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Type: In-person interactive poster session

## Promoting Learner Well-Being in a Self-Access Learning Center: Practical Strategies for Agency and Autonomy

*Sunday 18 May 2025 11:05 (1 minute)*

### TITLE

Promoting Learner Well-Being in a Self-Access Learning Center

### RELEVANT SIG

Learner Development

### FORMAT

In-person interactive poster session

### Short English description

### KEYWORDS

Learner well-being, self-access learning centers, learner awareness

### First-time presenter?

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### ABSTRACT

Positive psychology has gained prominence in language learning and teaching, reflecting a growing interest in learner well-being (Mercer, 2021; Oxford, 2016). Research has shown that learners' motivation and overall success are positively influenced by their experience of well-being (Seligman et al., 2009). Based on positive psychology in language education (Mercer, 2021), this poster presentation highlights institutional efforts to promote learner well-being through a week-long event in a Self-Access Learning Center (SALC).

The event was designed for both students and faculty, offering activities focused on different aspects of well-being, including interactive posters, nature-based activities, creative projects, reflective advising dialogues, and workshops on managing language anxiety, cultivating mindfulness, and regulating mood. I reflect on my own experiences, considering the challenges and opportunities of integrating well-being into self-access

learning environments. I also share practical ideas that other learning institutions can adopt to support well-being in language learning and enhance learner agency and autonomy.

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**Session Classification:** Sunday Posters

**Track Classification:** Learner Development