

Nordic Council of Ministers: Webinar – Invitation

How are you? Insta-happy or truly happy?

Student well-being in the Nordic countries

Join us in Copenhagen – Be inspired wherever you are!

3 December 2020, 14:00 to 17:00.

Click here, programme and registration: www.ufm.dk/nordicstudentwellbeing

Student well-being and the symbiotic relationship with learning. Psychology and sociology set limits or expand boundaries for what students can achieve during higher education. A perspective to the current pandemic situation.

The webinar will feature *political thoughts on student well-being* from the Nordic ministers of higher education, offer *thought-provoking presentations* from leading international academics on well-being, mental health and happiness and facilitate *inspirational student lead discussions* with Nordic students.

Prof. Martin Seligman introduces the aspects and thinking of positive psychology, what it is, and how it is measured. **Prof. Sonja Lyubomirsky** talks about personal actions to change and improve wellbeing and mental health. **Dr. Ruth Graham** presents cases on how world leading educational institutions have responded to effects of the covid crisis on student life and wellbeing.

This webinar is organized in order to mark the end of the Danish 2020 Chairmanship of the Nordic Council of Ministers by the Danish Ministry of Higher Education and Science in collaboration with Nordic student organizations in higher education represented by Student Forum UC and the National Union of Students in Denmark, DSF.