

# INTERACT123 Research Round-Up: Student Motivation, Well-Being & Flourishing

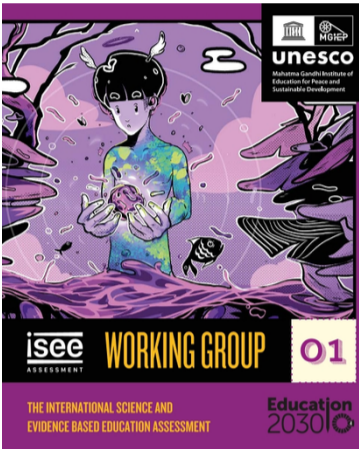
December 2023

Welcome to the INTERACT123 [Research Round-Up](#). Each month, we will provide you with recommendations for leading resources on a specific topic to support teaching, learning, and student success!

## Books

### Mahatma Gandhi Institute of Education for Peace and Sustainable Development (2022)

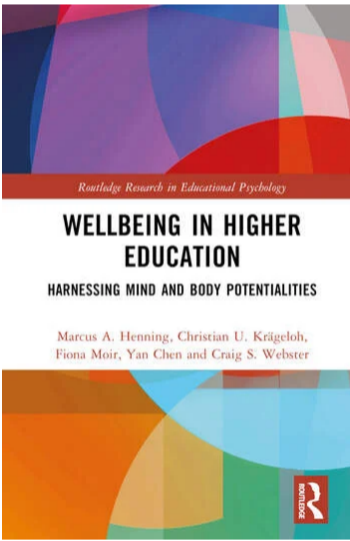
#### [Education for Flourishing and Flourishing in Education](#)



"This chapter aims to elucidate theoretical meanings of flourishing and education, and the relation between them. Throughout history a variety of ideas about the nature and purpose of these activities has been developed. This chapter considers the purpose and aims of education. It will explicate what viewing this purpose or ultimate aim may mean in terms of human flourishing and how ideas about human flourishing influence thinking about the practice of education and vice versa, given they are perceived as being in a dialectical relationship." - review

### Henning et al. (2018)

#### [Wellbeing in Higher Education](#)

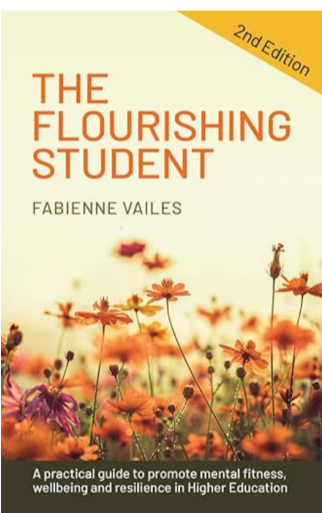


"Drawing on holistic research and professional practice, this book provides rich empirical, scientific, and clinical lenses to the discourse on wellbeing in higher education.

The authors have appraised the underlying, conceptual, empirical, and applied nature of existing mind-body programmes often utilized to cultivate wellbeing (e.g., seated meditation, yoga, Taijiquan, Pilates, Feldenkrais, biofeedback, and the Alexander technique)." - book description

### Fabienne Vailes(2022)

#### [The Flourishing Student: A Practical Guide to Promote Mental Fitness, Wellbeing and Resilience in Higher Education](#)



"The REAL University Challenge: Helping students to become flourishing life-long learners. In this new, post-pandemic edition of the classic guide, Fabienne Vailes reveals how you can help your students develop a 'tool box' of well-being techniques that will support them through university and beyond, and ensure your own well-being at the same time. She finishes with thoughts on how universities can implement systemic changes that support flourishing at an institutional, not just at an individual, level." - review

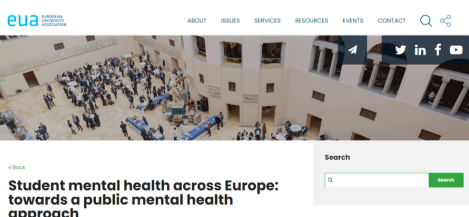
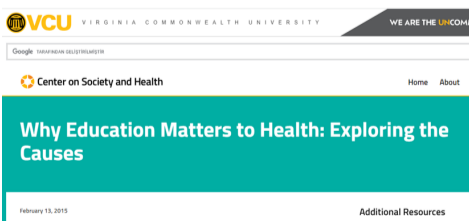
## Associations

