

Welcome to Welldoing



11th Feb 2025



Intro to Welldoing



From Wellbeing to Welldoing

Welldoing strategies directly support wellbeing *via* everyday actions in learning.

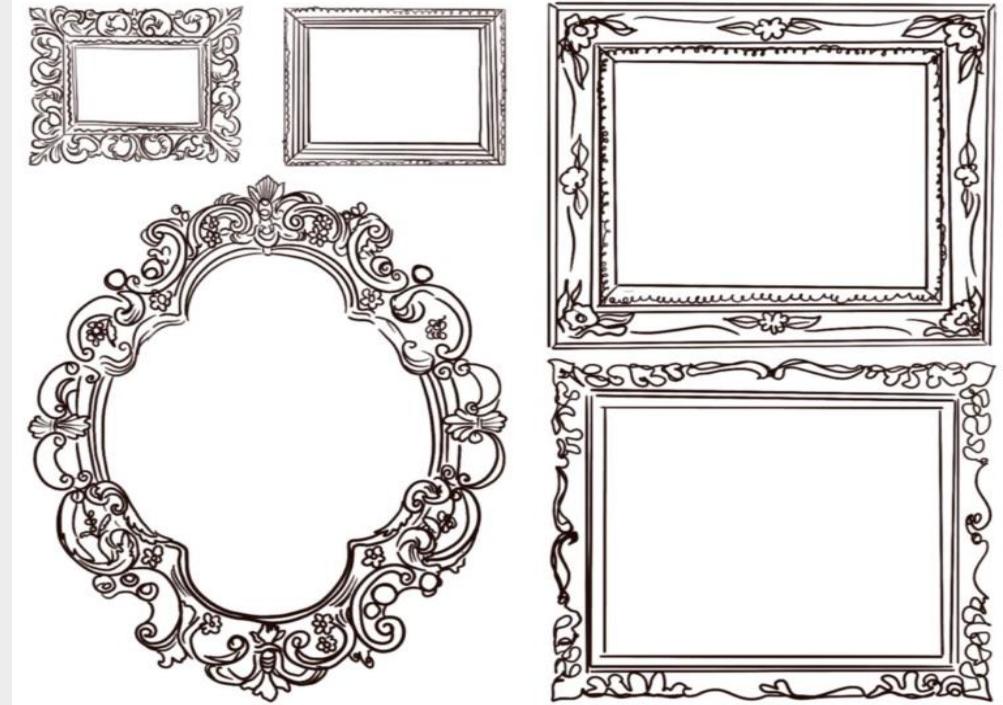
Moves us away from an 'idealised' version of what effective learning looks like.

Designed to save you much needed time and energy!



The Big Picture: Welldoing...

- provides strategies for the busy student to manage multiple demands and challenges associated with both study and life beyond uni.
- can be embedded across different contexts e.g. learning, employment and home- which in turn, helps to both cement and transfer strategies.
- is anticipatory and preventative.





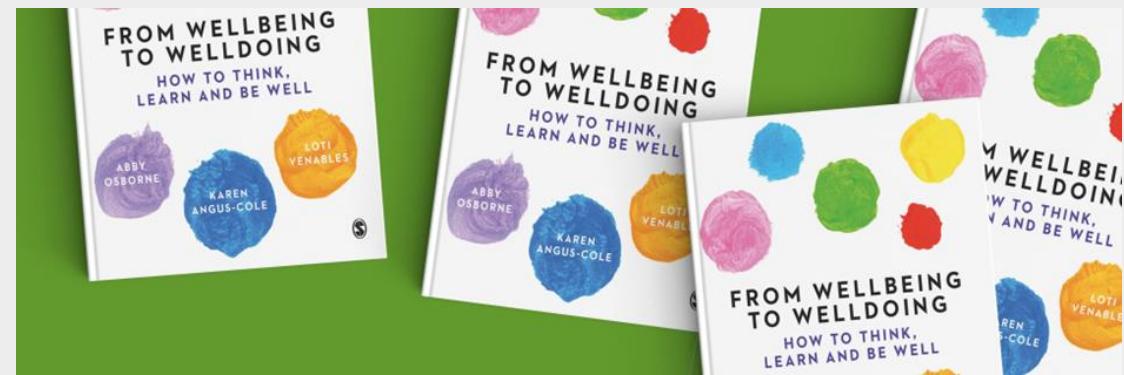
Welldoing in Action



Welldoing Areas of Focus:

