

INWELL Teaching Design Model

A Flexible Framework for Inclusion, Well-being, and Affect in Micro-Credential Programs



What is the INWELL Teaching Design Model?

Theory to Practice

Translates theoretical INWELL principles into practical, actionable instructional tools that educators can implement immediately

Flexible Structure

Provides a replicable yet adaptable framework for designing micro-credential programs across disciplines

Cultural Adaptability

Designed to work across different institutional contexts, cultural environments, and educational systems

The INWELL model bridges the gap between educational theory and classroom practice, offering instructors a structured approach to creating learner-centered, inclusive, and engaging micro-credentials.

Core Principles of the Model

The INWELL Teaching Design Model is built on three interconnected pillars that work together to create transformative learning experiences:

Integration of Three Pillars

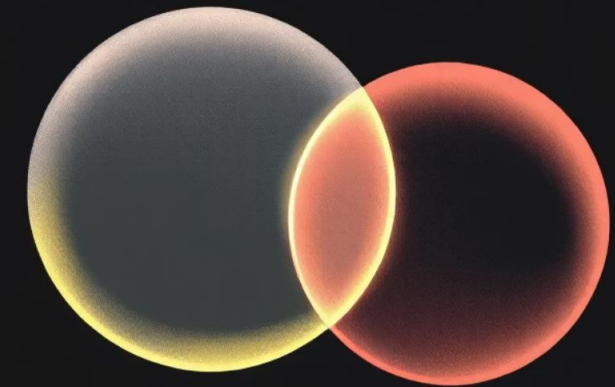
Inclusion, Well-being, and Affect work synergistically rather than as isolated components

Student-Centered Design

Emphasizes culturally responsive pedagogy that honors diverse learner backgrounds and experiences

Active Learning

Promotes reflective, collaborative, and participatory approaches to knowledge construction



Flexible Framework Structure

01

Modular Course Design

Break micro-credentials into flexible, interchangeable learning modules that can be customized for specific contexts

03

Context Customization

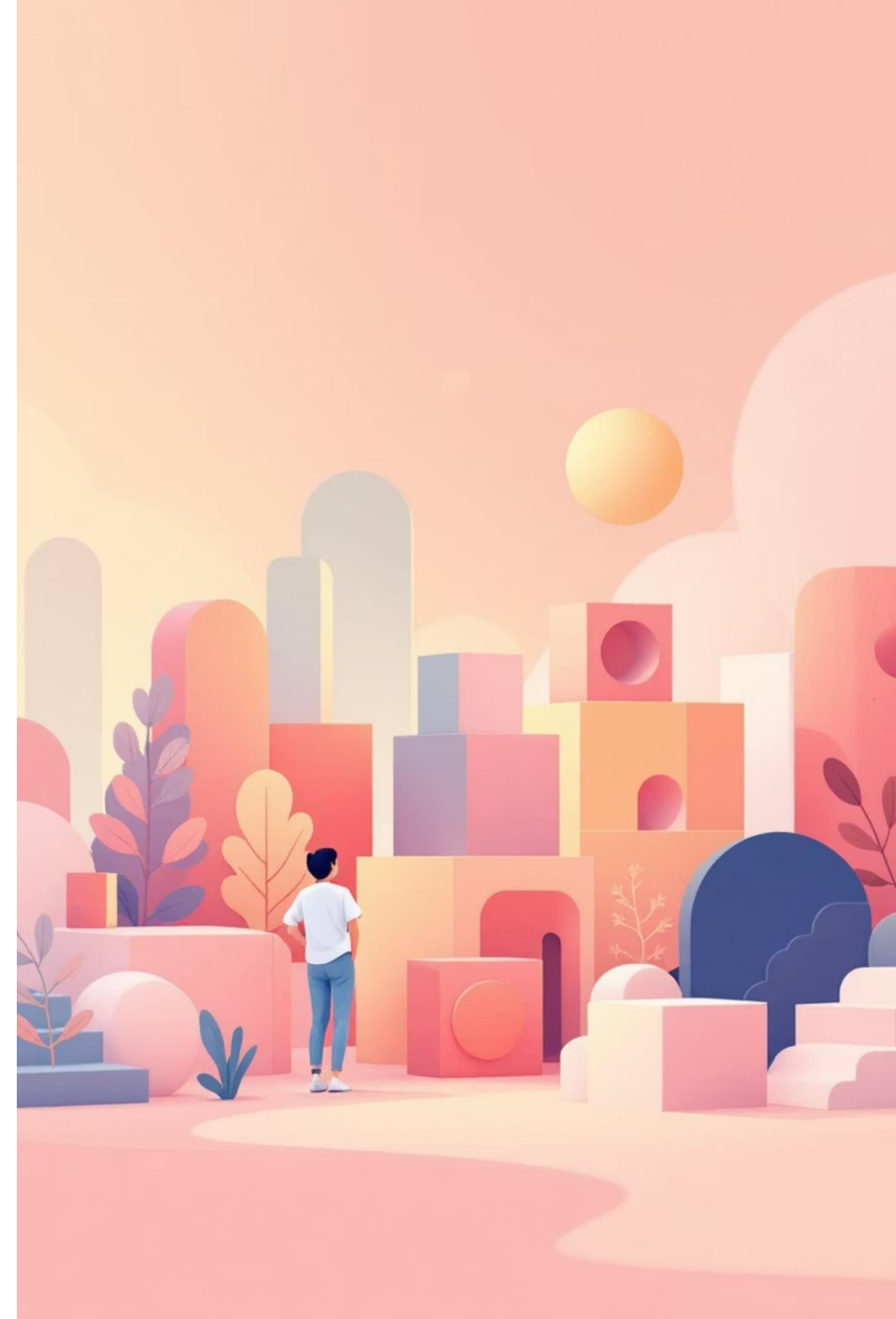
Allows adaptation to discipline-specific requirements, institutional culture, and learner populations

This modular approach ensures the model can grow with your program, starting small and expanding as needs evolve.

02

Scalable Implementation

Supports deployment across multiple institutions and programs while maintaining pedagogical integrity



Embedding Inclusion



Inclusion forms the foundation of the INWELL model, ensuring that all learners can access, participate in, and benefit from micro-credential programs.

Equitable Access and Participation

Design courses that remove barriers and provide multiple pathways for engagement

Universal Design for Learning

Apply UDL principles to offer multiple means of representation, action, and engagement

Diversity-Sensitive Pedagogy

Promote collaborative learning that values and leverages diverse perspectives and experiences





Supporting Well-being



Mental Health Integration

Embed activities that explicitly promote mental health, resilience, and intrinsic motivation throughout the learning journey



Self-Reflection Practices

Encourage students to develop metacognitive skills and emotional regulation through structured reflection activities



Well-being Learning Objectives

Integrate well-being principles directly into course outcomes, ensuring they receive equal attention alongside content mastery



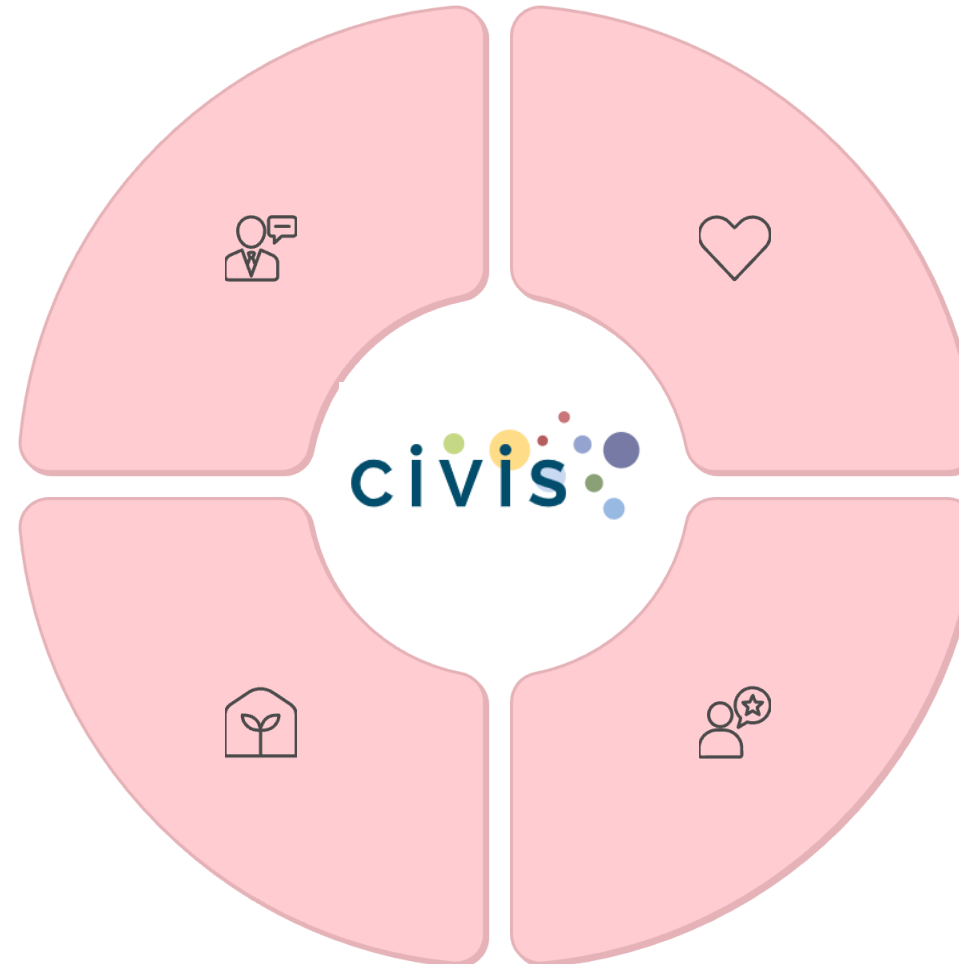
Fostering Emotional Engagement

Social Interaction

Create opportunities for meaningful peer collaboration and community building within learning activities

Growth Mindset

Foster environments where challenges are viewed as opportunities for development and learning



Affective Engagement

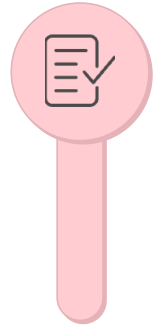
Balance cognitive learning with emotional connection to enhance motivation and deeper understanding

Reflection Loops

Embed continuous feedback mechanisms that help learners process emotions and experiences

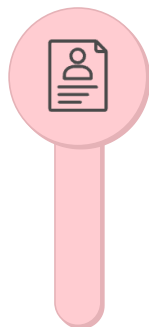
Affect is the bridge between thinking and doing—when learners feel engaged emotionally, cognitive learning deepens and persists.

Applying the Model in Your Courses



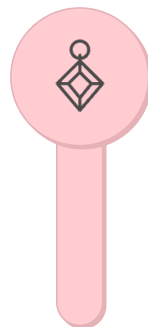
Map to Learning Outcomes

Align INWELL pillars with specific learning objectives, teaching methods, and assessment strategies



Use Design Templates

Leverage provided checklists and templates to streamline course planning and ensure consistency



Customize for Context

Adapt the framework to fit your subject matter, institutional requirements, and cultural context



Benefits of Using the Model



Pedagogical Consistency

Ensures all CIVIS micro-credentials maintain high-quality standards and shared educational values across programs



Holistic Learning

Creates inclusive, well-being-focused, and emotionally engaging experiences that support the whole learner