### [European University Association](#)

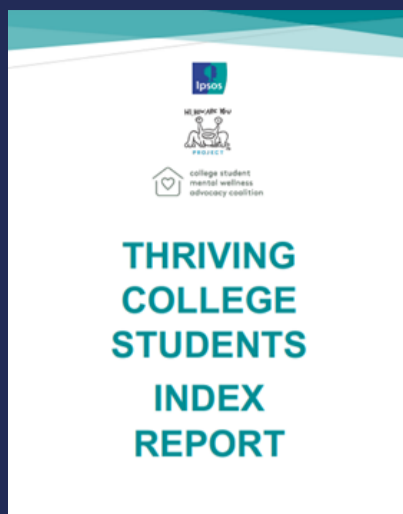
"The emotional health of students in Europe is receiving increased attention. Here, Valérie Van Hees and Ronny Bruffaerts reflect on the existing European landscape and introduce a new project to support the implementation of sustainable policies across the EHEA."

### [Virginia Commonwealth University, Center on Society and Health](#)

"Why Education Matters to Health: Exploring the Causes is part two of the Education and Health Initiative, a four-part series seeking to raise awareness about the important connections between education and health. Learn more about the initiative here, and explore the other phases below:"

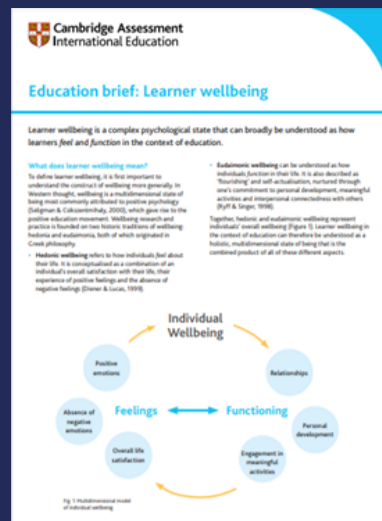


# Guides & Reports



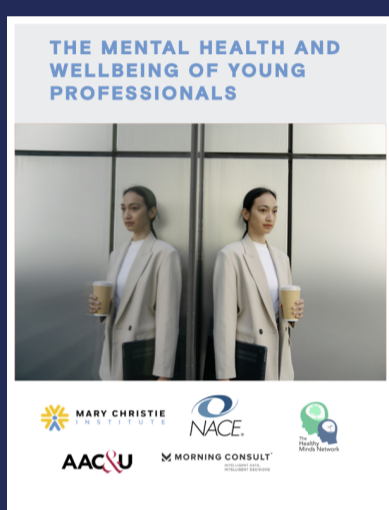
Ipsos, College Student Mental Wellness Advocacy Coalition & Hi, How Are You Project

[Thriving College Students Index Report](#)



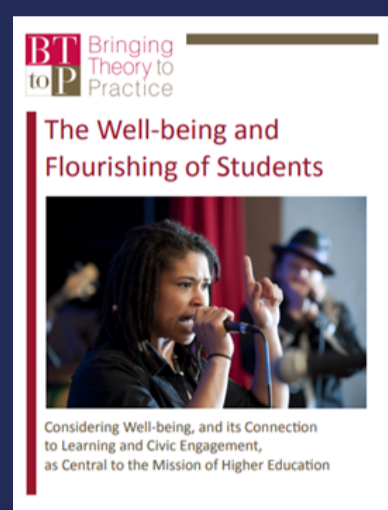
Cambridge Assessment International Education

[Education Brief: Learner Wellbeing](#)



