

TRACKING MEANINGFUL OUTCOMES OF TEACHING EFFECTIVENESS IN A SELF-CARE & WELL-BEING CLASS

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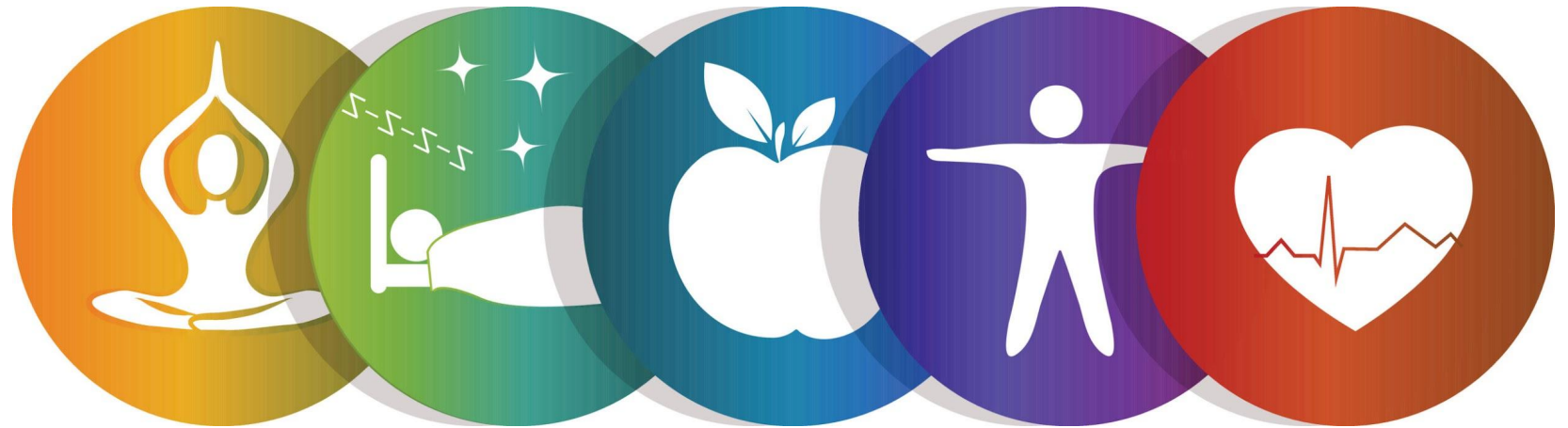
BACKGROUND ON THE COURSE

BECOMING **HAPPY**



*A Guide to Self-Care, Life Satisfaction,
and Well-Being*

Joshua K. Swift, Ph.D.