Explores multiple approaches to overcoming many common hurdles to learning which learners experience:

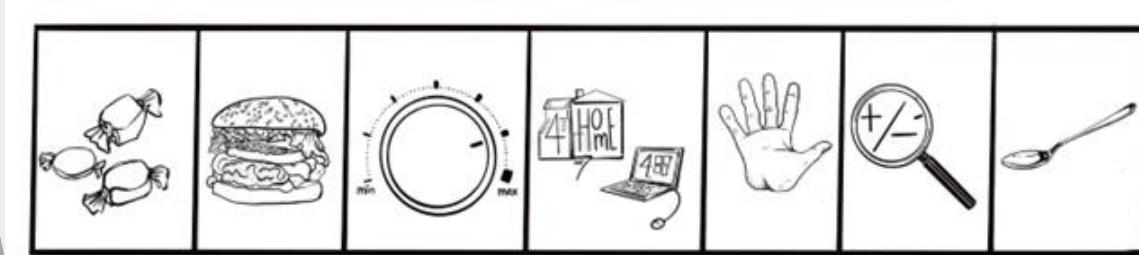
- Fear of the blank page.
- Reader's block
- How to sequence and structure our writing
- Overcoming fear around presenting
- Managing the challenges of group work.
- How to switch off and reboot



The Welldoing Toolkit:

Supporting students to develop flexible, sustainable learning habits and a creative, highly-personalised approach to learning:

- ‘Pick and Mix’ strategies
- Identify what works for you (and what doesn’t)
- Move between and **layer** strategies
- Transfer strategies to a range of contexts at the macro and micro level
- Bear in Mind!
- Revisit strategies and adapt



Cognitively Comfy Learning



Sensory Approach:

1. Move
2. Manage
3. Micro-manage





Over to you...

In small groups/pairs make a note of how you embrace the comfy learning approach, either in your work, learning or home environment.

Thinking Spaces



Spaces for Planning and Writing

A page (physical or digital) is also a 'space' which shapes our ability to think, just like the classroom environment.

Writing

Drawing

**Capture
our thoughts**

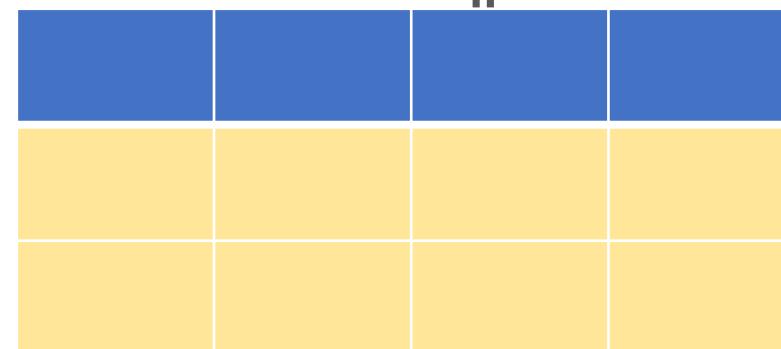
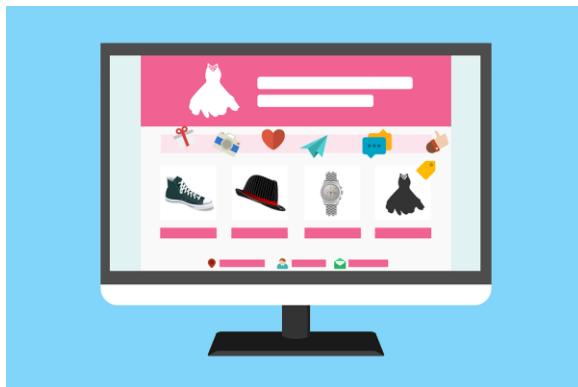
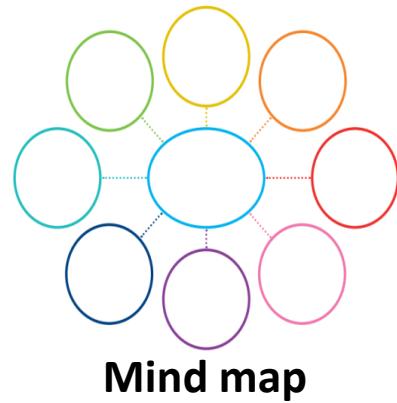


**Arrange and sequence
our thoughts**

Develop our thinking

**Edit or polish our
ideas**

Spaces for Planning and Writing



CAKE – making thinking, planning and writing a piece of CAKE

C - Capture

A - Arrange

K - Key words/transitions

E - Edit/polish



Over to you...



In small groups/pairs make a note of how you embrace thinking spaces, either in your work, learning or home environment.

Managing Workload and Seeing Progress



To Do...



Task Management - Seeing Progress Made

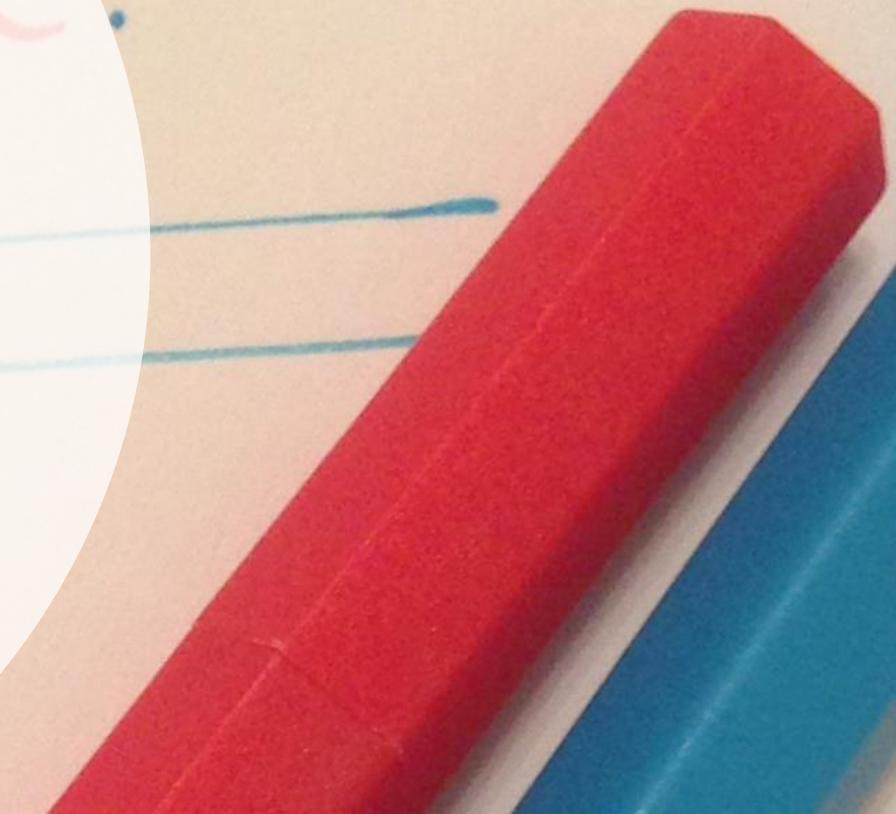
Tasks	Progress (% or colour)
Select 5 articles	60% 
Read article 1	90% 
Produce notes from meeting	20% 
Write up draft paragraphs for section B	40% 

Breaking it Down

- Breadth and Depth Tasks
- Quick Wins
- Do, defer, delegate, delete
- Dabble technique!

To Done:

Done Lists



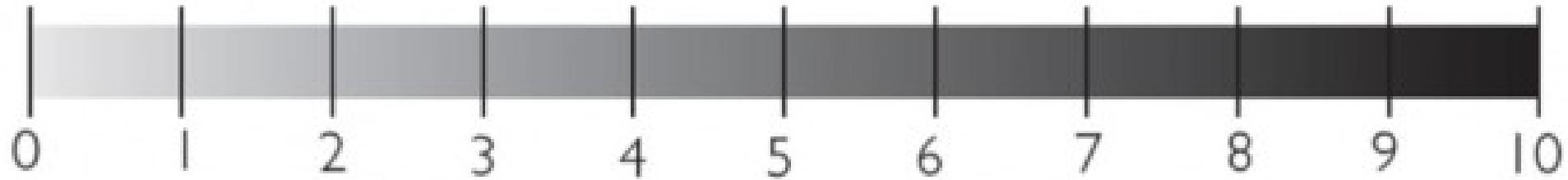


Over to you...

Make a broken-down list of tasks you have to do, using the approach we have just discussed or make a done list of all the things you have done today.

