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Empowering Student Voice Across Wellbeing and Cambridge Global Perspectives Learning

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Agenda

- Wellbeing and Cambridge Global Perspectives: key aims
- Practical school examples
- Blending wellbeing and global awareness: strategies & challenges
- Reflection, sharing

K

What I know

W

What I want to know

L

What I learned



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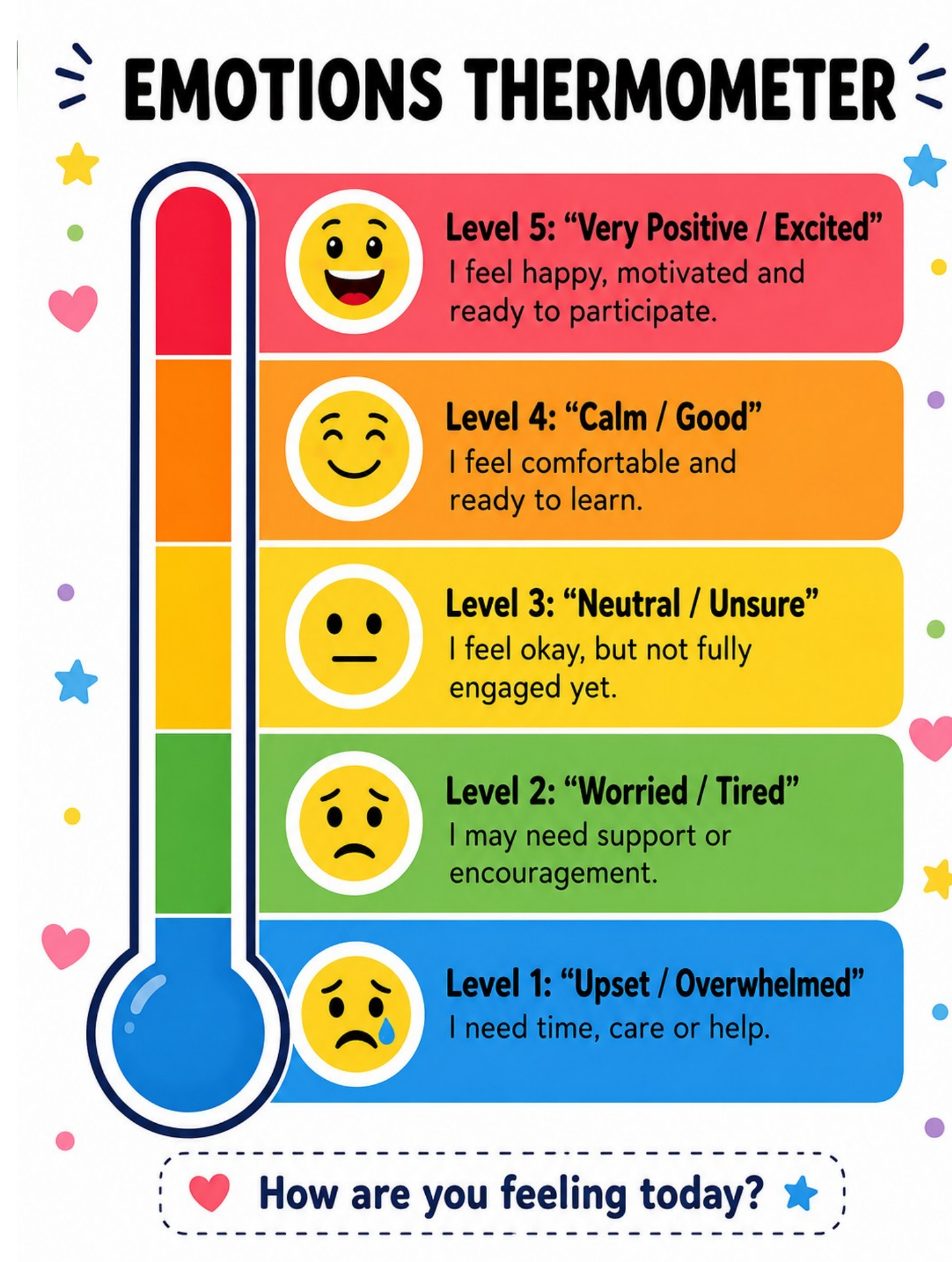


