New Trends in Student Well-Being

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Wondering about Well-being

Dr. Amy Miner, PhD
Studies Weekly is a customized, standards-based curriculum founded on deep learning strategies designed to increase student knowledge, skills, and dispositions for well-being.
1. WHY

DO WE NEED TO ADDRESS WELL-BEING?
Horowitz and Graf (2019) suggest that “concern about mental health cuts across gender, racial and socio-economic lines, with roughly equal shares of teens across demographic groups.”
Tate (2019) well-being has recently gotten a lot more air play as folks are realizing that whether you call it character education, peace building, or conflict resolution, they all have foundations in the social-emotional learning frameworks and in that research base.
Nutt (2018) suggests that anxiety, not depression, is the leading mental health issue among American youths, and clinicians and researchers both suggest it is rising.
WHAT IS WELL-BEING?
How do you define well-being?

We asked educators around the world to define well-being.
How do you define Well-Being?

» Balanced and peaceful
» Healthy relationship with self and others
» Stability that enables one to thrive and contribute to society in a meaningful and impactful way
» Ability to navigate the ups and downs of life
What is Well-Being?

» Knowing you are loved, needed, & valued
» You feel safe, connected, full of hope & confident in all aspects of your life
» A healthy and positive state of mind that impacts your emotions, interactions & relationships with others
Conducted an Extensive Review of the Literature

- Casel Competencies
- Harvard SECURE
- Yale- RULER
- United Way
- Sown to Grow
- Maslow’s Hierarchy
- PBIS
- PERMA
- Sown to Grow
- Ontario Ministry of Education
- Character Education Partnership
- Character.org
- Casel Competencies
- Parkway Character Standards, Illinois State
To thrive
grow vigorously or
flourish, to gain,
prosper, grow
towards a goal
despite or
because of a
circumstance
Social well-being reflects the interactions with others in which students engage in positive relationships of belonging, attachment, and connections. As well as resolving conflicts, and managing responses to various interpersonal situations.
Emotional well-being is identifying, understanding, and managing inner feelings, thoughts, and emotions.
Mental well-being refers to the brain’s thinking, processing, and learning systems.
Physical well-being refers to innate biological needs, safety, and health.
Academic well-being is the demonstrated acquisition of content knowledge and behaviors within a range of developmentally appropriate abilities.
What do we know about Well-Being?

- Proactive not Reactive
- Multi-Tiered Systems of Support
- Tier 1, 2, 3 Resource
• Partnerships with stakeholders
• Empower students to create well-being strategies & solutions
HOW DO WE CREATE THE CONDITIONS THAT SUPPORT WELL-BEING?
Assembling a Well-Being Team

- PreK-12 Teachers
- School Psychologists
- School Counselors
- SPED Specialists
- Athletic Coaches
- Professional Athletes

Ensuring students acquire knowledge, skills, and dispositions for well-being
How do you resolve conflict?

How do you feel when you are able to resolve a conflict with someone?
How are you impacted by your physical environment?

How do you impact your environment?

The theme of place refers to how we describe a location. How would you describe the physical characteristics around you? What are the weather patterns? What are the natural resources of a place? How many people live there?

We describe the theme of place using physical and human characteristics. Landscapes, plants, climate, and animals are physical characteristics. People and buildings are human characteristics. Each place on earth is different because of its human and physical characteristics.
Integrating Well-Being into economics

How do producers impact connectedness between communities?

How does supply and demand impact a community?
What can you do to promote treating one another with respect?

Analyze your actions in the last month; is there anything you have said or done that could make someone feel less valued?
Integrating Well-Being into History

What is something you have done that took a lot of bravery?

What can you do to support others when they are doing something challenging?
● Help students recognize that ordinary people did extraordinary things.
● Teach that experiences that are hard, scary, and require bravery are normal and celebrated.
● Engage students in wanting to make the world a better place, empower to act!
● Provide real-time data for students to reflect on their own behavior, thinking and well-being.
Identifying Emotions

We all need to pay attention to how we feel. It is also important to be able to tell people how we feel. We call these feelings emotions. Being able to say we are happy or sad helps us understand our emotions. We need to know what happiness feels like. We need to know what sadness feels like. When we know how we are feeling, it helps us understand our own emotions. When we can identify our emotions, we can make a plan to help us understand them.

There are times when we feel sad and angry at the same time. Sometimes we have more than one emotion at a time. We should ask ourselves, “Why do I feel this way?” Listening to our bodies and the way we feel can help us put a name to our emotions.
Labeling Emotions and Emotional Vocabulary Words

There are many words we can use to tell others how we are feeling. These vocabulary words describe our emotions. These emotion words come in five categories. They are joy, sadness, anger, fear, and disgust. We use these vocabulary words to describe our feelings so others can help us. These words also help us understand others. Labeling the right words to describe your feelings helps others know exactly how you feel.

Communicating Emotions

Talking to other people can help you figure out how you are feeling. Talking to other people can also help them understand how you are feeling. If we understand our own emotions, it helps us be more kind and understanding of others. You can communicate how you are feeling with your body language and facial expressions. You can also express your feelings through emotion. Using words to tell others how we are feeling is the best way to communicate how we feel.

Recognizing Emotions in Others

Recognizing how other people are feeling is important. You need to be aware of what others around you are feeling. When you know how others are feeling you can show them empathy. Empathy is having similar feelings because you have been through a similar experience. Showing empathy helps you create strong friendships.

