

WELL-BEING

Well-being is a crucial issue in today's world but, despite the proliferation of scholarly studies dedicated to mental health and well-being in a wide variety of geographical and socioeconomic contexts, so far little attention has been devoted to aspects of well-being in academia, where hierarchies, social inequalities, emotional struggles and high-pressure competition can make the life of the people working and studying there uncomfortable and problematic.

The central focus of well-being at University is usually on the students and their way of coping with the demands of academic study and enculturation, while relatively few studies have investigated the influence of job stress on well-being among academics due to neoliberal policies that promote a managerial profit-driven agenda, and encourage tough competition among the staff.

Against this background, the aim of this symposium is to encourage discussion on the meanings, ideological implications, dynamics and practices of well-being in academia and how these notions may be influenced by personal, cultural and societal models of living and may vary depending on the individual situational contexts. We will pay special attention to all the stakeholders involved (students, lecturers and administrative staff) and also consider the relentless tension between objectives and requirements, individual aspirations and institutional restraints that characterizes our university life.

COMITATO SCIENTIFICO ORGANIZZATIVO

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VIEWS OF WELL-BEING IN ACADEMIA

20 DICEMBRE 2022

DIPARTIMENTO DI SCIENZE POLITICHE
VIA LEOPOLDO RODINÒ 22, NAPOLI

AULA G4

CHIOSTRO DI SAN MARCELLINO



PICTURE CREDIT: MEMEPERIAL

9.30 Welcome and opening

Vittorio Amato

Head of the Department of Political Science

Cristina Pennarola

Conference convenor

9.45 Student Well-being

Moderator **Gabriella Di Martino**

Maria Pavesi

Informal language learning: opening up new spaces for well-being in Italian universities

Lucia Abbamonte & Flavia Cavaliere

Addressing the wellbeing of ESL students with special needs in academia - approaches and resources

Sonia Amitrano & Paolo Donadio

Computer-assisted language learning and language anxiety: A case study of the Xerte online toolkit

Discussion

11.15 Coffee break

11.45 Staff Well-being

Moderator **Emilia Di Martino**

Adriano Ferraresi & Silvia Bernardini

"It's OK not to be OK": Exploring discourses of #wellbeing in #academia on Twitter

Federico Gaspari

Promoting digital language equality to improve the well-being of Europe's languages (and their speakers): from academia to language communities (and back)

Kim Grego

The well-being of university employees in the US, UK and Italy. Legal and discursive implications

Cristina Pennarola

The mindfulness framework in higher education and what academics should care for

Discussion

13.15 Lunch break

14.30 Institutional Well-being

Moderator **Maria Carmela Agodi**

Pietro Maffettone

University rankings: The wrong tool for the wrong purposes

M. Cristina Caimotto & Rachele Raus

Lifestyle politics and Neoliberal nudging: The dark side of well-being promotion discourse

Giuseppe Balirano

Promoting well-being and gender equality at University

Ilenia Picardi Lavoro da remoto e benessere: una prospettiva intersezionale nell'analisi del lavoro accademico durante la pandemia Covid-19

Discussion

16.15 Well-being, Mental Health & Happiness

Moderator **Jerome Tessuto**

Tiziana Liccardo & Paolo Valerio

Individuare il disagio per promuovere benessere. L'esperienza del Centro SInAPSi

Stefania D'Avanzo

Promoting students' mental health in academia: an investigation of Counselling Services sections on websites of British and American universities

Sole Alba Zollo

The chief happiness officer in academia: New professional perspectives

Discussion and closing remarks