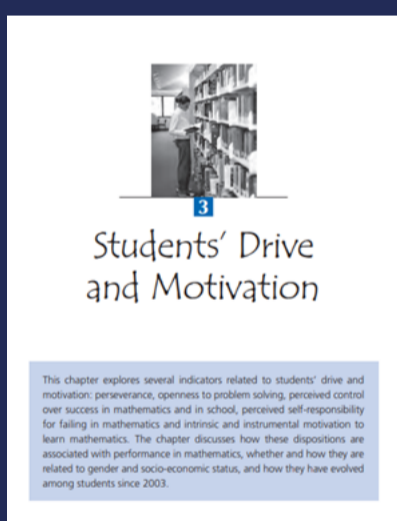
Mary Christie Institute

[The Mental Health and Wellbeing of Young Professionals](#)



Bringing Theory to Practice

[The Well-being and Flourishing of Students](#)



OECD

[Students' Drive and Motivation](#)



AXA

[Study of Mind Health and Wellbeing in 2023: Toward a New Understanding](#)

# Institutional Resources

[Ten Strategies to Promote Student Flourishing](#)  
Stanford University Teaching Commons

"Current research identifies five main domains of human flourishing: psychological, social, contemplative, physical, and emotional. The strategies covered here enable instructors to employ effective teaching practices to promote their students' flourishing in these domains.

The following strategies have been summarized from a longer version that includes specific examples; [view or download the resource as a Google Doc.](#)"



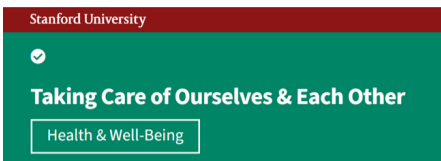
Ten Strategies to Promote Student Flourishing



# Institutional Resources (cont.)

## [The Flourish, November 2023](#)

### Stanford University Student Affairs



"As the quarter progresses, you may find yourself feeling overwhelmed, exhausted, or lost. Know you are not alone in these feelings, even if it feels like everyone else around you is thriving. With time and some helpful strategies, you can begin to manage these feelings and flourish through the quarter."

## [Emory's Student Flourishing Initiative: Reimagine the Student Experience](#)

### Emory University



"Make good grades. Join a dozen clubs. Get into a top university. Land a high-paying job. Live happily ever after. For many college students, their journeys thus far have been paved with gold stars and trophies, always chasing the next great achievement. Then, halfway through college or in many cases after graduation, they realize that there is no syllabus for how to live a fulfilling life. Finding purpose and being the best version of oneself is an intentional undertaking that unfolds daily."

## [Belonging & Flourishing](#)

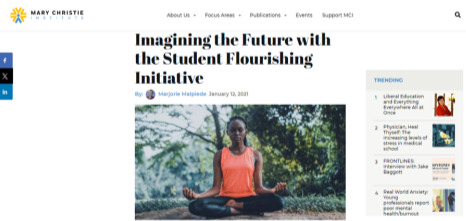
### Sarah Lawrence College



"When you belong, you flourish! At Sarah Lawrence, we understand that developing a sense of belonging is not solely the responsibility of individuals and students, but rather the responsibility of faculty, staff, and student leaders to invite new students into the larger community. Through first year traditions, targeted programming and outreach, and student peer mentorship, SLC aims to welcome students into the community and foster a sense of belonging from the time of admission through graduation and beyond."

## [Imagining the Future with the Student Flourishing Initiative](#)

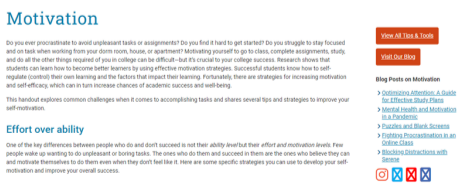
### Mary Christie Institute



"When great minds think alike, anything can happen, which is why the Student Flourishing Initiative might just succeed in starting a wellness revolution in higher education. Begun by David Germano, Robert Roeser, Mark Greenberg, and Richard Davidson, the Initiative uses scholarship on human flourishing from the sciences and humanities with training in contemplative practice to improve students' wellbeing and prepare them for a good life."