To understand how people are feeling we follow some steps.

1. First, when we talk to others, we watch their faces and their body language. We listen to the tone of their voice.

2. Next, we infer or make a guess about their feelings based on what we see and hear.

3. Then, we ask questions. If you see someone smiling. You can infer that they are feeling happy. You could ask them, “are you having a good day?”

4. Last, When you pay attention to the feelings of others, you are becoming an emotional scientist.
What Does Empathy Look Like?

We try to show empathy when we look at the world around us. We try to see things from the point of view of another person. First, we try to listen without judging the other person. Next, we try to see what another person is seeing. Then, try to feel what that person is feeling. Finally, we develop empathy for someone when we try to understand what they are going through, or feeling. The goal is to observe and infer.

EMPATHY MAP

Think and Feel?
- What really matters?
- Worries/aspirations?

Hear?
- What friends say?
- What family say?
- What others say?
- What influencers say?

See?
- Environment
- Social Media
- Websites
- Magazines
- What the market offers

Say and Do?
- Appearance
- Attitude in public
- Fears
- Frustrations
- Obstacles
- Wants/needs
- Measure of success
- Goals

Pains
Gains

Empathy and Moral Identity

Being moral means being concerned about right and wrong. Your moral identity is what you believe is right and wrong. Your behavior shows others what you believe is right or wrong. A person with high morals usually believes in being honest, kind, and fair. They believe in trying to be a good person. Building and practicing empathy helps you develop your moral identity.

Listening to Others

Have you experienced something similar?

1. Observe
   - Pay attention to how others feel.
2. Think
   - Face the person speaking.
3. Listen
   - Actively listen to what others have to say.
4. Respond
   - Based on what you hear, see, and feel, do something to help.

When you are listening to someone, you pay attention to their words. You watch their body language. You think about what the person is saying.

How Do I Build Empathy?

It is important to practice showing others empathy. When you spend time with other people, you get to know them. You get to know what they like and dislike. This helps you know how they see the world around you. It helps you become an empathic person. Being an empathic person helps you be a better friend.

More ways to practice empathy:
- Ask lots of questions.
- Get feedback from others.
- Try to think in terms of “us” and not “them.”
- Consider what things you have in common with your classmates?
- Work in a team or in groups.
- Ask yourself, “How would that make me feel? So I can feel that with them.”
**Be Resourceful**

Being resourceful helps you to be resilient. Being resourceful means that you find a way to achieve your goal. You can:
- ask for help.
- think of new ideas.
- work together with others.
- use resources available.
- consider all options.

**Be Responsible**

At home and at school, we have responsibilities. When we take care of ourselves and others, we are being responsible. Being responsible is doing what you have been asked to do.

**Be Brave**

Being brave is having the strength to do hard things. It means doing things that stretch your skills.

**What Is Resilience?**

Resilience is the ability to bounce back from a struggle. Sometimes things happen around us that we can't control. Change is something that will always happen.
**Emotional Resilience**
Emotional resilience is managing your emotions to be happy. It can help you bounce back when you feel sad, angry, or frustrated.

**Mental Resilience**
Mental resilience means you can learn and try new things. You can also do hard things.

**Social Resilience**
Social resilience is changing how we act with others. This helps us be more confident and happy.

**Physical Resilience**
Physical resilience is using your body to do hard things. People do things even when it is different or hard for them.
The Power of the Word “YET”

At times, you will think with a fixed mindset. Remember to switch your thinking. Switch your thoughts to include effort, grit, and the word “YET.” When you make a mistake, try again. By using your growth mindset, you can focus on learning. You can focus on growing.

If you notice thoughts like “I can’t do this” or “I am not good at this,” add the word YET. You can change your thoughts to be more like this:

“I can’t do this YET!”
“I am not good at this YET!”
“I don’t know how to do this YET.”

Benefits of a Growth Mindset

A growth mindset improves your well-being. It keeps you focused on your progress. Sometimes, your growth is right under the surface, like the roots of a plant. It might not be visible YET. Remember, roots are critical to the growth of a plant above the surface. The plant will die without its roots.

What is a Growth Mindset?

A plant needs water and sunlight. Its roots search for food to help it grow. If the roots can’t find food, the plant won’t grow. Your brain is like a plant.

Your brain wants to grow. It wants to learn. Sometimes the things we want to learn are hard. Having a growth mindset can help. A growth mindset is a way of thinking and talking to yourself. It helps you keep a positive attitude. A growth mindset helps you persevere, or keep trying.
What is a Fixed Mindset?

Imagine a beautiful rock. You plant the rock and water it. The rock cannot grow. Having a fixed mindset is like the rock. It does not allow you to grow and learn. A fixed mindset keeps you from trying anything new. You might be afraid you will fail. A fixed mindset keeps you stuck in one place, like a rock. To avoid a fixed mindset, look for ways to grow and learn.

Mistakes Can Help You

Failure is a part of learning and growing. Think of a tree with beautiful long roots. A mistake is like a root that accidentally grows toward the surface. It is normal to make mistakes. You can choose to learn from your mistakes. You can keep looking for ways to succeed.

Effort is Key

Effort is a huge part of creating a growth mindset. Effort means always trying your best. There might be times when you feel like giving up. Getting through your challenges depends on your effort. The trees in the Redwood Forest in California started as little seedlings. Those seedlings made the effort to create a root system. That effort created the beautiful Redwood Forest.
Q&A
An on-demand archive of this webinar will be available in less than 24 hrs.