

Dave Stanbury

The embodied learner

Modern life poses increasingly complex challenges to students: which of the many career paths open to them will they choose? What aspects of their discipline will they integrate into their wider lives? How will they chart their own future against the competing influences that bear upon them?

These questions point to the need to conceptualise students in a way that does justice to these interlinked issues. The notion of 'the embodied learner' (Stanbury, 2010) provides a way of doing this. 'By embodied learner I mean seeing each student as an individual who brings both an intellectual *and* emotional self to their studies; who arrives at university with a complex multi-layered past, who learns within a wider setting (their social milieu, and extra-curricula activities) and who travels through university towards a contingent future.'

The workshop looks at the how the idea of the 'embodied learner' - which implicitly is a counselling perspective- can be taken into the curriculum. We will: examine research which illuminates the character of embodied learners; look at pedagogic approaches which engage with students as embodied learners in the curriculum (through careers sessions and other interventions); and show how these help to promote personal, academic and career development.

Participants will be able to:

- Identify relevant research / theorists
- List useful online learning tools
- Discuss how the notion of embodied learner links with their own educational philosophy
- Identify aspects of their own teaching practice that relate to the notion of the embodied learner
- Propose developments to their practice building upon the workshop