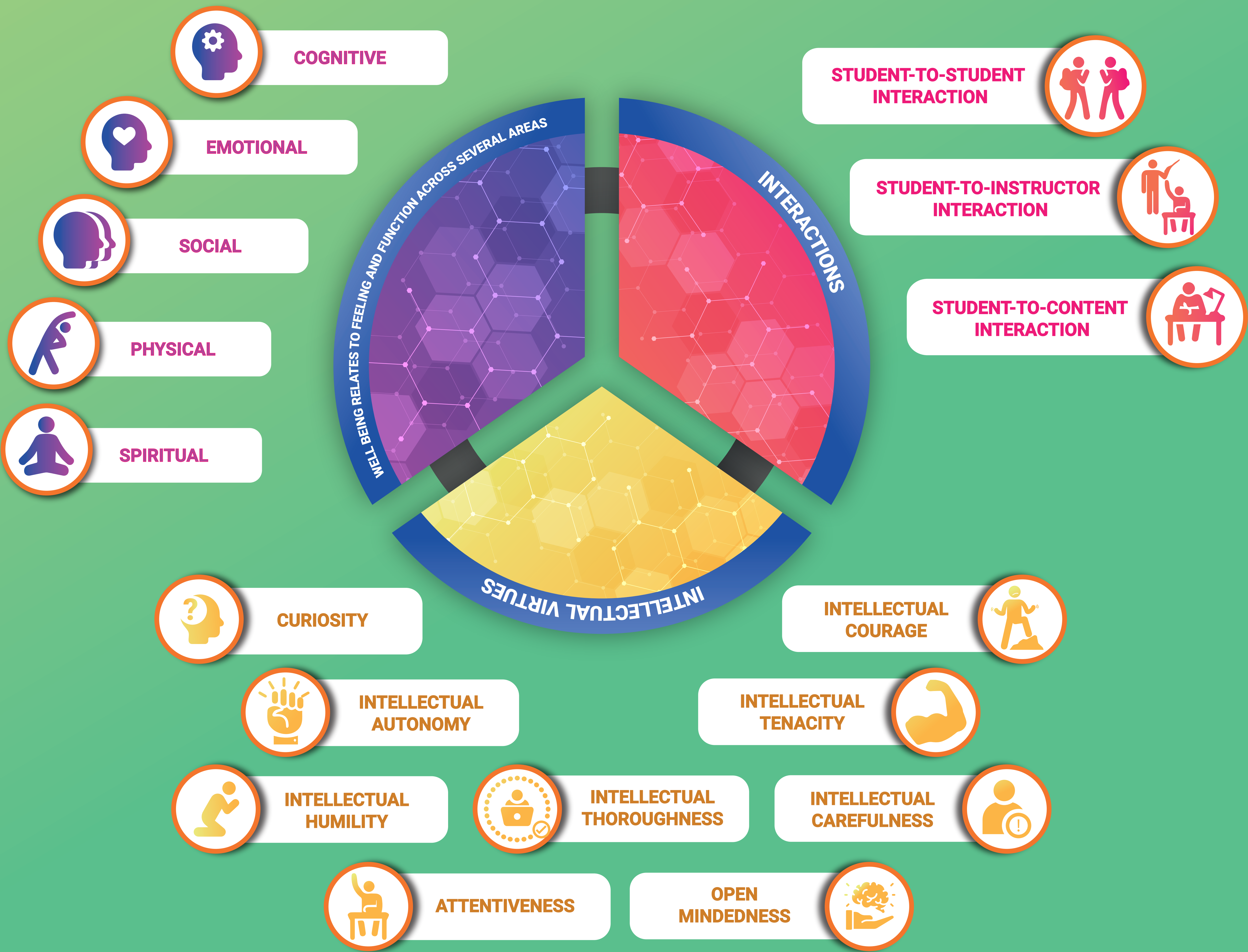
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STUDENTS

- **Emotional well-being** – the ability to be resilient, manage one’s emotions and generate emotions that lead to good feelings.
- **Physical well-being** – the ability to improve the functioning of one’s body through healthy habits. (**Embodied Cognition**)
- **Social well-being** – the ability to communicate, develop meaningful relationships with others and create one’s own emotional support network. (**Big 5 Model**)
- **Civic well-being** – the ability to participate in an active community or culture.
- **Intellectual character virtues** – the ability of open- minded-ness, attentiveness, and intellectual carefulness

EDUCATORS

- Create an accepting and respectful environment.
- Foster positive relationships with students.
- Build community among students to encourage a sense of belonging.
- Nurture a growth mindset within learners.
- Strive to reach all learners.
- Give thoughtful and balanced feedback.



REFERENCES

CULTIVATING GOOD MINDS: A PHILOSOPHICAL AND PRACTICAL GUIDE TO EDUCATING FOR INTELLECTUAL VIRTUES BY JASON BAEHR

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