

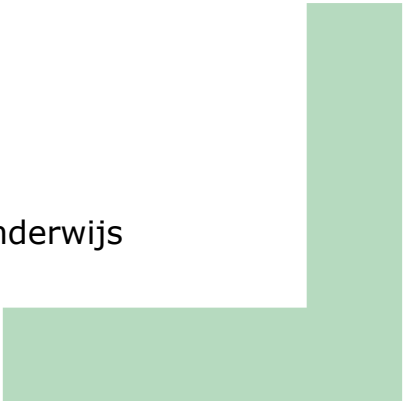



ECIO

leren zonder belemmering



Expertisecentrum inclusief onderwijs



Wellbeing: insights and best practices

Judith Jansen, program director Expert Centre Inclusive Education

ECIO | Expert centre on inclusive education

We support universities and universities of applied science in order to help making education inclusive for students with disabilities and special needs, and to contribute to the wellbeing of students who experience limits due to, for example, learning disabilities, physical or sensory impairments, mental vulnerability or chronic illness.



Student wellbeing

- Student wellbeing is a broad term and everybody interprets it in their own way.
- The importance of student wellbeing is abundantly clear
- Focus on areas as academic success, health, helping students get the best out of themselves and an inclusive study environment

"Being a student, I think the wellbeing of my teacher is just as important. A happy teacher teaches well." (student, Hogeschool Utrecht)

Wellbeing: what do we know? (1)

- Corona period: huge impact on wellbeing
 - Financial worries
 - Lack of engagement
 - Stress and fear
 - Desperate need for social interaction
 - Need for perspective: an exit strategy
 - ...

<https://ecio.nl/studentenwelzijn/onderzoeken-studentenwelzijn/>

Wellbeing: what do we know? (2)

- An amount of students with a disability or with mental health problems before COVID-19:
 - Experience in distance learning and providing your own daily structure
 - Developing coping strategies to deal with being or feeling different
 - Know how to improvise when circumstances change (suddenly)
 - The need to take care of your own physical and mental wellbeing

What can we do in time of crisis?