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Emotions Thermometer

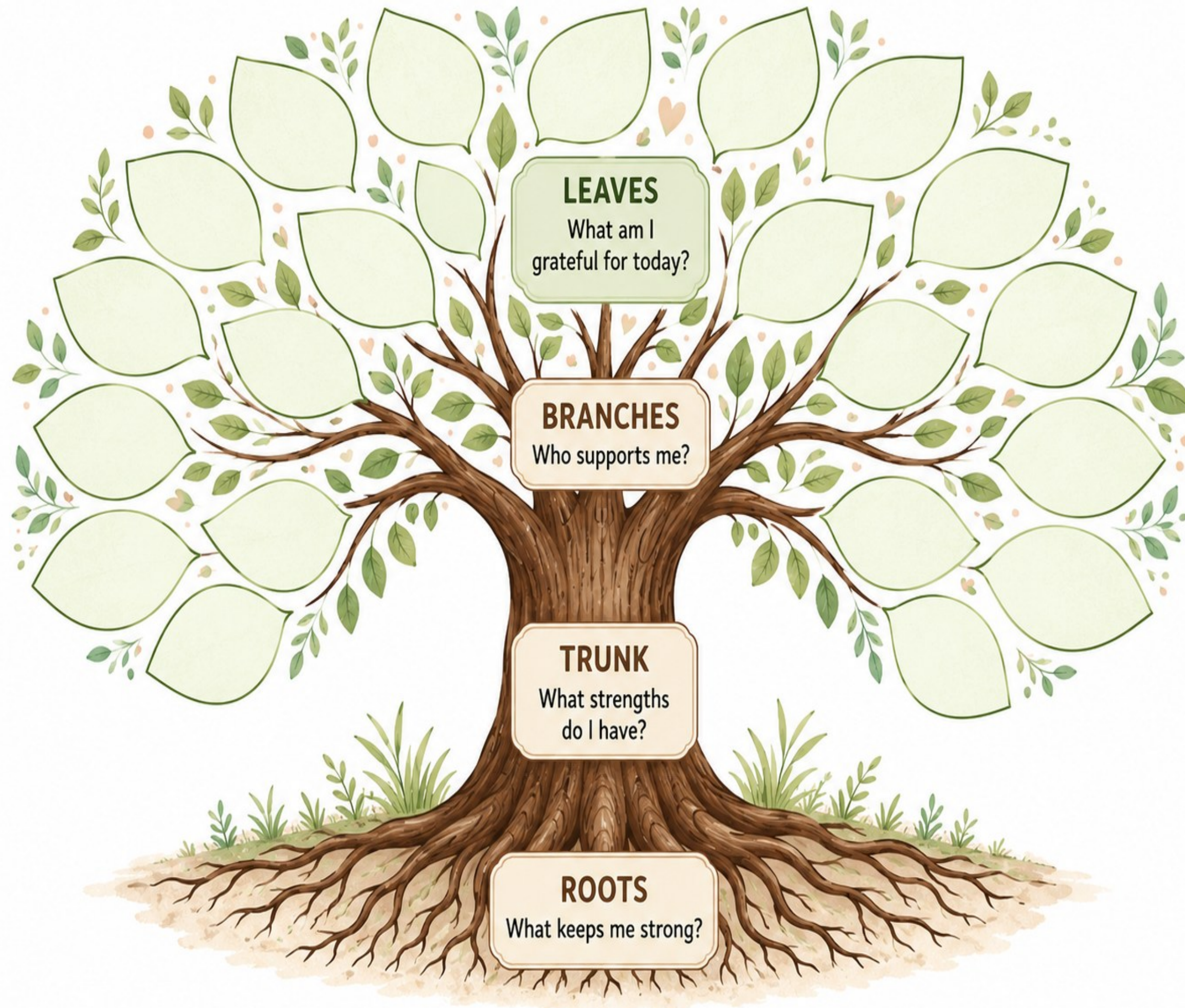


"It is literally neurobiologically impossible to build memories, engage complex thoughts, or make meaningful decisions without emotion. (Immordino-Yang, 2016)

How can emotional check-ins support learning readiness?
How can we use emotional data ethically and sensitively?
How can regular emotional monitoring strengthen student wellbeing?

GRATITUDE TREE

A reflection activity for wellbeing and emotional resilience



What are you grateful for today?



