

## Beyond academics

*Linking teaching practices in Swedish schools to students' achievements and mental health complaints*

### Description

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This research on teaching practices in Swedish schools reveals varying effects of teaching practices on students' academic success and mental well-being. The paper reviews the effects of three different teaching styles, teacher-centred, student-centred, and student-dominated. Teacher-centred is linked to better academic performance, while student-centred approaches are associated with both improved grades and reduced mental health issues. In contrast, student-dominated teaching methods, characterised by minimal teacher guidance, show weaker connections to academic achievement and mental health. These findings suggest that a balanced approach, combining teacher guidance with student autonomy, may be key to promoting both academic success and mental well-being in students.

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### Countries

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 Sweden

### Downloads

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 Beyond academics

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