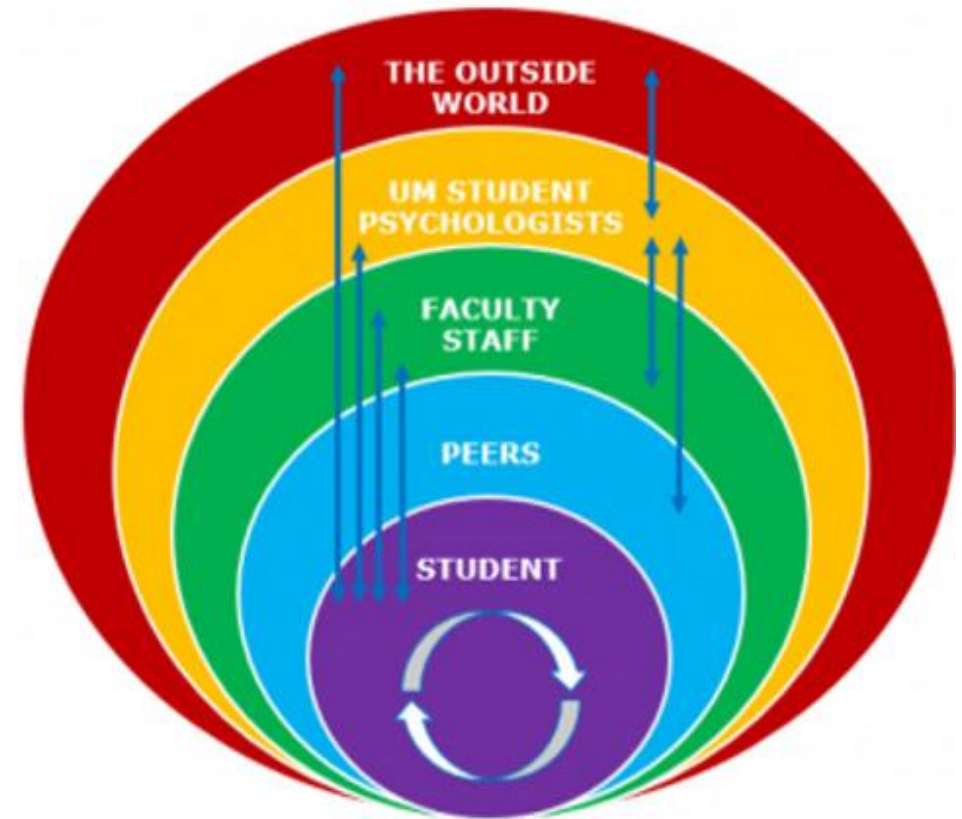
Personal support

Maastricht University

[Project Staff Support](#)

Supporting staff to support students

Peer Support: students in the Wellbeing & Career students team support students



What can we do in time of crisis?

Surf your stress week Wageningen University

A week to:

- start dialogue about stress
- provide information
- learn to cope with stress



What can we do in time of crisis?

Caring universities

Vrije Universiteit Amsterdam, Leiden University, Utrecht University and en Maastricht University

Offers free online services to improve student's mental wellbeing

- Mind-Health check
- Online e-health programmes
- Research



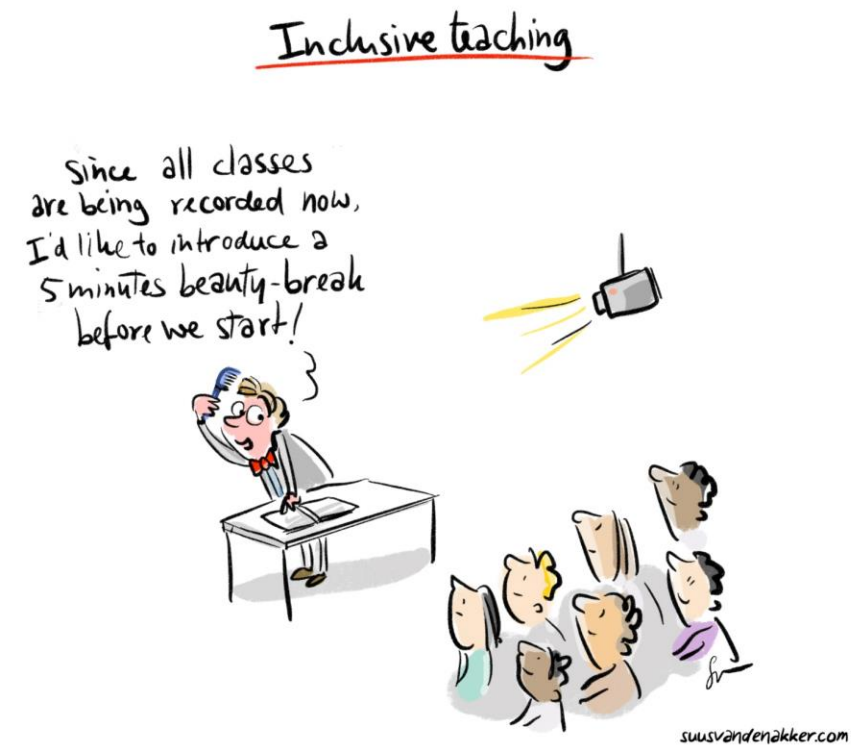
What can we do in time of crisis?

Hogeschool Rotterdam

Student voice

Students support staff to create an inclusive learning environment in which students feel seen en heard

"As staff, we easily talk about the students, but not with them."



Some shared advices

- Sharing wellbeing in an appropriate and inspiring online way
- Make it easy for students and staf to get support
- Invest in personal and peer support
- Involve students and let them co-design

[Linkedin group](#) Studentwellbeing in HE
<https://ecio.nl/studentenwelzijn/>



suusvandenakker.com

Judith Jansen

Judith.jansen@ecio.nl

06-54675612

The logo for ECIO is centered on the right side of the page. It consists of the letters 'ECIO' in a bold, black, sans-serif font. The letter 'O' is stylized with a horizontal line through its center. The logo is enclosed within a light green square frame that has rounded corners and is composed of four L-shaped segments.

ECIO

www.ecio.nl