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Cambridge Wellbeing

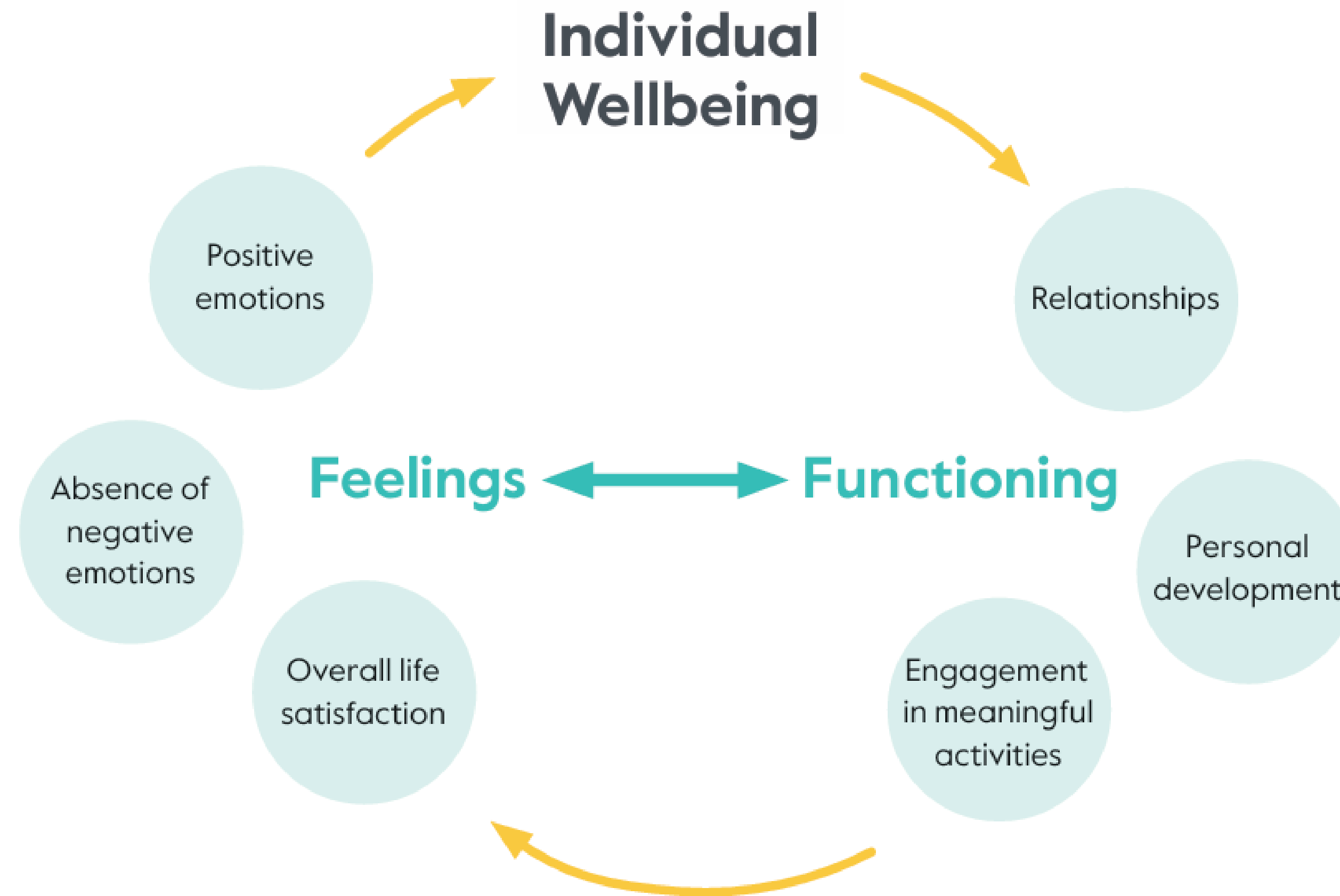
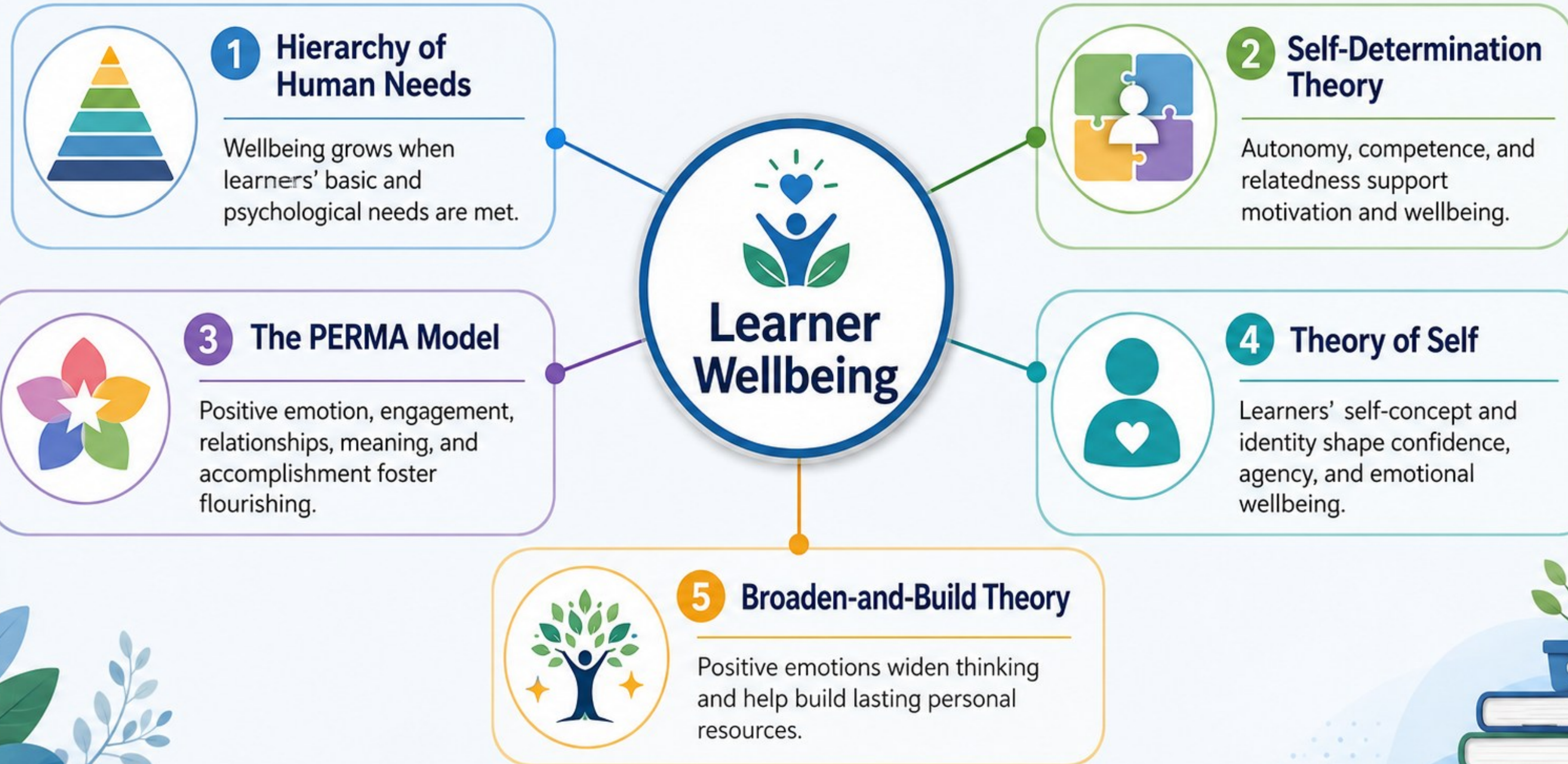


Fig. 1: Multidimensional model of individual wellbeing

(Diener & Lucas, 1999).
(Ryff & Singer, 1998)

Theories Behind Learner Wellbeing



What is the theory behind learner wellbeing?

