

Student Well-Being in Higher Education Institutions

Part of the Advances in Higher Education and Professional Development Book Series

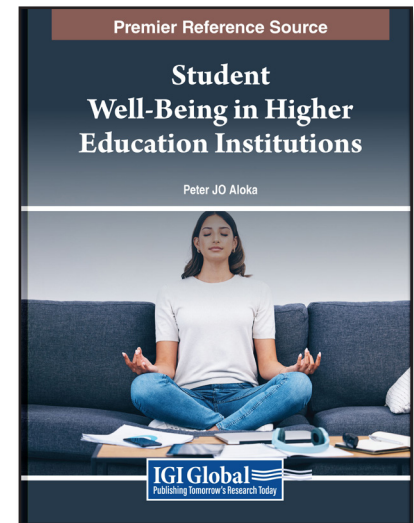
Peter JO Aloka (University of the Witwatersrand, South Africa)

Description:

Higher education institutions grapple with a pressing challenge: the well-being of their students. Amidst the transition to university life, students face a myriad of stressors, from academic pressures to managing finances and social connections. Yet, there needs to be more robust evidence and focused literature addressing this critical issue.

Delving deep into the complexities of student well-being, **Student Well-Being in Higher Education Institutions** presents a comprehensive analysis of the factors influencing mental, emotional, and social health in higher education settings. This book explores the intrinsic and extrinsic elements shaping student well-being through meticulously curated chapters, from risk factors to protective mechanisms. By offering evidence-based strategies and practical recommendations, the book empowers readers to proactively address students' challenges, fostering a supportive environment conducive to flourishing.

As a vital resource, this book is a roadmap for enhancing student well-being in higher education institutions. With contributions from leading experts and scholars, it provides a holistic understanding of the issues. It equips readers with the tools needed to effect positive change. Whether a seasoned academic, a university administrator, or a student counselor, this book offers invaluable insights and actionable steps toward promoting the well-being of students in today's universities.



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**Hardcover +
E-Book:** \$295.00

Topics Covered:

- Coping Mechanisms for Student Stress
- Coping with Poor Well-Being in Higher Education
- Emotional Well-Being of University Students
- External Factors Affecting Student Well-Being
- Factors Impacting Well-Being in Universities
- Intrinsic Factors Affecting Student Well-Being
- Protective Factors for Student Stress
- Protective Factors of Student Well-Being
- Psychological Well-Being of University Students
- Risk Factors of Student Well-Being
- Social Well-Being of University Students
- State of Student Well-Being

Subject: Education

Classification: Edited Reference

Readership Level: Advanced-Academic Level
(Research Recommended)

Research Suitable for: Advanced Undergraduate Students; Graduate Students; Researchers; Academicians; Professionals; Practitioners

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