



The Engelhard Project

for Connecting Life and Learning

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CNDLS

THE CENTER FOR NEW DESIGNS
IN LEARNING & SCHOLARSHIP

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What is Engelhard?

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Course Design Model

Choose a well-being topic to integrate into course

With that topic in mind

- assign a reading,
- partner with a campus resource professional, and
- include a written reflection assignment.

Sample Engelhard courses and topics



- *Foundations of Biology* (Biology) — mental health
- *Introduction to Ethics* (Philosophy) — respect and positive relationships; alcohol and substance abuse; sexual assault; community
- *Introduction to Math Modeling* (Mathematics) — substance abuse; healthy eating
- *Love and Hate in the Digital Age* (Anthropology) — balance and care for our online and offline selves; friendship; bullying; anger
- *The Physics of Climate Change* (Physics) — depression and anxiety; mental health support

Sample Engelhard courses and topics in Psychology

Introduction to Community Psychology

- ~40 students
- Both majors and non-majors

Well-being topic:

- social supports

Integration approach:

- mapping social support networks

Research Methods & Statistics

- 50-60 students
- Both majors and non-majors

Well-being topic:

- technology, multitasking, and attention

Integration approach:

- self-assessment and interview activity

Example Well-being Topics

- Agency and autonomy
- Anxiety
- Care of the caregiver/activist
- Depression
- Disabilities
- Eating disorders
- Emotional intelligence
- Friendship
- Human flourishing
- Grief
- Identity and expression
- Mental health and wellness
- Mindfulness and self-care
- Mood regulation
- Sexual health
- Sexual identity
- Sexual assault and trauma
- Sleep
- Stress and coping

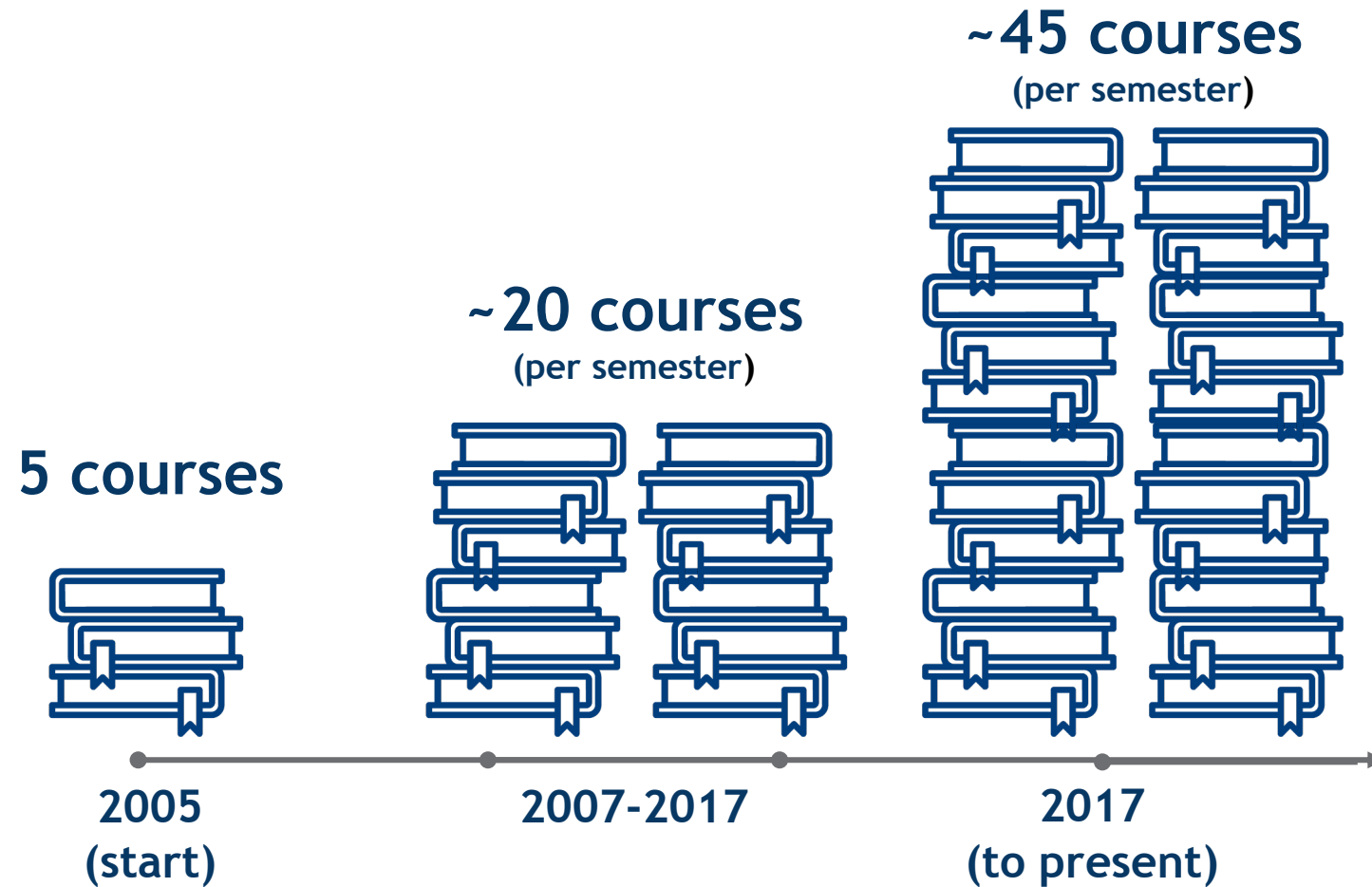
A photograph of three people sitting at a table, likely during a meal or meeting. On the left, a woman with blonde hair and glasses is laughing. In the center, a man with a beard is looking towards the right. On the right, a woman with dark hair is smiling. The image has a semi-transparent dark overlay with the title text.

How Do We Do Engelhard?

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Project Progression



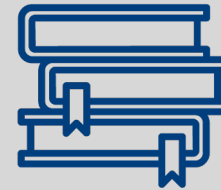
Project Reach



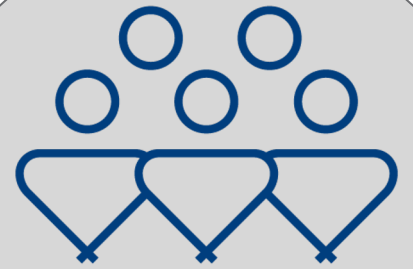
~ 150 Faculty



70 Campus
Partners



Over 650
Courses



more than
25,000
students

Key Project Design Elements

- Homed in center for teaching and learning; faculty development
- Flexible, adaptable model
- Pedagogical Partnership
- Connecting to the Campus Safety Net
- Emphasis on relationships, community, connection

What is the Impact?



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Students

“It was great to have a professor bring up issues of wellness in class and demonstrate how we can use statistics to assess mental and physical health. I felt cared for—like the professor was genuinely interested in our well-being rather than us just churning out good grades.”

- Engelhard student

Faculty

“They listened with rapt attention. At least a dozen students each year stayed after the lecture to engage the speaker. Many would send me an email thanking me for caring enough for them that I provided this opportunity to learn about depression. Several would directly seek counseling or visit my office to discuss their personal circumstances and seek my advice. It was, in one word, transforming.”

- Engelhard faculty fellow

Campus Resource Partners

“We are part of a much bigger team. It’s not just on us, the clinicians, but this work of well-being is integrated into the mission and culture of the institution.”

- Engelhard fellow



Institutional Impact



“The Engelhard Project provides the strongest possible framework for the flourishing of each and every student here at Georgetown.”

*- John DeGioia,
President*



Thank you!