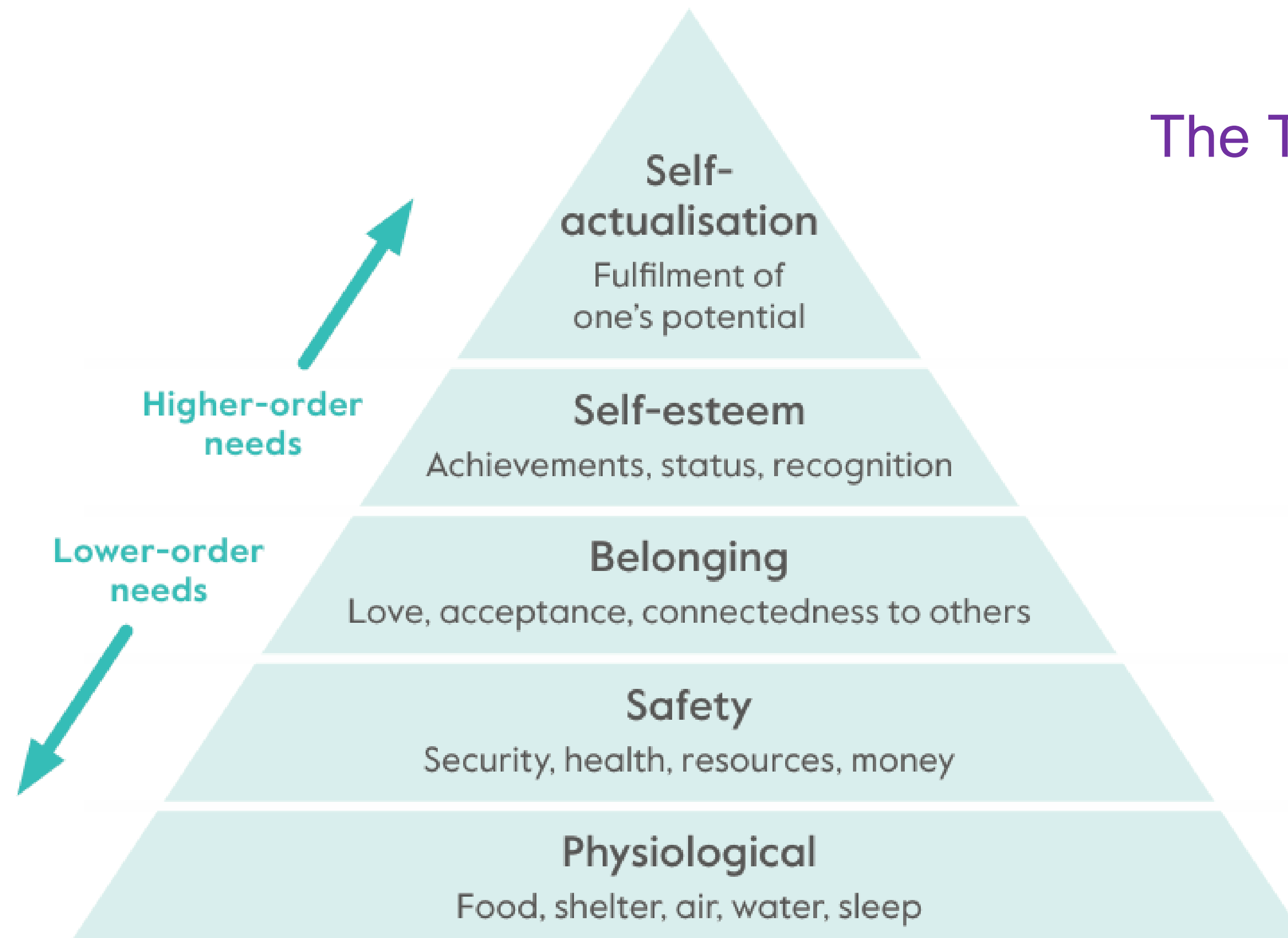


Fig. 2: Maslow's Hierarchy of Human Needs (1970)

The Theory of Human Motivation (Maslow, 1943)

- Before we focus on academic progress, how do we know that our learners feel safe, valued and ready to learn?
- Can you think of one practice in your school that helps learners feel emotionally secure?

What is the theory behind learner wellbeing?



Self-Determination Theory (Deci & Ryan, 2000)

- How can we give learners greater voice and choice while also helping them feel capable and connected?
- Which of these three needs do you think is most strongly supported in your current practice?

What is the theory behind learner wellbeing?

The PERMA Model of Wellbeing

Seligman (2011)



The PERMA model (Seligman, 2011) is made up of five pillars of individual wellbeing:

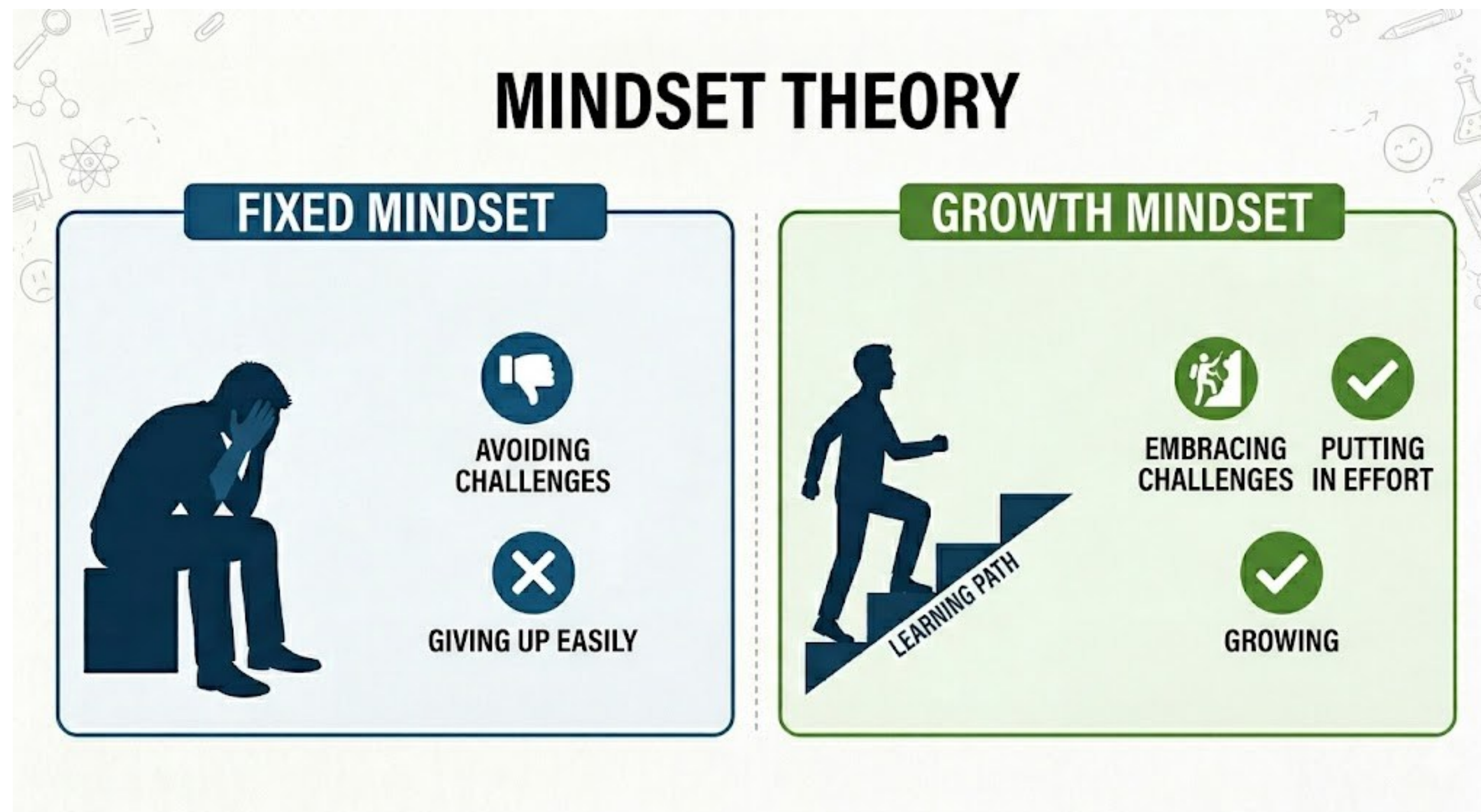


- Which element of PERMA is most visible in your learners' daily school experience?
- Which one might need greater attention?

What is the theory behind learner wellbeing?

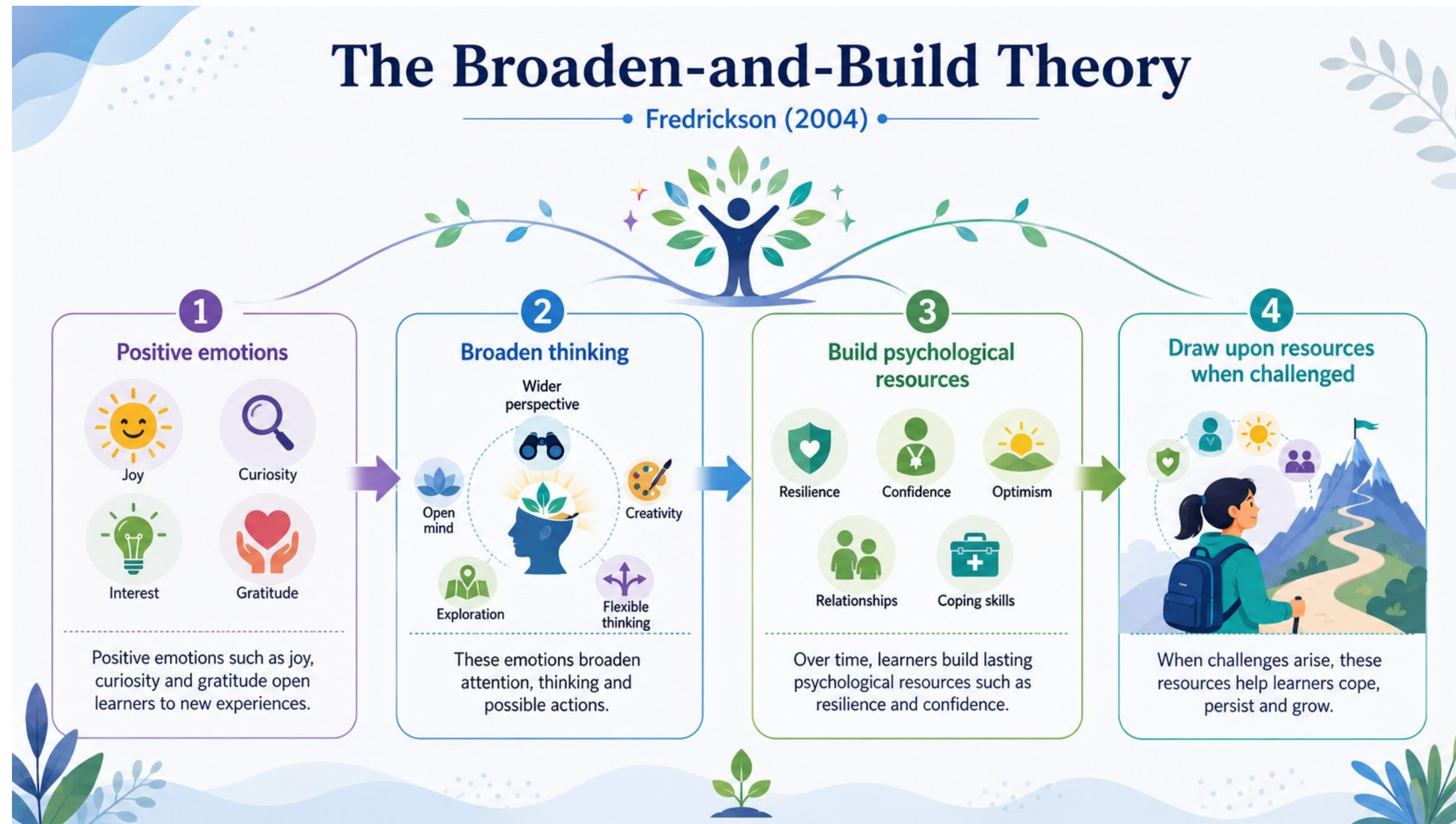
Theory of Self

Dweck & Leggett, 1988



What messages do your classroom practices and feedback give learners about who they are and what they are capable of becoming?

What is the theory behind learner wellbeing?



