

**Ministry of Higher
Education and Science**

The Nordic Council of Ministers webinar: Student well-being in the Nordic countries

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2 p.m.	Welcome by host
2.05 p.m.	Nordic Ministers video messages
2.30 p.m.	Introduction by presenter: Prof Vibeke Koushede, University of Copenhagen, Denmark Presentation of student discussion panel: Ms Sofie Villadsen and Mr Sandi Rixvic
2.40 p.m.	Martin Seligman, University of Pennsylvania, USA Positive Psychology and Positive Education There are five elements of Positive Psychology (PERMA): Positive emotion, Engagement, Good Relationships, Meaning, and Accomplishment. Increasing these causes more productivity at school and work, better physical health, lower mortality, less depression and less anxiety. PERMA skills have been taught in many schools around the globe producing

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	Followed by student lead discussion
3.25 p.m.	Break
3.35 p.m.	<p>Sonja Lyubomirsky, University of California Riverside, USA</p> <p>The How of Happiness: Boosting Well-Being Through Kindness and Connection</p> <p>During both normal times and challenging circumstances like today, happiness not only feels good; it is good. Happy youth and adults have more friends, are healthier, and are more creative and productive. Fortunately, experiments have shown that we can intentionally increase our happiness. In this presentation, I will introduce a model that explains when and why boosting connection and practicing kindness can promote well-being and other positive outcomes, transforming us into happier and more flourishing individuals.</p> <p>Followed by student lead discussion</p>
4.20 p.m.	<p>Dr. Ruth Graham, rhgraham.org, UK</p> <p>The impact of COVID-19 on engineering education: the emerging emphasis on student well-being</p> <p>A study is underway, looking at the impact of the COVID-19 pandemic and the current period of 'emergency teaching' on global best practices in engineering education. What has been particularly striking about the early outcomes is the emerging emphasis being placed – by engineering schools and universities from across the world – on student well-being, peer-support and community-building in the online environment. In this talk, I will outline the focus and early outcomes of the ongoing study, and highlight some of the new developments that are centred on student well-being.</p> <p>Followed by student lead discussion</p>
4.50 p.m.	Closing by Presenter
5.00 p.m.	Goodbye by Host

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