



# Well-Being and Well-Becoming in Schools Initiative

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You are invited to attend the

## Lecture

### *What High School Students Want to Learn About and How: The Importance of Well-Being*

Michele Catalano (University of Manitoba),  
Omera Esslemont, & Jasleen Kaur

*Synopsis:* What do Manitoba high school students want to learn? If high school students had a voice in curriculum development, what would *they* suggest is important for them to learn about at this important developmental stage of their life? This presentation addresses these questions by drawing on the presenter's experience with students from a Winnipeg high school who have provided responses to these questions through their voices and the course choices they made. What mattered to these students were not particular curricular learning outcomes, but rather opportunities to engage in and with issues that deeply mattered to their well-being. The presentation will discuss curricular and pedagogical implications for school education that wants to focus on what deeply matters to many high school students.

**Thursday, 28<sup>th</sup> March 2024, 4:30-5:30 pm**

In-person: Room 200 Education Building, University of Manitoba (see registration information below)  
On-line: via Zoom (see registration information below)

*About the presenters:*

**Michele Catalano** is an instructor in the Faculty of Education at the University of Manitoba, a former high school teacher with 33 years experience, and a practicing marriage and family therapist. Her teaching focus includes counselling skills, ethics in counselling, and school counselling at all levels. Michele's private practice focuses on the well-being and mental health of individuals, couples, and families especially in the areas of grief and loss, life transitions, and relational challenges.

**Omera Esslemont** and **Jasleen Kaur** are former high school students of Michele Catalano's.

This lecture is the sixth lecture in the **2023-24 Lecture Series on *Well-Being and Well-Becoming in Schools***. This series provides audience members with opportunities to engage with research and practices on selected topics concerned with well-being in schools. For an overview of the seven lectures, please go to <https://wellbeinginschools.ca/events/upcoming-events>

For questions about the Lecture Series, please email [events@wellbeinginschools.ca](mailto:events@wellbeinginschools.ca)

**Registration:** Please register for the upcoming lecture to reserve your seat for in-person attendance or to receive the Zoom link for on-line attendance. To register, please follow this link: [Registration for fifth lecture](#).