

INWELL Teaching Teaching Design Guidelines

Integrating Inclusion, Well-being, and Affect in Higher Education

What is INWELL?

INWELL provides a comprehensive roadmap for creating inclusive and affective learning experiences in higher education. This framework integrates three essential pillars that work synergistically to transform educational practice.



Inclusion

Ensuring equitable access and participation for all learners

Well-being

Supporting mental health, resilience, and holistic student wellness

Affect

Engaging emotions, motivation, and meaningful learning connections

The approach supports educators in designing micro-credential programs aligned with sustainable higher education principles, ensuring that learning environments nurture both academic excellence and personal development.

Core Teaching Principles

Effective INWELL-aligned teaching requires intentional alignment of strategies across all three dimensions. These foundational principles guide educators in creating transformative learning experiences.

Student-Centered Active Learning

Engage learners through collaborative activities, problem-solving, and hands-on experiences that prioritize their voices and perspectives in the learning process.

Cultural Responsiveness

Recognize and honor diverse cultural backgrounds, learning styles, and lived experiences. Create space for multiple perspectives and ways of knowing.



Core Teaching Principles



Equity-Driven Design

Proactively address barriers to learning and ensure all students have the resources, support, and opportunities they need to succeed academically and personally.

Reflective Practice

Continuously evaluate teaching effectiveness through student feedback, self-assessment, and peer collaboration to refine and improve instructional approaches.



Designing Meaningful Learning Outcomes



01

Define Cognitive Objectives

Establish clear, measurable learning goals related to knowledge acquisition, critical thinking, and problem-solving skills.

02

Incorporate Emotional Growth

Design outcomes that develop self-awareness, empathy, emotional regulation, and interpersonal understanding.

03

Foster Social Competencies

Include objectives for collaboration, communication, teamwork, and building supportive learning communities.

04

Integrate Sustainability

Embed socially responsible learning goals that connect academic content to real-world challenges and global citizenship.

 **Key Principle:** Learning outcomes should be achievable, relevant, and meaningful to students' academic and personal development journeys.

Evaluating Learning & Engagement



Assessment within the INWELL framework extends beyond traditional knowledge testing to include affective engagement, social collaboration, and personal growth. Provide clear rubrics that outline expectations for inclusive participation and culturally sensitive evaluation.



Evaluating Learning & Engagement

Formative Assessment Methods

- Regular check-ins and classroom discussions
- Reflective journals and learning logs
- Peer feedback and collaborative reviews
- Low-stakes quizzes and practice activities
- Self-assessment and metacognitive exercises



Summative Assessment Approaches

- Project-based demonstrations of learning
- Portfolio development and presentations
- Comprehensive exams 7 final papers
- Performance assessments and simulations
- Group projects with individual accountability



Equity in Practice

- Inclusive teaching requires proactive design rather than reactive accommodation. By embedding accessibility and equity from the outset, we create learning environments where every student can thrive and contribute meaningfully.

Equity in Practice



Differentiated Instruction

Offer multiple pathways to learning through varied content delivery, flexible pacing, and diverse assessment options that honor individual differences.



Universal Design for Learning

Implement UDL principles providing multiple means of representation, action and expression, and engagement to reduce barriers for all learners.



Inclusive Participation Strategies

Create structured opportunities for all voices to be heard through varied discussion formats, collaborative roles, and intentional grouping strategies.

Emotional Engagement in Learning

Integrating well-being and affect into academic content transforms learning from a purely cognitive exercise into a holistic developmental experience. Students who feel emotionally supported and engaged demonstrate higher motivation, deeper learning, and greater resilience.

Strategies for Affective Integration:



- Begin sessions with mindfulness or community-building activities
- Create regular opportunities for personal reflection and meaning-making
- Design assignments that connect content to students' lives and values
- Foster supportive peer relationships through structured collaboration
- Acknowledge and validate emotional responses to challenging content



Emotional Engagement in Learning



Mental Health Support

Normalize discussions about stress and provide resources for wellness



Resilience Building

Frame challenges as growth opportunities with appropriate support



Social Connection

Facilitate meaningful interactions that build community and belonging



Practical Tips for Educators



Successfully implementing INWELL guidelines requires thoughtful adaptation to your unique teaching context. These practical recommendations will help you integrate the framework effectively.



Adapt to Context

Customize templates and strategies to fit your discipline, course level, and student population while maintaining core INWELL principles.



Connect Theory to Practice

Ground pedagogical principles in concrete examples, case studies, and authentic scenarios relevant to your field.



Iterate and Improve

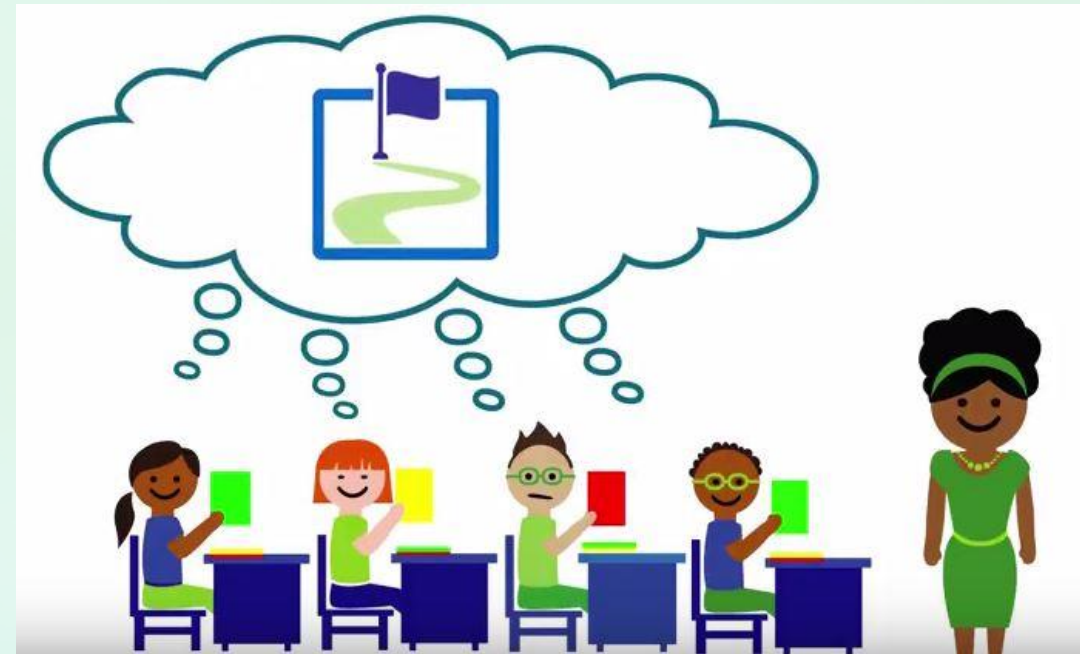
Continuously gather student feedback, reflect on outcomes, and refine your approach through evidence-based adjustments.

Practical Tips for Educators

Start Small



Begin by implementing one or two INWELL-aligned strategies per course, gradually expanding as you build confidence and see results.



Collaborate with Peers

Share experiences, challenges, and successes with colleagues to build a community of practice around inclusive and affective teaching.

Learn More & Connect

The INWELL framework is an evolving resource designed to support your journey toward more inclusive, holistic, and effective teaching practice. We invite you to explore additional materials, connect with our community, and contribute your own insights.

[Visit INWELL Website](#)

Get in Touch:

For questions, consultation, or collaboration opportunities, contact the INWELL coordination team (adania@phed.uoa.gr)

We're here to support your implementation journey.