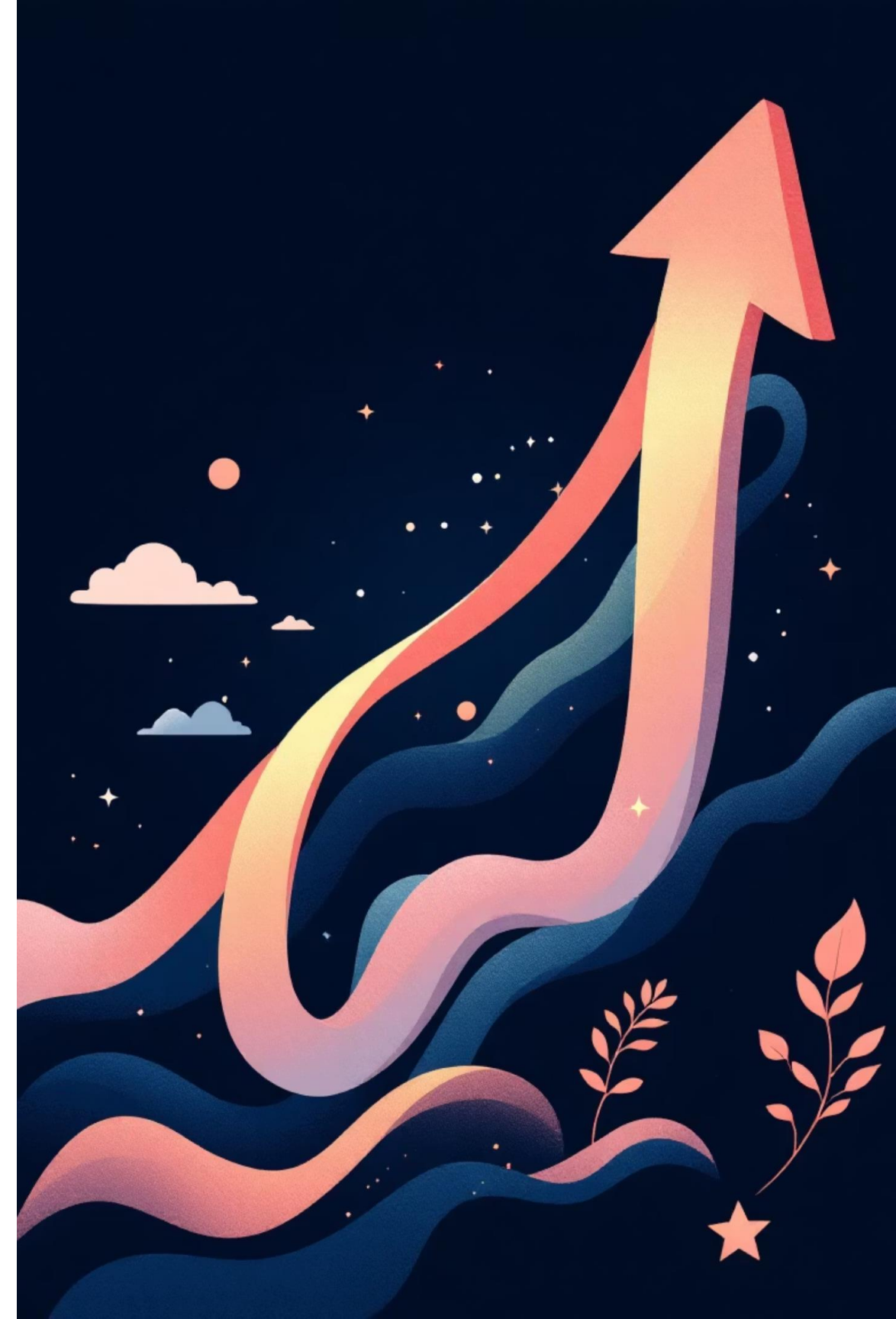


Scalable Implementation

Facilitates efficient course development and deployment while maintaining flexibility for local adaptation



By adopting the INWELL model, institutions join a community of practice committed to transforming higher education through inclusive, learner-centered design.



Learn More & Connect

Ready to transform your micro-credential programs with the INWELL Teaching Design Model? We're here to support your journey.

Visit Our Website

<https://www.civis-inwell.com/>

Get in Touch

Contact our program coordinator for consultation,
resources, and implementation support
(adania@phed.uoa.gr)

Join the growing network of educators reimagining higher education through inclusive, well-being-centered teaching practices.