How can we intentionally create moments of joy, curiosity and connection that help learners become more resilient?

Why Learner Wellbeing Matters for Academic Achievement



Research consistently shows that learner wellbeing is closely linked to academic success.



Achievement

Higher learner wellbeing is positively associated with higher academic achievement, while lower wellbeing is linked to a greater risk of academic underachievement.

(Kirkcaldy et al., 2004; Suldo et al., 2011; van Batenburg-Eddes & Jolles, 2013)



Academic Dispositions

High learner wellbeing is also linked to self-confidence, growth mindset, and mastery approach goals — all of which are associated with stronger achievement.

(King, 2017; Blackwell et al., 2007)



School Experience

Learners with higher life satisfaction at school tend to have more positive academic experiences, whereas lower wellbeing is linked to greater risks of school drop-out and behavioural difficulties.

(Arslan & Renshaw, 2018)



Key takeaway: Supporting learner wellbeing is not separate from academic success — it is a foundation for it.



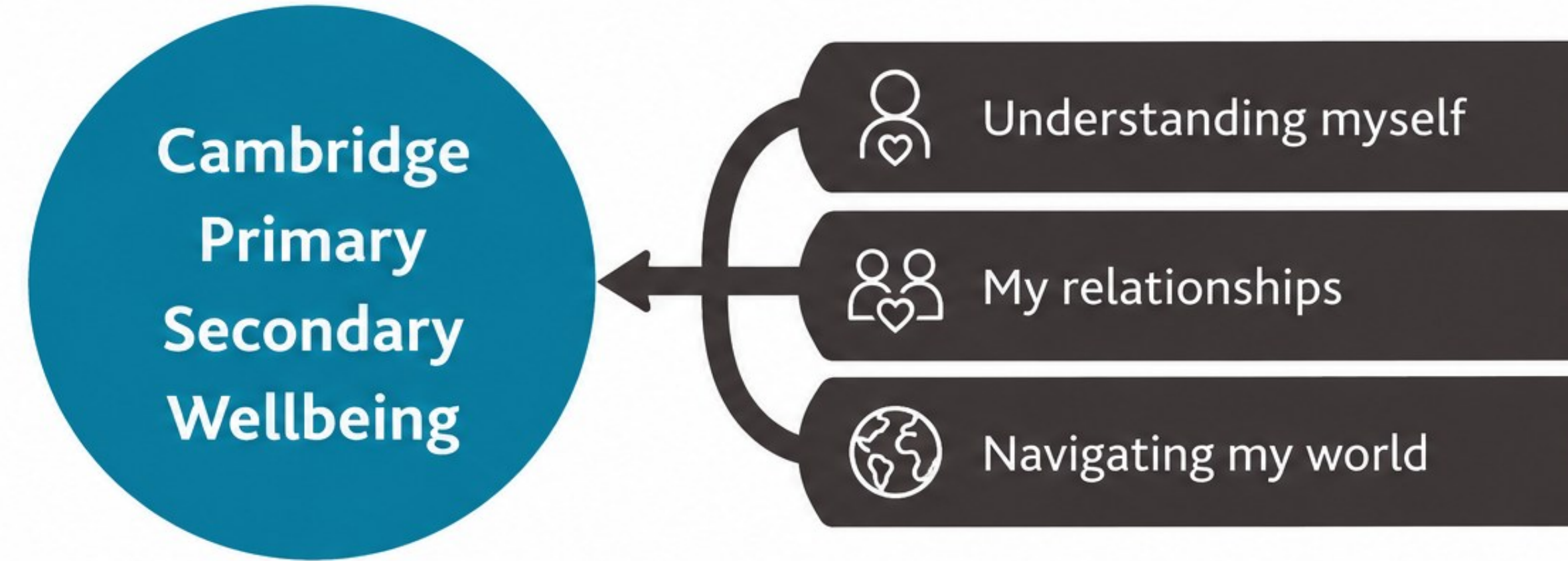
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Understanding myself



- Identifying emotions
- Managing emotions
- Healthy habits

My relationships



- Healthy relationships

Navigating my world



- Staying safe
- Dealing with change
- Making a difference



Cambridge Primary Wellbeing

Understanding myself

Identifying emotions

Learners will identify, describe and understand emotions and their effects on mood and behaviour. They will use a wide vocabulary, comprehend physical effects, and explore emotions related to loss and bereavement.

Cambridge Lower Secondary Wellbeing

Understanding myself

Identifying emotions

Learners will understand the effects of puberty on emotions and behaviour, identify a wide range of emotions, understand secondary emotions, and recognise different grieving patterns.

