

Smith System®

CEU COURSE

Centering Wellbeing through Learning Spaces



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This CEU course is accredited by AIA + IDCEC

This CEU is registered with The American Institute of Architects (AIA) and the International Design Continuing Education Council (IDCEC) for continuing education credits. This credit will be accepted by most interior design Associations and State Boards.

This program is registered for 1 CEU value.

- Your attendance will be reported to AIA + IDCEC by your instructor after this CEU.
- Certificates of completion will be issued electronically through your AIA or IDCEC account once attendance has been reported for you. Please allow 5 business days for attendance reporting.
- Attendees who do not have a unique IDCEC number will be provided with a paper Certificate of Completion after this CEU.
- Questions? Contact CEU@steekcase.com


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Learning Objectives for this Course

- Understand the challenges to occupants' wellbeing in educational institutions
- Realize how focusing on designing to nurture wellbeing allows for the elevation of the human experience within the built environment
- Identify 6 pillars of wellbeing and how to embed them into the physical environment in order to create more nurturing environments
- Recognize the importance and integration of inclusive and biophilic design principles to support the wellbeing of occupants
- Identify how wellbeing principles can be embedded across various space types

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Wellbeing Research

The Human-Centered Design Research Process

- 6 months**
Global research study
- 43**
Interviews
- 5**
Countries included
- 3**
Student workshops and focus groups

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What We're Learning

Students and educators are experiencing "ill-being."

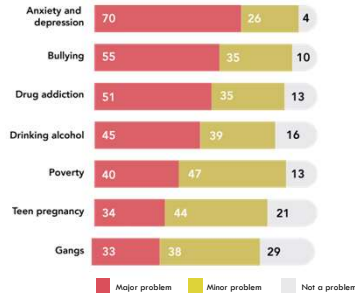
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“I wish parents and educators knew the amount of work I put into my schoolwork and extracurriculars. Sometimes we just need a break.”

High School Student, USA

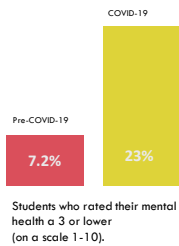
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Anxiety, depression top teen problems



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Low mental health ratings exacerbated by Covid-19



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“I don't even think I have thought about my own faculty wellbeing until you asked about it. That's sad.”

Assistant Professor of History, USA

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<p>40%</p> <p>of teachers leave the profession within five years in the U.S.</p> <p><small>National Education Association, 2018</small></p>	<p>Why?</p> <ul style="list-style-type: none"> Burnout Workload Unreasonable expectations High stress Lack of support
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Wellbeing Is More than an Individual Assessment

Community
Educational Institutions
Students and Educators

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Defining Wellbeing

Six Pillars of Wellbeing

- MEANING to create purpose
- BELONGING to be part of
- AUTHENTICITY to be oneself
- MINDFULNESS to be aware and open
- OPTIMISM to be positive
- VITALITY to be healthy and active

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Defining Wellbeing

Wellbeing must be considered for **students and educators**

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Defining Wellbeing

Wellbeing must be considered for educational institutions



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Defining Wellbeing

Wellbeing must be considered for the community



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Designing for Wellbeing

Spatial Typologies


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Spatial Typologies

Dedicated

Spaces that are specifically designed to foster wellbeing.

Wellbeing Centers	Student Service Center
Mindfulness Rooms	Spirituality Rooms
Counseling Offices	Anxiety Rooms
Fitness Centers	Mother Rooms
Nap Rooms	Sensory Rooms
Yoga Studios	




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Spatial Typologies

Embedded

Spaces that cultivate wellbeing within the context of the room's primary function.