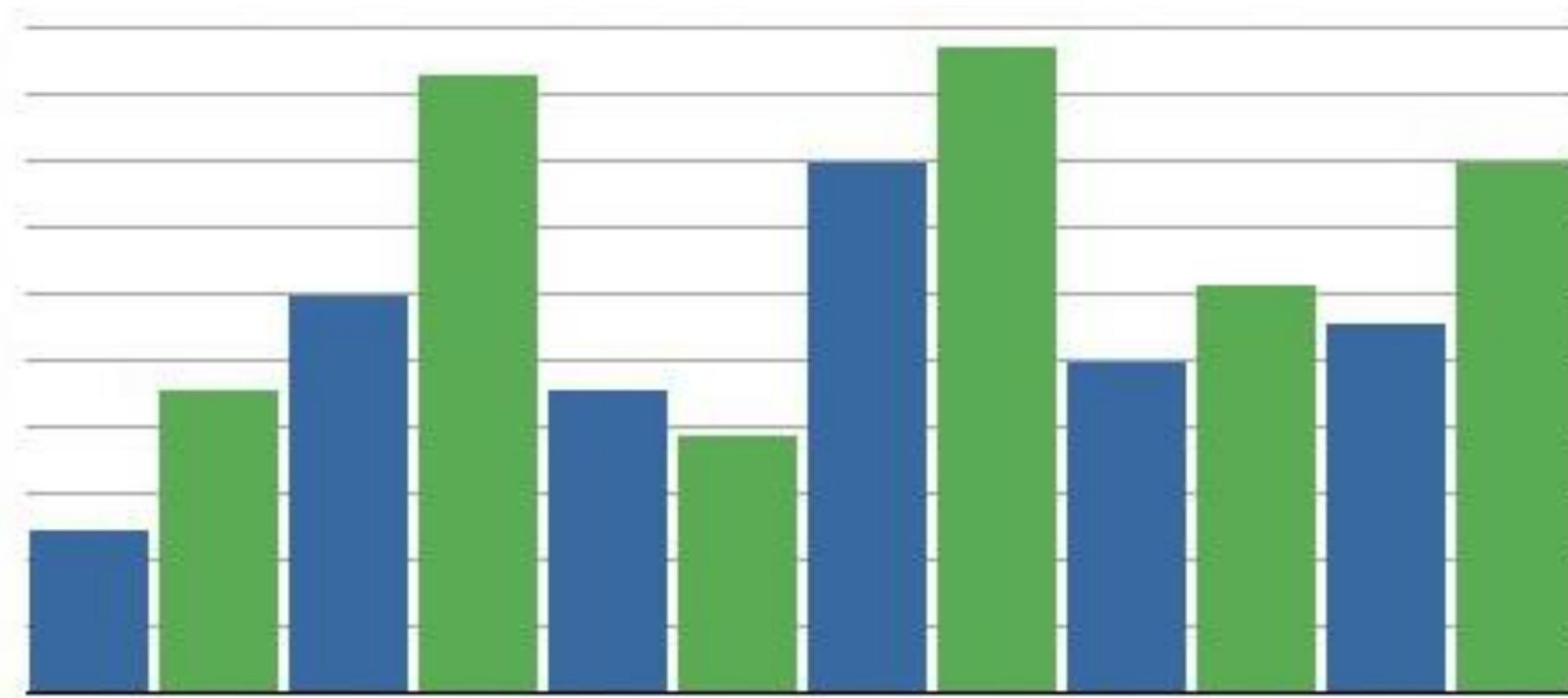
Managing Pressure and Expectations (our own and other people's!)





Fluctuating Expectations

Fluctuating Bars Approach

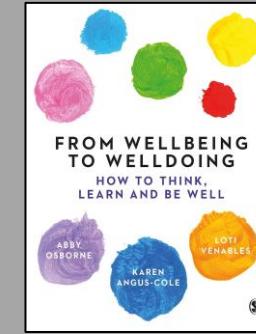
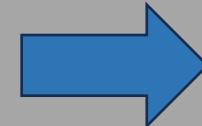
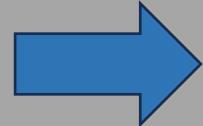




Over to you...

See if you could actively apply the scale/approach to something which you need to do- this could be for your studies or a task you need to carry out at home.

A single approach which addresses increasingly complex global challenges across the student learning journey



Global challenges,
diverse contexts

Issues associated
with **accessibility**,
inclusivity,
neurodivergence,
wellbeing, building
resilience

A highly adaptable and
transferable approach
which addresses multiple
challenges

Q and A?

