

Promoting student well-being

Personal, balanced and active

The student well-being study of the Study Success Research Group has mapped out how students are doing. Among other things, they researched how healthy and engaged the students are and how they experience their study resources and personal energy sources, such as resilience and self-efficiency. The research shows that students predominantly think that they have a healthy lifestyle and consider themselves to be healthy. However, a large part of the students experiences stress on a regular basis (to a large extent) during their time as students. They indicate that they're not always well-balanced. The students think the educational system, the teachers and the students themselves have a role in promoting the well-being of students. This infographic shows the top 10 of suggestions that students have for the students themselves, their teachers and for changes within education/the curriculum that could contribute to reducing stress and could promote the well-being of students. This top 10 of suggestions is the result of careful coding and analysis of the answers of more than 400 students.

Examples of suggestions from students

“The amount of assignments to be handed in should be better distributed over the school year. There should also be better and clearer study manuals for the assignments that have to be handed in. Take into account the individual differences of the students with regard to how the student feels instead of just hoping that the student will make it.”

“Prevent ambiguities; encourage personal help or consultation (in the case of educational assignments) and/or free up more time for this. Be clear when you are indicating your expectations and frameworks. In the current annual planning, school holidays are not really holidays, because deadlines and exam weeks are often planned immediately after them. This often causes a lot of stress for some students. Maybe deadlines could be planned on different dates?”

“Ask how the students are doing. If it's not going well, see if you can figure out the problem by asking questions. This already happens occasionally, but not every teacher does this.”

“If teachers are planning activities, it would be nice for the students to know about them in good time. Students will then be able to prepare themselves better. In addition, it is sometimes difficult for students to keep an overview of large assignments. Teachers can help by looking at it together with the students and making an overview.”







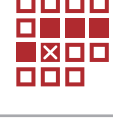



“What helps me to reduce stress is to draw up a weekly plan or a monthly plan. To write down goals for yourself and take your studies seriously! To start right away and NEVER postpone things. In order to promote student well-being, it is important that you are always present at the classes and lectures and that you ask questions when you don't understand something.”

“Students need to plan better and need to keep working on this planning schedule. Also, students shouldn't forget to let go of school once in a while. Relaxation allows you to free your mind from school for a while. So make sure to go out with your friends or go to the movies!”

See also: [Student Well-Being Fact Sheet](#) and [Research Report: Student Well-Being 2017-2018](#).
Results of quantitative and qualitative research into the well-being of students at Inholland University of Applied Sciences










Top 10 of suggestions for education

FEASIBILITY OF THE STUDIES & CLEAR EXPECTATIONS

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|---|---|---|----|---|---|
| 1 |  | Distribute the study load more evenly (reports, exams, deadlines) | 6 |  | Provide a clear planning schedule of study activities and deadlines |
| 2 |  | More clarity in general (explanation, expectations and communication) | 7 |  | Provide a clearer explanation of teaching material and assignments |
| 3 |  | Clarify study manuals | 8 |  | Improve communication between teachers, so that they are on the same page |
| 4 |  | Clarify expectations with regard to study planning | 9 |  | Take part in relaxation activities, both inside and outside the classroom |
| 5 |  | Reduce course load | 10 |  | Decrease the number of long days |

Top 10 of suggestions for teachers

PERSONAL ATTENTION & CLEAR COMMUNICATION

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|---|---|--|----|---|--|
| 1 |  | Be clear in communication and expectations | 6 |  | Ensure that students feel like they can always talk to the teachers |
| 2 |  | Provide a clear explanation about assignments and teaching material | 7 |  | Improve communication between teachers, so that they are on the same page |
| 3 |  | Give more personal attention to and have more personal contact with students | 8 |  | Show more understanding for the students and their situation |
| 4 |  | Identify problems on time and offer help | 9 |  | Distribute the study load better |
| 5 |  | Show more interest in the students | 10 |  | Monitor study progress and discuss it with the students on a regular basis |

Top 10 of suggestions for and by students

ENERGETIC, ACTIVE & BALANCED

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|---|---|---|----|---|---------------------------------------|
| 1 |  | Plan better, prepare yourself well and set priorities | 6 |  | Don't procrastinate |
| 2 |  | Invest in your health and relaxation, and in what gives you energy | 7 |  | Stay positive and believe in yourself |
| 3 |  | Seek advice or help on time | 8 |  | Do sports |
| 4 |  | Start learning and working on time | 9 |  | Take responsibility for yourself |
| 5 |  | Search for the correct balance between school, work and your private life | 10 |  | Take enough rest |