Learning Spaces	Cafes
Common Spaces	Outdoor Spaces
Transition Spaces	Staff Spaces
Libraries	Teacher Lounges
Student Unions	



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Designing for Wellbeing

Design Methodologies


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Designing for Wellbeing

Design for Inclusivity

Welcoming and Accommodating
Invites everyone to use space safely, easily and with dignity

Responsive and Flexible
Space considers what people need and want, and is useful in different ways




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Designing for Wellbeing

Biophilic Design

Environmental Features
Natural Shapes and Forms
Natural Patterns and Processes
Light and Space
Place-Based Relationships
Evolved Human-Nature Relationships



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Designing for Wellbeing

Design Principles

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Designing for Wellbeing

Design Principles

The 6 Pillars

- **MEANING** to create purpose
- **BELONGING** to be part of
- **AUTHENTICITY** to be oneself
- **MINDFULNESS** to be aware and open
- **OPTIMISM** to be positive
- **VITALITY** to be healthy and active

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Wellbeing Pillars

Meaning

to create purpose

SPACE ATTRIBUTES SUPPORTING MEANING

Connect to the Wider Community
Expand the spaces in which students and educators interact with and create meaning with the wider community

Create Purpose
Spaces that allow students to learn and express purposefulness, value and significance

Inspire Awe
Create spaces that expose students to new ideas, challenging perspectives and elements that invoke wonder

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Wellbeing Pillars

Belonging

to be part of

SPACE ATTRIBUTES

Create Welcoming and Inclusive Environments
The ability of students to see their identity reflected in their surroundings ensures that all students feel comfortable and welcome in the space

Foster Connection and Community
Create spaces that expose students to new ideas, challenging perspectives and elements that invoke wonder

Be Seen and Be Heard
Spaces that allow all students to be truly seen and heard

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Wellbeing Pillars

Authenticity

to be oneself

SPACE ATTRIBUTES

Enable Agency
Spaces that allow students to author their spaces, freely moving and manipulating the elements of environment to construct their own learning, and educators their own teaching

Encourage Discovery and Expression
Create safe spaces that allow student to express and explore themselves and their passions and support diverse expression of ideas and learning

Foster a Sense of Value
Create spaces where all students and educators feel like they have something to contribute and can make a difference

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Wellbeing Pillars

Mindfulness

to be aware and open

SPACE ATTRIBUTES

Create Sensory Richness
Spaces that allow students to pay attention using multiple senses

Create Refuge and Renewal
Spaces where students and educators can retreat to calm down, reset and refocus

Exposure to Diversity
Spaces where students and teachers interact with a diverse range of others, practicing empathy, openness and listening

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Wellbeing Pillars

Optimism

to be positive

SPACE ATTRIBUTES

Encourage Challenge and Effort
Spaces that allow students to fully engage in their learning, working through the challenges and struggle

Show Learning Process
Make the process of learning visible to self and others, to show the effort and failures along the way. Celebrate the effort of learning and teaching

Exhibit Positive Thinking
Demonstrate an attitude of positive thinking which informs our beliefs, which form our values, which inspire actions that create results.

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Wellbeing Pillars

Vitality

to be active and healthy

SPACE ATTRIBUTES

- Encourage Healthy Choices**
Spaces that incentivize healthy choices and allow students and educators to more easily engage in healthy behavior
- Invite Movement**
Spaces that allow for various postures and movement throughout
- Create Respite**
Spaces that allow students and educators to rest when needed

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Applications

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Dedicated Spaces

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Embedded Spaces

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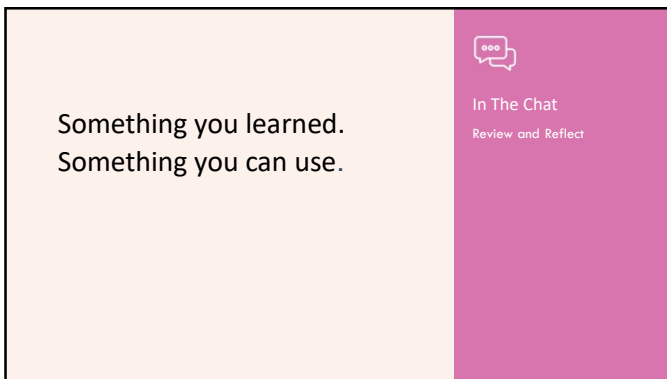
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