

Date: February 21, 2025

Title: Strengths-based wellbeing in schools

Presenters: Professor Monica Thielking, Dean, School of Psychology and Public Health, La Trobe University

Dr Kristina Turner, Senior Lecturer, Evidence-Based Pedagogy, School of Education, La Trobe University

Description:

In this presentation the researchers will introduce three of their current research initiatives in an exploration of the role of school psychologists in supporting strength-based wellbeing initiatives in schools. The benefits and challenges of supporting teacher and student wellbeing through (1) teachers' application of positive psychology strategies; and (2) a full-service school model will be considered. The facilitators are experienced researchers and leaders in higher education who have also had extensive experience working in schools. This workshop aims to support school psychologists in applying evidence-based strategies in their schools to support wellbeing in staff and students.

Brief Bio:

Professor Monica Thielking (CoPI) is the Dean of the School of Psychology and Public Health at La Trobe University and the Australian Psychological Society Board Director. Monica is a former school psychologist and her research has focused on the practice of school psychology, teacher wellbeing and improved educational outcomes for students from equity backgrounds.

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Dr Kristina Turner is a Senior Lecturer Evidence-Based Pedagogy in the School of Education at La Trobe University Bendigo Australia. Her research focuses on positive psychology, wellbeing and emotional intelligence in schools and higher education contexts. Kristina's teaching in the field of teacher education is informed by the science of learning, positive psychology and servant leadership theories. Kristina teaches wellbeing in schools, social emotional learning, arts and critical and creative thinking subjects. Kristina is available for cross-discipline and cross-

university research collaborations, and higher degree research supervision as a principal or co-supervisor.

