

## Faculty Wellness-Centered Pedagogy Self-Assessment Framework

- Rating (1-5):** Rate each pillar from 1 (Strongly Disagree) to 5 (Strongly Agree).
- Strengths & Activities:** In this column, note areas where you feel confident in your practice. These could be specific activities, strategies or methods that you already implement well.
- Areas for Improvement:** Reflect on aspects of your practice that could be further developed or improved. Identify any gaps or challenges you may face.
- Reflection:** Answer the reflection questions provided for each pillar. These questions are meant to guide your thinking and encourage deeper reflection on how to support and strengthen your practices.

Pillar	Definition	Rating (1-5)	Strengths & Activities	Areas for Improvement	Reflection
<b>Equity &amp; Inclusion</b> 1. <i>How do I ensure that my course materials are inclusive and reflect diverse perspectives?</i> 2. <i>How do I assess the effectiveness of my accessibility policies?</i> 3. <i>What strategies do I use to foster an inclusive classroom where all students feel heard and valued?</i>	Foster a teaching environment that values diverse perspectives, ensures accessibility, and promotes fairness.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5			
<b>Compassionate Practices</b> 1. <i>How do I create an emotionally safe environment for my students?</i> 2. <i>In what ways do I acknowledge and address external challenges that students face?</i> 3. <i>How can I improve my empathetic communication in both feedback and classroom interactions?</i>	Prioritize emotional safety, trust, and understanding of student challenges.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5			
<b>Mindful Engagement</b> 1. <i>How do I integrate mindfulness into my teaching practices?</i> 2. <i>How do I encourage students to engage in self-reflection and connect it with course content?</i> 3. <i>What can I do to incorporate more "pause and process" moments in my classroom?</i>	Incorporate mindfulness and self-reflection to enhance focus, emotional regulation, and critical thinking.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5			

<b>Integrated Support Systems</b> 1. <i>How do I incorporate holistic well-being into my teaching practices?</i> 2. <i>Do I provide enough resources for students to support their emotional and physical health?</i> 3. <i>What are ways to make wellness breaks more effective during class sessions?</i>	Address academic, social, emotional, and physical well-being to foster holistic success.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5			
<b>Empathy-Centered Teaching</b> 1. <i>How do I build trust and relationships with my students?</i> 2. <i>In what ways do I provide constructive, growth-oriented feedback?</i> 3. <i>How can I better incorporate anonymous feedback from students into my teaching practices?</i>	Build strong faculty-student relationships by prioritizing humanity, understanding, and development.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5			
<b>Adaptability &amp; Flexibility</b> 1. <i>How flexible are my course policies regarding deadlines and assignment formats?</i> 2. <i>What strategies can I use to support students with varying life circumstances?</i> 3. <i>How can I incorporate more asynchronous learning opportunities to accommodate non-traditional learners?</i>	Design courses and policies that respect diverse needs and life circumstances.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5			
<b>Community &amp; Belonging</b> 1. <i>How do I foster a sense of community and belonging in my classroom?</i> 2. <i>What role does peer mentorship play in my courses?</i> 3. <i>How can I better connect course content to real-world issues and students' personal experiences?</i>	Develop a supportive classroom culture where students feel connected to peers and content.	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5			

Figure 1. Wellness-Centered Pedagogy Framework.

