

Healing in the University Classroom: how do students take it up, particularly in a virtual setting?

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SoTL project on Gender and Health, SPPH 381B

We'll focus on improving health for humans and ecosystems through a gendered lens that sheds light on environmental, economic and social justice.

HEALING

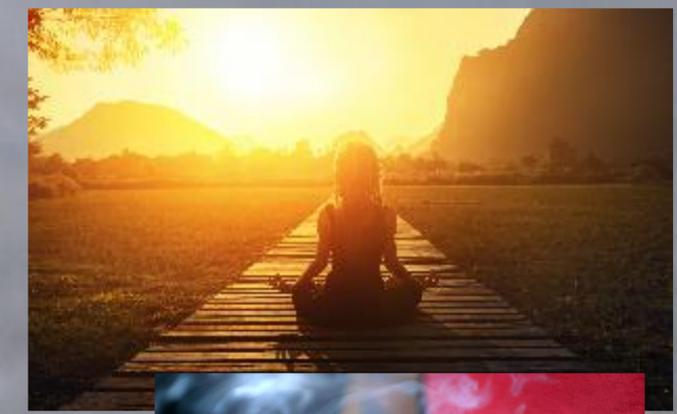
For 2020, we are honored to have indigenous healers in the virtual classroom with us.

This interdisciplinary public health course thus highlights micro and macro aspects of health promotion and disease prevention.

All of us *can* be mentally and physically well. From this place of wellness, we are called to create a better world.

This course, unlike other offerings of this course, will therefore focus almost exclusively on healing.

Applying active learning practices that integrate wellness activities, reflection, small group learning, motion, lecturettes,



Learning Outcomes

- Value authentic empathy, healing and care for self and others on Earth and demonstrate this through work in communities, including our class
- Illustrate creative public health techniques that engage others in compassionately connecting with personal wellness, healing and ecosystem health issues
- Connect with peers to co-construct knowledge in collaborative groups
- Reflect on learning processes in a contemplative fashion

Student Quotes

"I would like to thank you Dr Shroff for reminding us to be compassionate towards ourselves"

"This class reminds you that it's ok to take time off for yourself; that will help you do better"

"I feel more about mind, body, spirit connection"

"I had an overall positive and relaxing experience in class today, especially with the head and face massage"

"I tend to hesitate before taking time for myself when things get super stressful and when I need to the most; and so I'm definitely working on that"

"Taking the time for healing rituals or simply taking a walk just to make sure I don't burn out, is what I'm trying to balance and focus on"

"Having this class truly reminds me to take the time to do these mindful activities and it's very helpful"

"The 10-minute exercise we do on breathing... grounds me and...I try to incorporate that in my own daily routine"

"This class teaches sitting with emotions and allowing your human to feel things that come with challenging"

