**Cynhadledd Fer: Ymgorffori Lles yn y Cwricwlwm**

**Mini Conference: Embedding Well-being in the Curriculum**

25 Mawrth | March 2021

# Crynoldebau / abstracts

**Flourishing at Aberystwyth – Putting Positive Education into Practice, Frederica Roberts**

Positive Education is the intertwining of educating for academic outcomes and for well-being and character development in order to enable the learner to flourish. Embarking on a course of academic study, whether at undergraduate or postgraduate level, full- or part-time, is a major life event that can impact on mental health and well-being. The current academic year has been unlike any other and a determined focus on well-being for students and staff – teaching and non-teaching – is more important than ever.

In this highly interactive keynote, participants will learn about key elements of positive psychology in the context of higher education, including:

* The importance of positive relationships
* The use of character strengths in teaching, feedback and staff development
* How time perspectives may influence motivation

Aberystwyth University staff attending this session will have the opportunity to explore how their everyday practices can support their students’, colleagues’ and own well-being. The session will include elements of reflection, discussion, and practising activities that support well-being. Whilst the focus will primarily be on supporting student well-being, this is best achieved when staff are well.

The session will therefore also provide participants with the opportunity to develop their own well-being strategies and to consider how the University’s systems and procedures can underpin a culture of well-being.