

Nordic Council of Ministers: Webinar – first announcement

How are you? Insta-happy or truly happy?

Student well-being in the Nordic countries

Save-the-date: 3 December 2020, 14:00 to 17:00. Program: TBA week 45.

Join us in Copenhagen – Be inspired wherever you are!

The Nordic model for higher education seems perfect: Studying is free of charge. All students receive public financial support. Equality and respect between students, teachers and management is the ruling culture. But is everything really just wonderful? Have we created the ideal system for higher education that helps students find out who they are and what they want to do – or does the system unintentionally push students to work too hard to become “perfect” versions of themselves?

That is the question! Some students know who they are and work to achieve their goals. However, other students struggle to find purpose and determination and walk in a direction, which is not their own. At best this simply results in wasted efforts, at worst it causes stress, depression and the feeling of failure.

It is time to ask the students: How are you? What are you doing? Why?

Traditionally, we talk about higher education in terms of parameters such as admission, retention rates, academic achievement, time to graduation and transfer to the job market.

However, behind this there are factors much more personal and relevant to the work and lives of students: E.g. sense of belonging, curiosity, courage, motivation, personal purpose, self-efficacy and happiness. These factors are of the greatest importance to learning and higher education, but are rarely addressed directly in study programmes.

That is why the focus of this webinar is student well-being, its symbiotic relationship with learning, and how the defining cultures for young adults in today’s world set limits for what students can achieve during higher education.

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 Q&A sessions** with Nordic students.

Organized by the Danish Ministry of Higher Education and Science – the 2020 Chairmanship for The Nordic Council of Ministers – in collaboration with the Nordic student organizations in higher education.