

*“Institutional changes that
result from an attention
to fulfilling the promise of
higher education.”*

M. Harward. 2016

*Academic Well-Being and Higher Education
Bringing Theory to Practice*

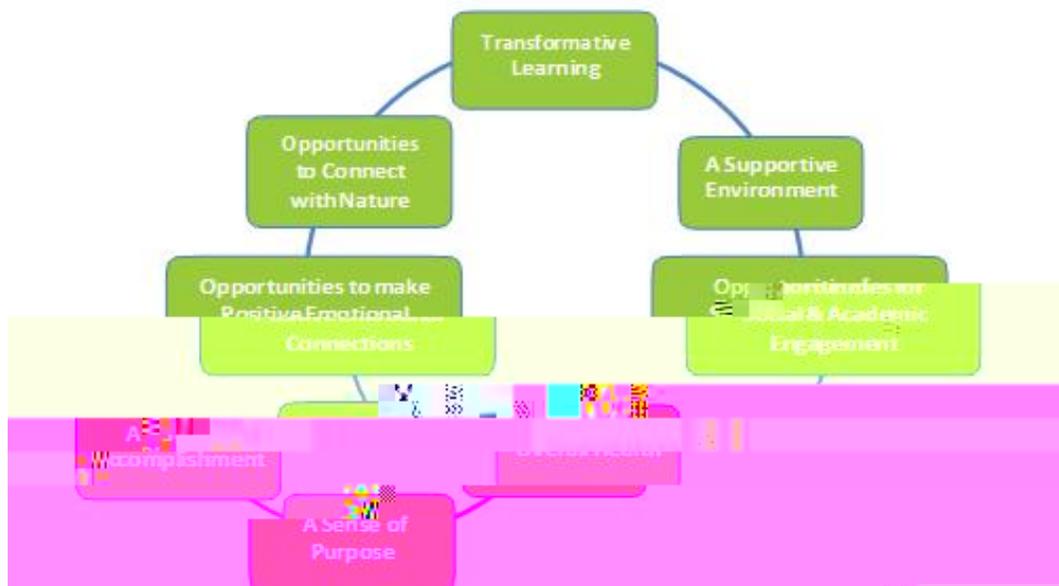
What is well-being and why is it important for Dawson College?

In 2016, Dawson College developed its third-generation Strategic Plan. During consultation for the plan, feedback was collected from an unprecedented number of community members: 1600 students and 350 faculty and staff members. Themes that emerged from this feedback included: commitment to student success, dedication to employee engagement, sustainability and well-being for the entire community.

The final Strategic Plan affirms well-being for all as a College value:



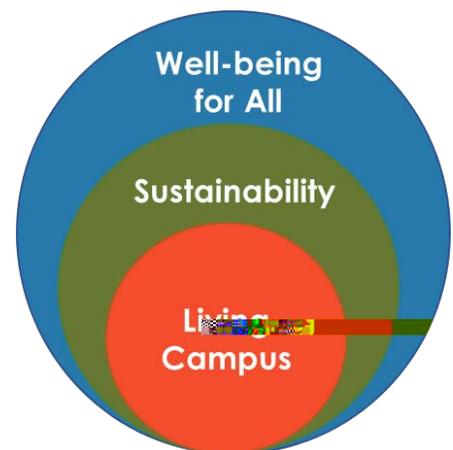
Though many definitions of well-being exist, there is agreement that well-being is achieved when social, mental, physical, intellectual and spiritual potential is realized. The Dawson Living Campus Initiative will realize this vision through a focus on well-being for all.



What is Sustainability and why should we care?

The most common definitions of sustainability include the idea that we as a society must meet our needs without compromising the ability of future generations to meet their needs. These include social, environmental and economic needs. Sustainability is a valued concept that many individuals and organisations strive to integrate into their daily lives and policies. The Dawson College 2016-2021 Strategic Plan references sustainability in several places, most visibly as a Goal for the next five years:

Goal 7¹: Be a leading Canadian educational institution in promoting and practicing sustainability in all its endeavours..



Living Campus was developed to address the challenges of academic institutions. One of these is that disciplines and administration structures sometimes work in silos. Specialists focus on their own areas and may lack connection to others. Despite recognition that extra-curricular projects enrich student, faculty and staff experiences, participants in these projects must compete for limited resources.

“Education is the most powerful weapon which you can use to change the world.”

-Nelson Mandela

The enrichment of student, faculty and staff experiences is what Living Campus is all about. Research has shown us that there is a link between well-being, student success, and personal fulfillment. By considering the whole person, not just academics or job functions, in the context of well-being, we can break down existing barriers and help our community of students, faculty and staff achieve personal fulfillment in the classroom and in the workplace.

Living Campus Projects and Partners include:

