

Promoting the Concepts of European Identity and Values in Ukrainian University Students: Insight into the Concepts of European Identity and Values and How to Promote Them among Ukrainian University Students

LESSON 5

***BELONGING AND WELL-BEING IN THE EU CONTEXT***

Perceptions of Inclusion, well-being and Identification with the European Union in Ukrainian university students



Co-funded by the European Union

# In this lesson we will explore:

- How belonging is experienced by students in psychological and academic terms
- The role of well-being and tutor support in shaping student engagement
- Practical strategies tutors can use to foster inclusion and connection
- Ways to reduce stress and build student confidence in new environments



# Why Belonging Matters?


Belonging is the psychological experience of feeling accepted, included, and connected within a community.

- Students' sense of well-being directly affects motivation, engagement, and academic performance.
- Feeling respected, heard, and supported strengthens student's connection to the university and Europe.
- Tutors' everyday actions: listening, clarifying, checking in, can significantly improve students' sense of belonging.



**Connection drives learning and confidence!**





# Provide Clarity and Predictability

1

## Clear Instructions

Provide step-by-step guidance for assignments and learning activities. Impact: reduces confusion and helps students know exactly what to do.

2


## Structured Timelines

Share weekly schedules, deadlines, and milestones. Impact: students feel more organized, less stressed, and able to plan effectively.

3

## Transparent Grading

Explain grading criteria, communicate changes promptly, and provide rationales for decisions. Impact: builds trust, confidence, and encourages full participation.

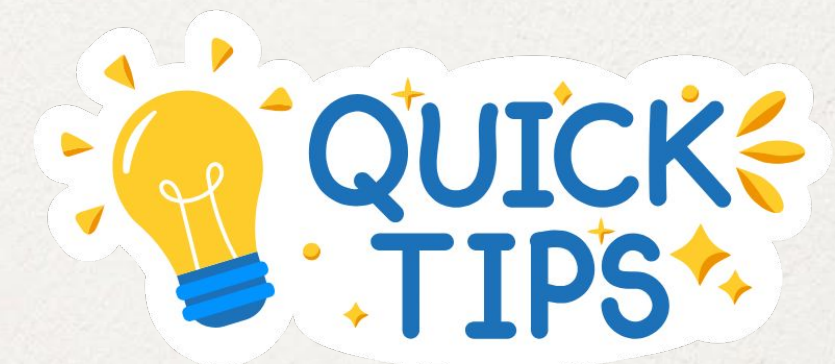


# Positive Peer Interactions

Inclusion grows through social connections

- Supportive peer relationships reduce stress and promote belonging.
- Group tasks, peer-learning, and mixed-group activities help students form positive connections.

**Tip:** model respectful communication and encourage students to recognize and value diverse perspectives.



# Support Students

1

**Spot stress early.**

Stress can appear subtly:



2

**Offer help.**

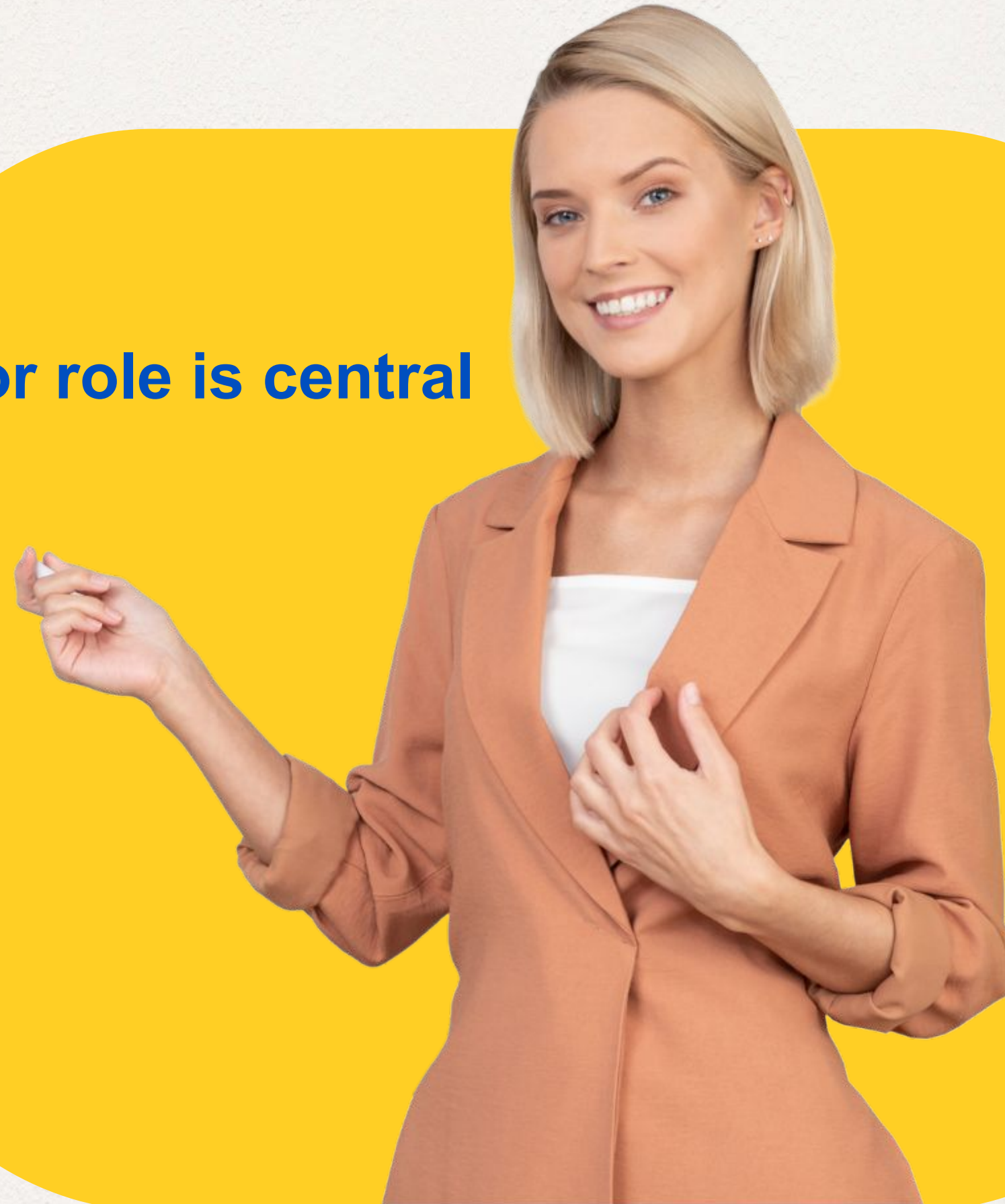
Tutors can intervene by checking in, providing guidance, or small gestures of reassurance.

Proactive support prevents escalation of stress and strengthens students' confidence.

# Key Takeaways

- Well-being is foundational for learning, confidence, and a sense of belonging.
- Supporting students strengthens engagement not only with the university but also with European academic and social life.
- Tutors influence students' experience through clarity, relational safety, and peer support.

**Tutor role is central**



# Activity 5.1.

## Moments

## That Matter



*Reflection & Action: Small steps make a big difference*



**1. Ask yourself:** What simple, consistent actions can I take this week to make students feel included and supported?



**2. Reflect:** Identify one specific moment in your course where students might feel uncertain, overlooked, or hesitant to engage.



**3. Act:** Choose one concrete action and implement it this week. For example: Clarify expectations before the next assignment.

# Thank you

Any Question?

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[ukrastud.eu](http://ukrastud.eu)

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[@ukrastud](https://www.instagram.com/ukrastud)



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