

## Psychology of Wellbeing Certification Graduate: Nadia Abdulla

Graduation date: January 2024

### Student reflection:

#### 1. What made you decide to pursue the Psychology of Wellbeing Certification?

My decision to pursue the Psychology of Wellbeing Certification was driven by a desire to deepen my understanding of the theoretical and practical aspects of wellbeing, especially in the context of higher education. Given my role and research interests in the general wellbeing of faculty and postdocs, identity development, and the darker aspects of personalities within academic environments, I recognized an opportunity to enhance my knowledge base and apply these insights more effectively in my work. The certification seemed like a perfect complement to my PhD studies, offering practical tools and evidence-based strategies to address wellbeing issues among academic staff and postdocs. This certification also helped me in narrowing down my research topic for my PhD research proposal.

#### 2. How would you describe the course experience?

My experience in this program was incredibly enriching and engaging. It was structured to combine theoretical foundations with practical applications, involving a mix of lectures and real-life case studies. The instructor, Dr. Sirgy, is an expert in this field, bringing a wealth of experience and knowledge that he shared enthusiastically through his insightful comments in my assignments.

#### 3. How many hours per week (on average) did you dedicate to the program? Were you able to balance your normal work/life activities alongside this certificate program?

On average, I dedicated approximately 5-6 hours per week to the program, which included watching the lectures, completing assignments, and engaging in thought and reflection. Balancing this commitment with my PhD research and responsibilities as an Associate Head of Faculty and Postdoctoral Affairs was challenging but manageable. I found that effective time management via time-blocking and prioritizing tasks were key to maintaining a balance between my studies, work commitments, and personal life. The flexibility of the course components also helped me to integrate the certification work with my existing schedule.

4. How did this certificate program impact and/or increase your knowledge of your field of study?

The certification program significantly enhanced my understanding of the psychology of wellbeing, particularly in the nuances of promoting mental health and resilience in academic settings. It provided me with a more comprehensive framework for analyzing the wellbeing of faculty and postdocs in a holistic approach, incorporating some newfound insights into my identity development research, and the impact of workplace dynamics on wellbeing. This broader and deeper knowledge base has enriched my PhD research, enabling me to approach my studies with a more informed perspective.

5. How do you feel this certification will enhance your career and/or personal expertise and knowledge?

This certification has equipped me with valuable skills and knowledge that are directly applicable to my roles within academia and beyond. It has enhanced my expertise in wellbeing, making me a more competent researcher and a more effective advocate for positive change in the workplace. On a personal level, the insights gained have also contributed to my own wellbeing practices and understanding of how to foster a supportive and healthy environment for myself and others. I am confident that this certification will open up further opportunities for career advancement, collaboration, and leadership.

6. Would you recommend this certificate to others? If yes, why?

Yes, I would highly recommend this certificate to others (and I have). The program's comprehensive coverage of wellbeing theories, evidence-based practices, and its focus on practical application make it invaluable for anyone interested in promoting mental health and wellbeing in professional or personal settings. The skills and knowledge gained are not only applicable across various domains but are also critical in addressing the complex challenges of today's work environments.