

Promoting Student and Staff Well-being – What Do Sleep and Resilience Have to Do with It?

Join the webinar online on Zoom in 22 October, 10–11 CET

<https://jyufi.zoom.us/j/69331524728>

In today's world, when discussing well-being, it is impossible to avoid hearing about the importance of sleep and how lack of sleep is becoming an increasing threat to both individual well-being and public health. Another recurring theme, mentioned almost weekly, is resilience, and the media is overflowing with various self-help tips for developing and maintaining resilience.

In the webinar, we will hear timely theoretical and research-based presentations on sleep deprivation and resilience. These themes are also present in the everyday lives of university students and staff, affecting their overall well-being. The experts in T6.4 will provide commentary highlighting how universities can support the well-being of both students and staff, particularly from the perspective of healthy sleep and resilience.

Webinar is organized by T 6.4. Student and Staff Well-being Toolkit together with the Resilience Lab (WP10).

PROGRAMME

- 10.00 Welcome to the webinar
- 10.05 How desynchronization is affecting students' health and wellbeing?
 - Senior Lecturer, PhD Daniel Gabaldon-Estevan (UV)
- 10.25 Commentary
 - Lecturer, PhD Sara Molla (UV)
- 10.30 Definition of the Concept of Resilience
 - Research Group Leader, PhD Pascal Nicklas (JGU)
- 10.50 Commentary
 - Student well-being specialist, PhD Riitta-Leena Metsäpelto (JYU)
- 11.00 End of the webinar

About the speakers:

PhD Pascal Nicklas works as a Research Group Leader in the Department of Anatomy at the Medical Center of Johannes Gutenberg University Mainz. His expertise lies in reading and resilience, and he has conducted empirical research on reading behaviour, particularly focusing on social reading and social cognition.

PhD Daniel Gabaldon-Estevan specializes in the sociology of education and the sociology of time. He leads the Research Group on School Health and Well-being (GISBE), which

coordinates the International Workshop on Time Studies in Childhood and Youth (<https://www.qisbe-uv.es/>). He also directs the project Kairos: Student chronotype (mis)match with school time organisation: its effects on health, learning, time use and satisfaction. His research aims to shed new light on how time organisation may affect students' lives.

PhD Riitta-Leena Metsäpelto works as a student well-being specialist at the University of Jyväskylä. She provides counselling and support for university students facing mental health challenges, such as anxiety and depression, difficulties with study motivation and time management, as well as social issues including social anxiety, bullying, and harassment. She has an extensive research career focusing on educational pathways, with a particular emphasis on learning motivation and internalising and externalising problems

PhD Sara Molla is a Lecturer in Physiotherapy at the University of Valencia. She specialises in neurological disease rehabilitation and works in the Research Unit in Clinical Biomechanics. Her research focuses on applying bodily illusion therapies combined with therapeutic exercise to people with spinal cord injury. In addition, she has taught at the School of Health at Work.