

Description of the mobility experience

21 OBJECTIVE OF THE MOBILITY EXPERIENCE *

- The main goal of the course is to help the teachers boost students' well-being in developing mindsets for the 21st century with evidence-based hands-on tools of positive psychology. The participants get familiar with the fundamental concepts of positive psychology such as character strengths, growth mindset, resilience, flow, and PERMA. They learn how to use positive psychology tools to improve students' engagement, accomplishments, grit, and persistence, as well as receive lessons plans of teaching character for their own use.

22 EDUCATION OR TRAINING INITIATIVE IN THE COURSE OF WHICH THE MOBILITY EXPERIENCE WAS COMPLETED

- Teaching Character: Positive Psychology for Every Teacher

23 COMMUNITY OR MOBILITY PROGRAMME INVOLVED

- Erasmus+ Action Key I Staff mobility - Courses and training

DURATION OF THE EUROPASS MOBILITY EXPERIENCE

24 FROM * 15 04 2024 25 TO * 20 04 2024
dd mm yyyy dd mm yyyy

Skills acquired during the mobility experience

26A ACTIVITIES/TASKS CARRIED OUT *

- Activity / task – Day 1:

Welcome Session – Timetable presentation, practical arrangements, expectations and contributions, doubts and questions, documents to be signed and stamped. Positive psychology and psychological well-being – Introduction. Character strengths – Introduction.

- Activity / task – Day 2:

Character strengths – practical activities.
Growth mindset – Introduction.
Fixed vs. growth mindset. Practical activity.
How to strengthen a growth mindset?
Ideas for practical activities.

- Activity / task – Day 3:

STUDY VISIT – Gymnasium Škofja Loka.
Presentation of the GROWMET project and practical activities, implemented at school.
Afternoon Excursion – getting to know Slovenia.

- Activity / task – Day 4:

PERMA model – fundamental human motivators.
Learning Resilience Through Inspiring Stories.
Model of 5Cs. CASEL.

- Activity / task – Day 5:

Motivation – Theory of Attribution.
More and more of Emotional Distress.
Final remarks and action plan.
What have we learnt.
Peer exchange of impressions.

- Activity / task – Day 6:

Evaluation and farewell.
Documentation and certificates of attendance.

* Headings marked with an asterisk are mandatory.