

ETUG Fall Webinar Nov. 1, 2019

Dr. Sally Willis Stewart, Faculty
School of Health and Exercise Sciences



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EXPERIENTIAL LEARNING TASKS (ELTs)

An effective means for knowledge
and skill building in lecture-based
courses

I would like to begin by acknowledging
that the land on which we gather is the
unceded territory of the Syilx
(Okanagan) Peoples.



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Plan of Action:

Objectives

- o Communicate the why, and what of the context
- o outcome evaluations as they relate to ELTs
- o Introduce ELTs

Interactive session

- o Experience an ELT
- o Integrating ELTs
- o Review and address challenges
- o questions



WHY HEAL 100?

Introduction and principles of health and wellbeing



HEAL 100
HEALTH AND WELLBEING

The School of Health and Exercise Sciences is proud to offer a 3-credit course designed to provide an in-depth introduction to health that will enhance your knowledge and skills for optimal well-being and academic success. This course is open to all non-HK undergraduate students.

**REGISTER NOW FOR
SEPTEMBER SESSION!**

courses.students.ubc.ca





The Okanagan Charter

An International Charter for Health Promoting Universities & Colleges

1st call to action:

Embed health into all aspects of campus
culture, . . .

“essential to reaching our full potential”

“a university priority area; leading wellbeing change



Student health statistics

- o students experienced *mental health challenges impacting academic performance:*

32.5% *anxiety*

28.4% *sleep difficulties*

42.2% *stress*

20% *overweight*

50% *not meeting* fruits/veg intake or exercise guidelines 59.6% to 89.5% feeling *hopeless, exhausted, lonely, overwhelming anxiety*

UBC students faired worse compared to Cdn ave. (ACHA, Ubysey)

- o Strong *links between wellbeing and characteristics conducive to academic success* (Dhaliwal & Stanton; El Ansar & Stalk)

Related research continued:

- o *few universities offer* students opportunities to learn and gain skills in health, wellbeing and resilience
- o Need to improve retention with high quality and *engaging courses* to teach skills and knowledge to facilitate student health, resilience and academic success (Twiggy; Engstrom)
- o *Well-being is positively correlated* with academic success and learning (El Ansari & Stalk, 2010)
- o *Wellbeing-promoting learning environments* positively impact self-esteem (Hammond 2004)

Our first wealth is health!!

Students need to be healthy to be able to actually *experience learning*

The first
wealth is
health.

Ralph Waldo Emerson



HEAL 100 research results

Significant increased resiliency

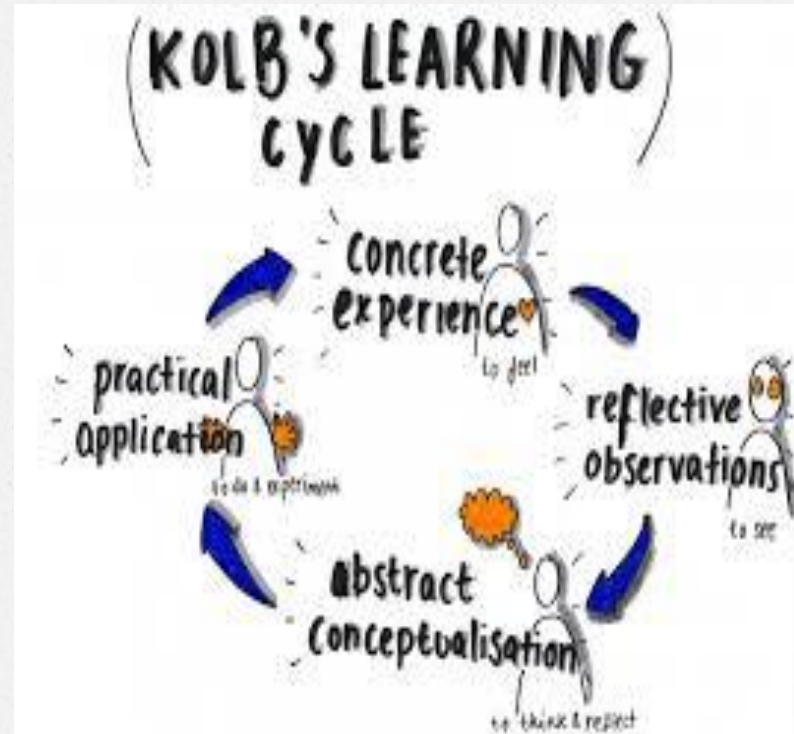
All content important and approaches helpful

Health indices maintained

ELTs effective and enjoyable means of learning

How does this relate to Experiential Learning Tasks (ELTs)??

Experiential learning and reflective learning are well documented as transformational learning practices and emphasized as part of institutional strategic plans for success



ELTs and HEAL 100

- Needed a means of providing students with lab type experiences in the framework of a large, lecture-based course, without labs!!
- Developed ELTs!! 😊



HEAL 100 ~ Experiential Learning Task #5

Random Acts of Kindness and Attitudes
of Gratitude



ELT #5 Tasks

- o Follow ELT template for ELT write up elements
- o Write your own purpose statement based on class discussion
- o List 3 things that you are grateful for today; continue this practice for the next three days
- o Do a “random act of kindness” and describe it

ELT Reflection

1. What impact, if any, did practicing “being grateful” for a few days have on you? Will you continue? Why or why not?
2. How did doing the act of kindness make you feel? The recipient feel? Will you do more acts? Why or why not?
3. How do you view being grateful and kind impacting your health and others?

ELT template

- o Purpose statement (related to course content and learning objectives)
 - o Task
 - o Reflection
 - o Proof of participation (if needed)
-
- o What type of “tasks?”





Creating Time!!

Can you think of 1 or 2 areas/concepts/topics in your course that you would want to develop an ELT for?

So versatile!

Challenges to consider?

1. Can it work for you??
2. Assessment and marking (1 per unit/week; max 8-9 per term; or for just a few course units) (basically marked for completion and presentation)
3. “make up your own” option
4. Extra assignments



Summary

o 2 fold objectives:

- a) Increase awareness and opportunity for you to impact student wellbeing so students can be well and experience learning
- b) Introduce ELTs as a means for you to integrate diverse experiential learning opportunities in your courses

** please note: I am happy to share all of HEAL 100 and ELT material with you



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Thank you

Contact

sally.willis-stewart@ubc.ca