

# PERSONAL DEVELOPMENT

By providing opportunities for personal and professional growth in class you can increase students' self-awareness, resourcefulness and resiliency related to well-being. This exemplifies the causal relationship between personal development and academic progress/success.

## Suggestions:

1. Involve guest speakers from the college's services, greater community, alumni or students with "lived experience" to speak on topics related to health and well-being.
2. Create assignment options that asked students to apply course discipline learning to their lifestyle in some fashion. Make it personally meaningful for them by discovering the "applied value."
3. Employ reflective activities like journaling to increase personal awareness of values, opinions and "ground" the concepts in personal experience.
4. Introduce mindfulness – related personal well-being activities in classroom learning [e.g. during natural breaks]
5. Use activities that build inter-cultural competence [e.g. Anna Stein's cultural competency work]
6. Encourage students to locate services and online resources that contribute to maintaining their personal well-being
7. Encourage students to download smart phone applications available for managing stress and mental health challenges: [Mind Shift and Booster Buddy]