

## Wellbeing in Education

(10 Credits, Level 9)

<p><b>Module Aim</b></p>	<p>This module aims to cultivate a comprehensive understanding of Wellbeing in Education, bridging both personal and professional dimensions. Designed specifically for practising educators the content of this module delves into the theory and practice of wellbeing, offering a robust foundation that is key to an effective whole-school or organisation approach to wellbeing. The overarching objective is to enable practising educators to develop a shared understanding of wellbeing, emphasising the significance of health promotion within educational settings. Learners will be equipped with knowledge, resources and strategies to embrace a proactive, whole-school approach to wellbeing, grounded in evidence and comprising multiple social, physical and psychological components</p>
<p><b>Module Learning Outcomes</b></p>	<p><i>Upon successful completion of this module, a student will be able to:</i></p> <ul style="list-style-type: none"> <li>• Critically employ advanced wellbeing knowledge and concepts to develop resilience-based approaches and skills in educational settings, demonstrating the ability to practice, promote and protect wellbeing.</li> <li>• Critically analyse risk factors to wellbeing to enable educators to identify factors that support or hinder the wellbeing of individuals and school or organisation culture.</li> <li>• Synthesise the determinants of wellbeing, recognising the immediate influence of an individual's social context.</li> <li>• Critically evaluate inclusive wellbeing activities, content, methodologies, and strategies, leveraging ICT where applicable.</li> <li>• Strategically design a course of action to enhance wellbeing in an organisation or school system, integrating theories, models, and evidence-based strategies into a cohesive initiative promoting a culture of holistic development.</li> </ul>
<p><b>Mode of Assessment</b></p>	<p>100% Continuous Assessment</p>
<p><b>Delivery Methods</b></p>	<p>Online (Please See Timetable)</p>