## [Motivation](#)

### University of North Carolina at Chapel Hill, The Learning Center



"Do you ever procrastinate to avoid unpleasant tasks or assignments? Do you find it hard to get started? Do you struggle to stay focused and on task when working from your dorm room, house, or apartment? Motivating yourself to go to class, complete assignments, study, and do all the other things required of you in college can be difficult—but it's crucial to your college success. Research shows that students can learn how to become better learners by using effective motivation strategies. Successful students know how to self-regulate (control) their own learning and the factors that impact their learning. Fortunately, there are strategies for increasing motivation and self-efficacy, which can in turn increase chances of academic success and well-being. This handout explores common challenges when it comes to accomplishing tasks and shares several tips and strategies to improve your self-motivation."

# Institutional Resources (cont.)

## [Student Success & Flourishing](#)

### Belmont University



"Students succeed when we dedicate and champion resources that improve their experiences in and out of the classroom. It is our hope that by facilitating these exciting opportunities for our students, we can aid in their whole-person formation and development of character, purpose, wisdom and transformational mindset. We are devoted and committed to the success and flourishing of all of our students."

## Scales

	Strongly agree	Agree	Slightly agree	Neither agree nor disagree	Slightly disagree	Disagree	Strongly disagree
1 I lead a purposeful and meaningful life.	7	6	5	4	3	2	1
2 My social relationships are supportive and rewarding.	7	6	5	4	3	2	1
3 I am engaged and interested in my daily activities.	7	6	5	4	3	2	1
4 I actively contribute to the happiness and well-being of others.	7	6	5	4	3	2	1
5 I am competent and capable in the activities that are important to me.	7	6	5	4	3	2	1
6 I am a good person and live a good life.	7	6	5	4	3	2	1
7 I am optimistic about my future.	7	6	5	4	3	2	1

### NovoPsych [Flourishing Scale \(FS\)](#)

"The Flourishing Scale is a brief 8-item measure of the respondent's self-perceived success in important areas of life such as relationships, self-esteem, purpose, and optimism. The scale provides a single psychological well-being score and can be used to provide useful feedback for how to improve one's life and may stimulate self-reflection. The Flourishing Scale is best used with individuals without clinical disorders, but rather with individuals seeking to enhance an already relatively adaptive lifestyle."

	0 - No satisfaction at all	1	2	3	4	5	6	7	8	9	10 - Complete satisfaction
1 [OPTIONAL] Thinking about your own life and personal circumstances, how satisfied are you with your life as a whole?*	0	1	2	3	4	5	6	7	8	9	10
2 How satisfied are you with your standard of living?	0	1	2	3	4	5	6	7	8	9	10
3 How satisfied are you with your health?	0	1	2	3	4	5	6	7	8	9	10
4 How satisfied are you with what you are achieving in life?	0	1	2	3	4	5	6	7	8	9	10
5 How satisfied are you with your personal relationships?	0	1	2	3	4	5	6	7	8	9	10
6 How satisfied are you with how safe you feel?	0	1	2	3	4	5	6	7	8	9	10
7 How satisfied are you with feeling part of your community?	0	1	2	3	4	5	6	7	8	9	10

### NovoPsych [Personal Wellbeing Index-Adult-5 \(PWI-A\)](#)

"The Personal Wellbeing Index (PWI 5th edition; International Wellbeing Group, 2013) is a 9-item self-report questionnaire that asks people to rate how satisfied they are with different domains of their lives. The PWI is recommended by both the WHO and OECD as a preferred tool for measuring Subjective Wellbeing among adults. The scale is useful for monitoring self-reported quality of life over time particularly in non-psychiatric settings."

## Articles

[How to Measure Well-Being: Challenges, recommendations, and new horizons on well-being assessment. \(Psychology Today, 2021\)](#)

[Human Flourishing Blog \(Psychology Today, n.d.\)](#)

[Student mental health is in crisis. Campuses are rethinking their approach \(APA, 2022\)](#)

[Understanding the role of stress, personality and coping on learning motivation and mental health in university students during a pandemic \(Gibbons, 2022\)](#)

[Well-being of students in higher education: The importance of a student perspective \(Douwes et al., 2023\)](#)

["You have to be okay with okay": experiences of flourishing among university students transitioning directly from high school. \(Volstad et al., 2020\)](#)



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### Research Round-Up

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