

This CPD seminar entitles you to 1 formal CPD point. Please be aware you are required to manage your own CPD records. We will provide you with your participation certificate and answer sheet once you have attended the full seminar.

WOOD AND WELLBEING

Page 1 of 2

Proudly supported by



1. What is Wellbeing?
 - a) The experience of health & happiness
 - b) The experience of prosperity & good mental health
 - c) The experience of high life satisfaction & sense of meaning or purpose
 - d) All of the above
2. What percentage of our time do we spend indoors?
 - a) 80%
 - b) 70%
 - c) 90%
 - d) 85%
3. The definition of biophilia is:
 - a) A study of butterflies
 - b) Human's innate connection with nature
 - c) The combination of biology and engineering
 - d) An integration of ownership & natural elements
4. The WELL Building Standard Version 2 is structured around which of the following concepts?
 - a) Air, Water, Materials
 - b) Thermal Comfort, Light, Sound, Community
 - c) Movement, Mind, Nourishment
 - d) All of the above
5. What material was recognised as the top choice of the Planet Ark survey?
 - a) Concrete
 - b) Plastic
 - c) Steel
 - d) Wood
6. Indoor air quality is affected by:
 - a) Aerosols
 - b) Dust
 - c) VOC's (Volatile Organic Compounds)
 - d) All of the above

Competency Standard

3.3 Design response incorporates assessment of the physical location and relevant wider regional, contextual and environmental issues.

4.2 Evaluation of design options against values of physical, environmental and cultural contexts.

4.6 Investigation and integration of appropriate material selection for the project design.

4.7 Coordination and integration of appropriate environmental systems, including for thermal comfort, lighting and acoustics.

5.5 Integration of materials and components based upon an understanding of their physical properties.

6.5 Nomination of quality and performance standards with regard to selected materials, finishes, fittings components and systems.

WOOD AND WELLBEING

Page 2 of 2

At the end of this panel, attendees will be able to:

- a) Identify what wellbeing is and why it matters
- b) Identify and define what is meant by 'Healthy Buildings' and 'Healthy Materials'
- c) Evaluate and apply knowledge around the connection between wood and wellbeing in future projects

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Competency Standard

- 3.3 Design response incorporates assessment of the physical location and relevant wider regional, contextual and environmental issues.
- 4.2 Evaluation of design options against values of physical, environmental and cultural contexts.
- 4.6 Investigation and integration of appropriate material selection for the project design.
- 4.7 Coordination and integration of appropriate environmental systems, including for thermal comfort, lighting and acoustics.
- 5.5 Integration of materials and components based upon an understanding of their physical properties.
- 6.5 Nomination of quality and performance standards with regard to selected materials, finishes, fittings components and systems.