



Student Motivation and Quality of Life in Higher Education (Routledge Research in Educational Psychology)

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Higher education is a high stakes process involving engagement with curricula and often entails coping with the onslaught of assessments and examinations. This process creates a level of intensity that impacts on the student experience in higher education. It is, therefore, important to consider not only the motivational aspects of learning but also quality of life issues, as they have profound effects on students. Quality of life affects the way students interact with their formal education, and has wide-reaching effects on future careers and their ability to coordinate everyday events. Integrating these two concepts, student motivation and quality of life, brings together the explicit elements that underpin learning in the higher education context, creating links between the affective and social aspects of the student life. This synthesis is integral to improving student retention and quality of life and has important ramifications for educationalists, administrators, pastoral care and academic support service personnel, and students themselves. Some highlights of the book include:

- Applied Positive Psychology in Higher Education
- Internationalisation and Quality of Life: A Taiwanese Perspective
- The Computer Assisted Learning for the Mind (CALM) Website: Teaching Skills to Increase Resilience
- The Oxford University Peer Support Programme: Addressing the Wellbeing of Students
- Higher Education and Student Stress: Reclaiming Light, Liberty and Learning
- Improving academic quality of life through attribution- and motivation-focused counselling

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