



Pedagogy On-The-Go

Energized by:

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Pedagogy and Mental Wellness: A Perfect Match Made in Hospitality Classrooms!



Teaching and mental wellness are like peanut butter and jelly – they are better together!

Let's face it: learning is hard work. And teaching? Even harder! But when pedagogy and mental wellness team up, magic happens.

Imagine this: A classroom where students feel seen, heard, and *valued*, where learning is not just about cramming facts and researching but nurturing the whole person.


Here's why Pedagogy and Mental Wellness go hand in hand-

1. **Empathy-Driven Teaching:** Building genuine connections with students is the foundation of impactful teaching. Creating a safe space where they can express themselves freely is *everything*.
2. **Mindfulness Matters:** Integrating mindfulness practices and mental health breaks can transform the learning environment from stress-central to chill-zone.
3. **Flexible Learning:** Tailoring approaches to meet diverse needs acknowledges that everyone learns differently, and that's perfectly okay!
4. **Motivation and Resilience:** Positive learning experiences fuel motivation and build resilience – essential for both academic success and life's curveballs.



*Propelling the advancement
of teaching and learning.*



 **Listen to a Student's Perspective:** For a powerful reminder of why mental wellness matters, check out **Jordy Decker's TEDx Talk: [Mental Wellness and the University Student](#)**. She beautifully explains the stresses of university life and how changing course structures can make a world of difference.

When pedagogy and mental wellness shake hands, we create a world where students thrive academically and holistically. Let's make it happen, hospitality educators!