

# CHAPTER SUMMARY

## Pedagogies of Care: Student & Instructor Wellness



### What are Pedagogies of Care?

Educational practices that recognize students as people first and acknowledge the experiences they bring into the classroom. These practices place care at the forefront of teaching, with a focus on those being cared for (students) but also those exercising care (instructors).



### Why are They Significant?

A pedagogy of care recognizes the role that the educational environment can have on student well-being. For example, it identifies how students experience increased rates of distress and mental health concerns that can be related to or exacerbated by their academic responsibilities.



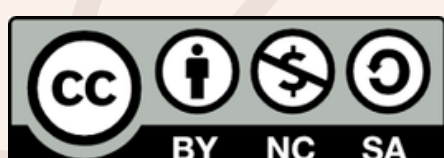
### Understanding Student Experiences

An essential practice in care-based pedagogy is understanding and contextualizing student experiences. For example, students have unique experiences of family and relationship dynamics, social and economic insecurities, immigration, and mental and physical health.



### Examples of Care

Our capacity for care will vary based on our lived experiences. Care is iterative and systemic. Educators should contextualize and personalize care for students. For example, getting to know students and their learning needs, referring to students by their name and/or pronouns, and making time to connect with students non-academically.



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