Imagine a Student's Journey



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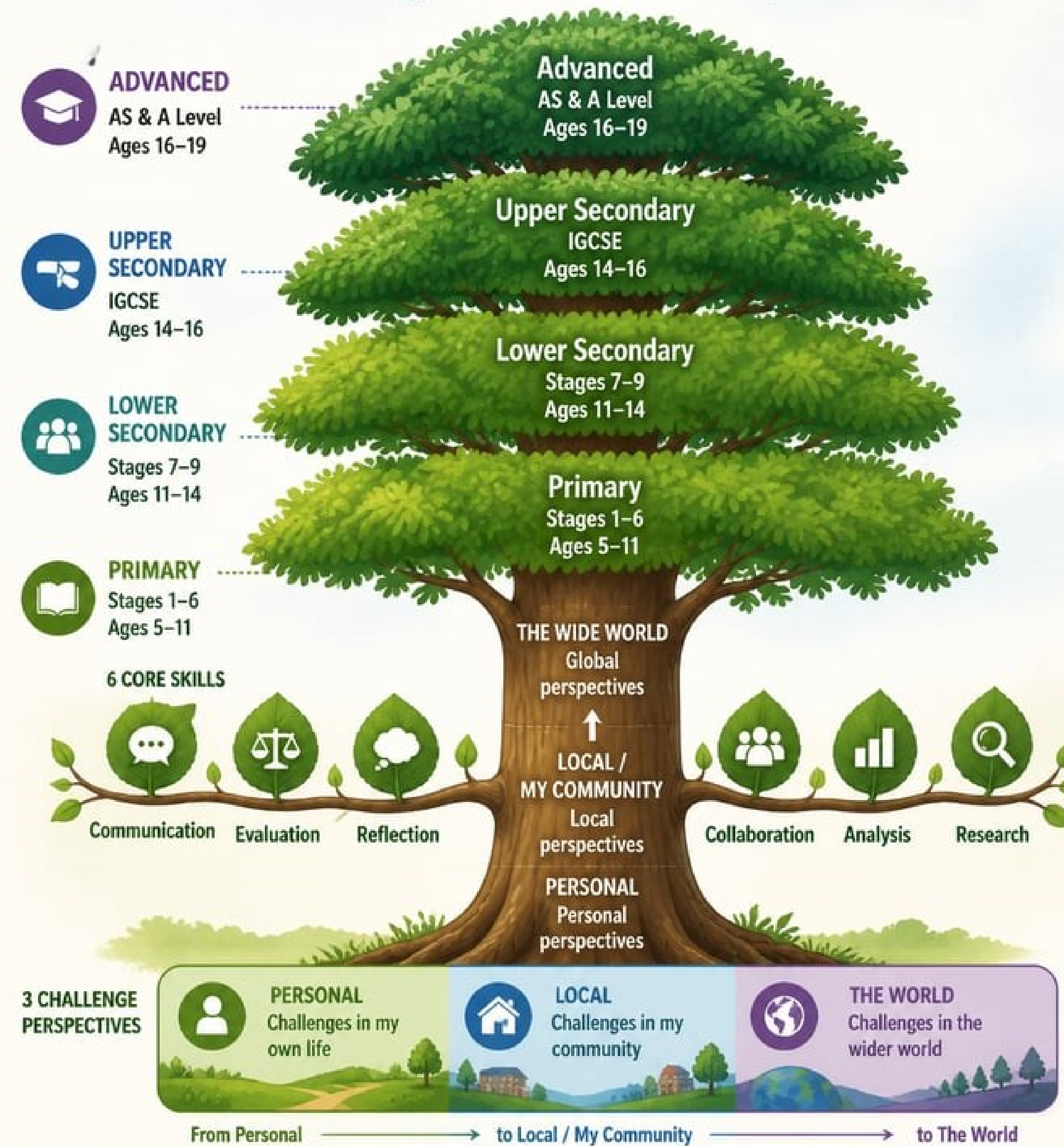


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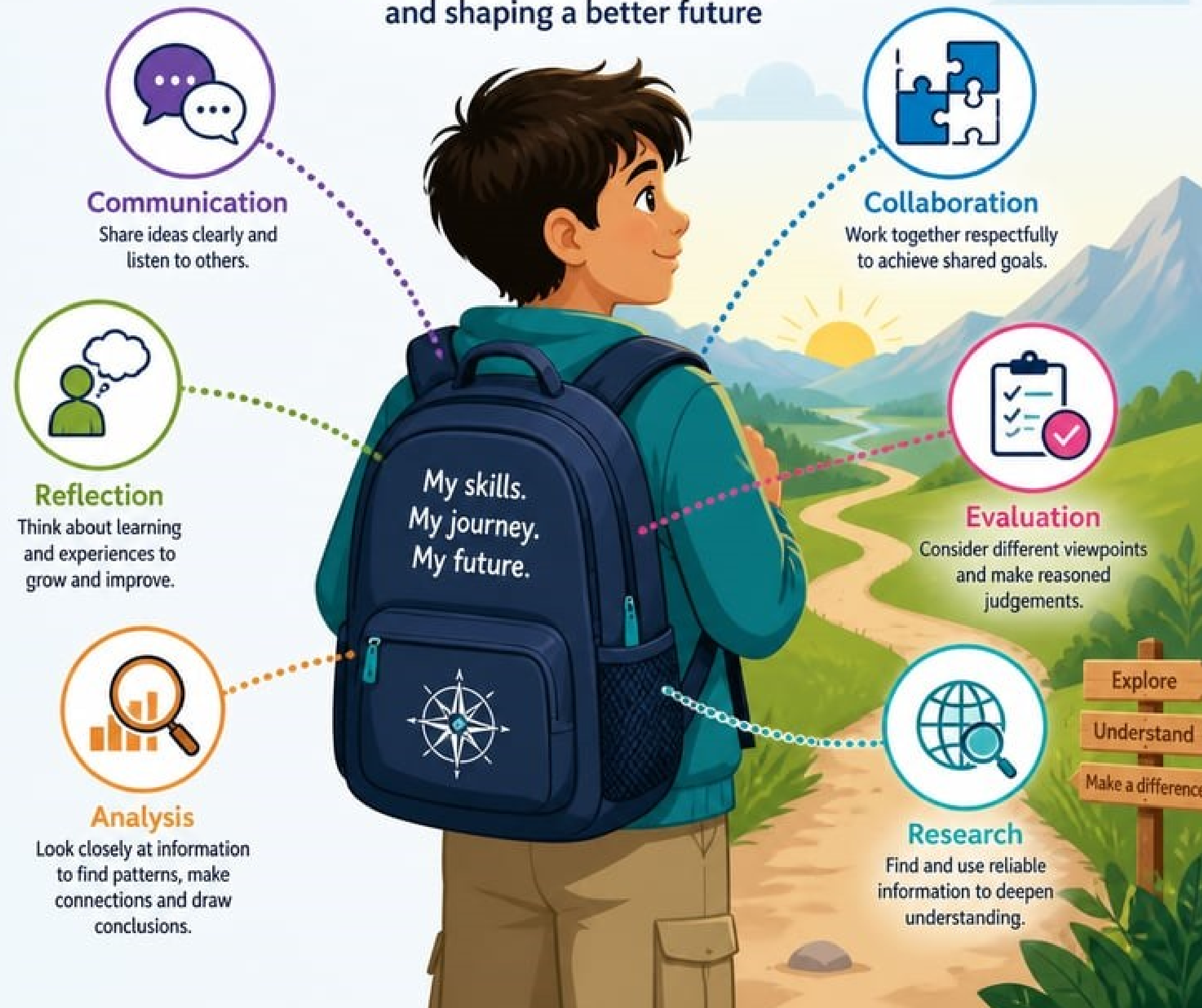
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Cambridge Global Perspectives