THE QUESTION



EXAMINING MEANINGFUL OUTCOMES

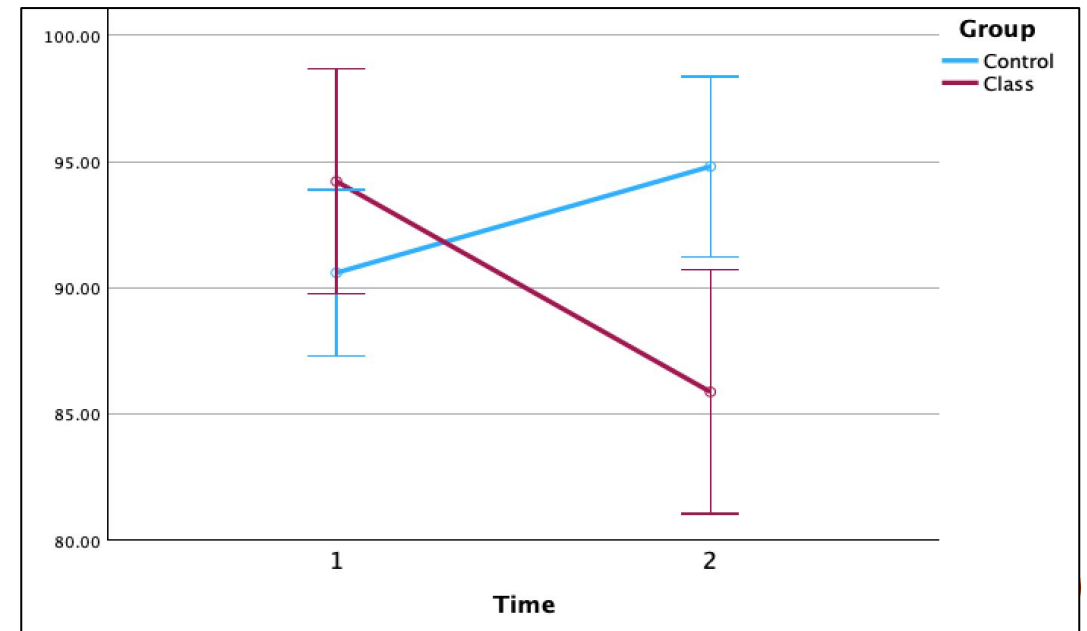
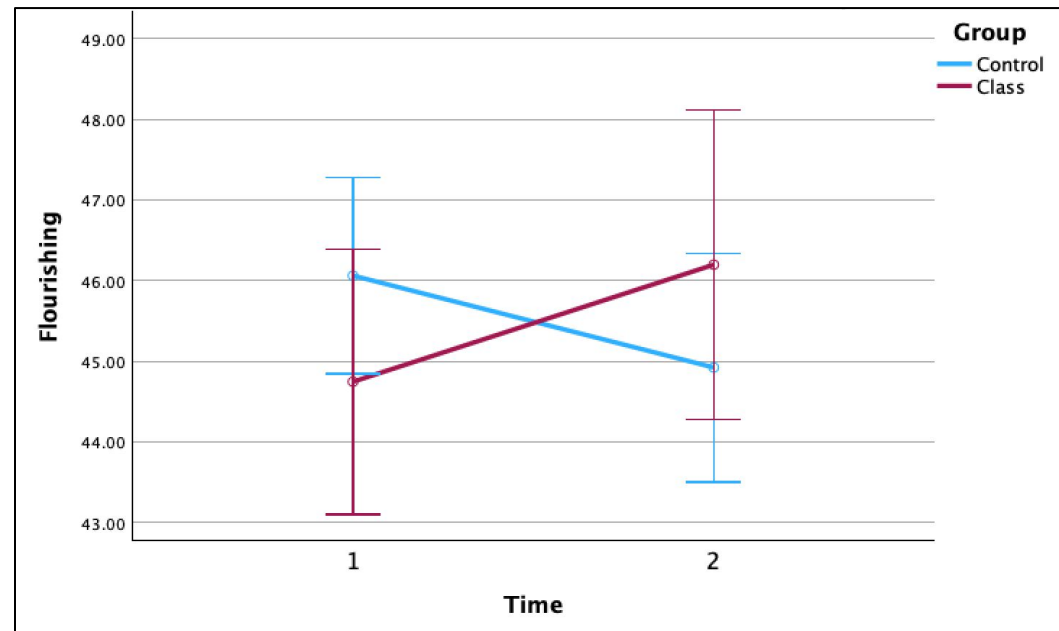
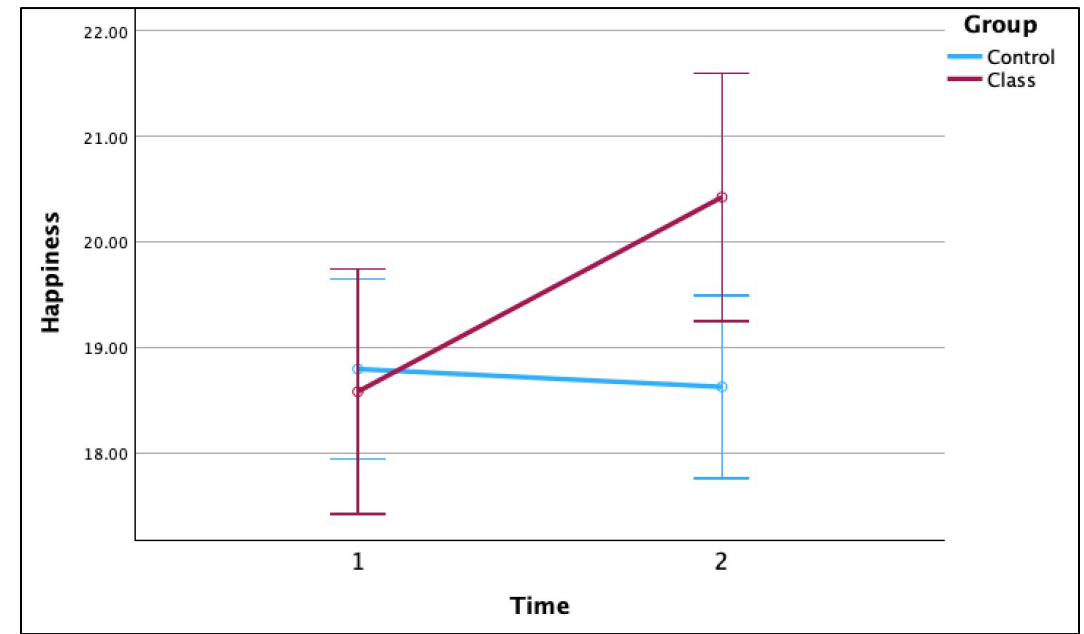
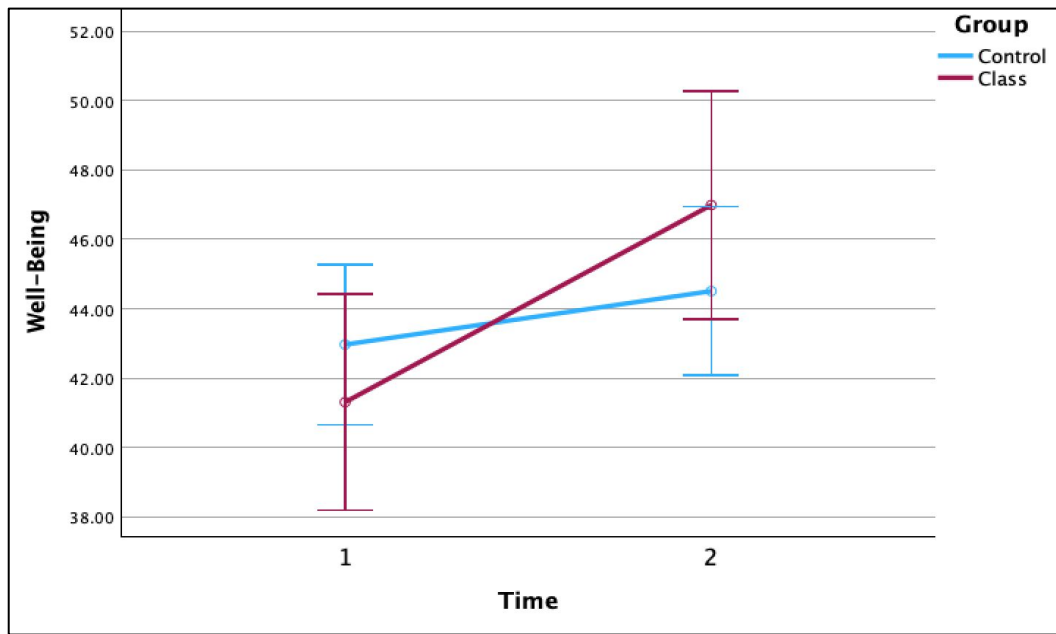
- What am I trying to achieve?
 - Knowledge
 - Performance on weekly quizzes in class
 - Implementation of activities
 - Self-report of engagement each week
 - Real impact
 - Happiness
 - Well-being
 - Flourishing
 - Burnout



EXAMINING MEANINGFUL OUTCOMES

- How will I know?
 - Initially
 - Pre/post improvements
 - Later
 - Pre/post in comparison to a control group





IMPACT

- Students
 - See the impact
 - Greater willingness to continue
- Myself
 - Greater confidence in the course
 - Greater enjoyment in teaching
 - Able to test changes

