

UNIMATTER: University students matter! Improving students' wellbeing and academic success through increased mattering

5 Best Practices to improve well-being through mattering within our universities

1 Enhance Student-Teacher Relationships

Foster awareness among faculty of their key role in shaping students' self-esteem, sense of mattering, and overall well-being.

Through a participatory process, in each country, students and academic staff together identified some proposals. The main themes emerged in all the countries were then summarised in these 5 points.

2 Promote Growth Opportunities

Encourage initiatives such as:

- **Volunteering** to connect with the broader community
- **Peer Tutoring** for mutual benefit
- Activities that develop students' **professional identities**

3 Encourage Group Work

Use teamwork as a learning method to boost learning by doing while strengthening peer relationships within the university.

4 Hear Students' Voices

Create opportunities to hear students' perspectives on both institutional and academic matters.

5 Enhance Psychological Support Services

Ensure accessible mental health resources for all students.