Cambridge Primary Global Perspectives

Skills for understanding the world
and shaping a better future



Why do you think it's important for students to develop skills that go beyond academic tests?

How might students researching real problems be different from traditional learning?

What are the key elements that make Cambridge Global Perspectives journey a meaningful one?



Cambridge Global Perspectives Topics

Arts in society

Change in culture and communities

Climate change, energy and resources

Conflict and peace

Development, trade and aid

Digital world

Education for all

Employment

Environment, pollution and conservation

Globalisation

Health and wellbeing

Law and criminality

Media and communication

Migration and urbanisation

Political power and action

Poverty and inequality

Social identity and inclusion

Sport and recreation

Technology, industry and innovation

Transport, travel and tourism

Values and beliefs

Water, food and agriculture

SUSTAINABLE DEVELOPMENT GOALS



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Think-Pair-Share Activity



In what ways are Wellbeing and Global Perspectives connected, and how can understanding both help us grow as individuals and contribute positively as global citizens?

Connecting Wellbeing and Global Perspectives

- Both subjects focus on skills development—self-awareness, reflection, communication, and collaboration.
- Wellbeing nurtures emotional and social health.
- Global Perspectives applies these skills to real-world problems.
- Together, they build empathetic, confident, and engaged learners who can navigate complexity.

Connecting Wellbeing and Global Perspectives

Aspect	Wellbeing	Global Perspectives
Definition	Taking care of ourselves to live a healthy, happy life.	Understanding and connecting with the world to create a better future
Focus	Physical, emotional, mental, and social health	Cultural awareness, global issues, diversity, and empathy
Skills Developed	Self-awareness, resilience, stress management	Critical thinking, empathy, open-mindedness, collaboration
Purpose	Personal health and happiness Living in harmony with the people around you local and global	Understanding others and global interconnectedness
Impact	Improves individual quality of life	Encourages responsible global citizenship
Examples	Mindfulness, exercise, emotional regulation	Learning about different cultures, global challenges like climate change
Connection	Supports mental and emotional capacity needed to engage globally	Broadens perspective to see wellbeing in a global context



Core skills in 2025

1.  Analytical thinking
2.  Resilience, flexibility and agility
3.  Leadership and social influence
4.  Creative thinking
5.  Motivation and self-awareness

Note: The skills selected by surveyed organizations to be of greatest importance to workers at the time of the survey.

Source: World Economic Forum. (2025). *Future of Jobs Report 2025*.



We believe learning is a two-way street.



How could integrating skills and real-world challenges impact your school's approach to teaching?

What excites you most about this approach, or what questions do you have?

GLOBAL PERSPECTIVES DAY



Embracing Cultural Differences



Wellbeing Link: It builds healthy relationships and respects diversity.

GP Link: It encourages students to explore different perspectives and develop respect for all backgrounds.

Mirror Me

Identity and Personal Strengths



Wellbeing Link: It supports self-awareness and fosters a positive self-image and emotional resilience.

GP Link: It connects personal identity to a broader social and cultural understanding.



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“BE THE CHANGE YOU WANT TO
SEE IN THE WORLD.”

Mahatma Gandhi



#Ready_for_the_World
#Ready_for_the_Challenges
#Ready_for_the_Change
#Ready_for_Charity

Charity Calendar

Wellbeing Link: It provides "Meaning" (from the PERMA model) by helping others and gaining a sense of purpose.

GP Link: It transforms students into active global citizens who analyze local issues and take responsible action.



Bestepe Got Talent

Wellbeing Link:

Students expressed their individuality through creative performance, experienced recognition and achievement, and strengthened their self-confidence, joy and sense of belonging.

GP Link:

The event encouraged students to appreciate diverse talents and identities, developing openness, respect and empathy towards the unique strengths of others.

Fold for Peace

Cultivating Mindfulness, Empathy, and Collaboration through Paper Cranes



Wellbeing Link:

- Understanding Myself (Managing Emotions)
- My Relationships (Healthy Relationships).
- Navigating My World (Making a Difference)
- The PERMA Model: Meaning

GP Link:

- Collaboration.
- Reflection.
- Communication

How can we gradually embed Wellbeing and Global Perspectives into our school culture in a constructive and sustainable way?

What is one small action you will take from this session and bring into your classroom or school next week?

Friendship Bracelet: Weaving Connections



Blue: trust

Green: kindness

Yellow: joy

Purple: respect

White: peace

Pink: care

Thank you for...

I appreciate your...

One strength I see in you is...

You bring ... to our community.

You make a difference by...

K

What I know

W

What I want to know

L

What I learned

EMOTIONS THERMOMETER

Level 5: "Very Positive / Excited"

I feel happy, motivated and ready to participate.

Level 4: "Calm / Good"

I feel comfortable and ready to learn.

Level 3: "Neutral / Unsure"

I feel okay, but not fully engaged yet.

Level 2: "Worried / Tired"

I may need support or encouragement.

Level 1: "Upset / Overwhelmed"

I need time, care or help.

How are you feeling today?

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Feedback



Cambridge Schools Conference, July 2026
Future-ready: preparing learners to thrive

Keep in Touch

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