Introduction

Strengthening the wellbeing of students is an increasingly important approach of the development of students’ social, emotional and academic skills. Personal wellbeing motivates, among other things, students to learn and increases academic involvement and performance accordingly (Noble et al., 2008). According to the Centre for Education of Statistics and Evaluation (CESE, 2015) the educational welfare of students is also important for another reason: the recognition that teaching is not just about achieving academic performance, but also about the welfare of the student as a whole (intellectual, physical, social, emotional, moral and spiritual).

Recent studies indicate that more and more students suffer from (mental) health problems (LSvB 2013, 2017; Schaufeli et al., 2002). The aim of the Student Wellbeing Project at Inholland University of Applied Sciences is to 1) investigate the state of student wellbeing in Dutch higher education and investigate the factors that influence wellbeing, 2) explore and offer best practices to improve student wellbeing (curative and preventive) 3) establish a strong (international) partnership and collaborate to improve student wellbeing.

Research

• Investigate student wellbeing at Inholland University of Applied Sciences
• Conceptual framework: Student Wellbeing Model
• Qualitative & quantitative / exploratory, descriptive & explanatory
• E.g. relationship between wellbeing and study success / effectiveness

Practice

• Explore & share best practices in the field of student wellbeing
• Offer courses to students, aimed at improving their wellbeing, e.g. mindfulness course
• Organize seminars for students, teachers and staff related to student wellbeing

Partnership

• Joint mission to improve the wellbeing, personal development and sustainable employability of students
• 10+ partners: universities (of applied sciences), student unions, centers of expertise, mental health foundations, national organization of student deans, and more
• Plan of action to improve student wellbeing in the Netherlands
• Joint research program: longitudinal study to investigate student wellbeing at different universities across the Netherlands
• Share knowledge on student wellbeing within the partnership and outside the partnership

References


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