

Course title: **Wellbeing and Resilience in Care and Education**

Number of hours: **15**

Number of ECTS: 7

Description:

The course is aimed to enhance skills and knowledge in the area of building well-being and resilience in a professional environment, especially in care and education.

The course tutor will take you on a journey to self-discovery, and help you enhance your coping mechanisms, stress-elevating strategies and relaxation techniques. You will become familiar with the outcomes of studies into well-being and resilience in education. You will learn how to foster the key components for well-being and resilience for yourself and for those around you, particularly children and youth you may work with, as well as other beneficiaries of your professional career path. The course is an excellent opportunity to discuss scientific knowledge and the state of arts in the subject area as well as provides practical tools and paths to put this knowledge into practice.

Subjects:

- Introduction to self-care and self-awareness.
- Research findings from wellbeing and resilience studies.
- Toolkit for well-being and resilience in the care sector and education.
- Practical methods to enhance personal well-being and resilience and how to cascade it to the students/pupils/children/social work clients.

Practising:

- self-awareness “Get to know yourself first before you can get to know others” (Janusz Korczak 1912)

- reflectivity

-empathy

-relaxation techniques and coping mechanisms

Encouraging:

- self-care

- volunteering

- community embeddedness

Course content based on the research findings from the EU-funded project EDUCATORE: End of Disaster: Undoing Crisis. Active Tutors Open to Reflective Education. Educatore (aps.edu.pl) <https://erasmus-plus.ec.europa.eu/projects/search/details/2021-1-PL01-KA220-HED-000022919>

Assessment methods and assessment criteria:

Participation, small group and individual tasks that enhance wellbeing and awareness how to foster it. Level of English language will not be graded, context and engagement will be graded. .ppt presentation, small written tasks, small research project – project results in writing plus presentation to the group . Flipped classroom, peer tutoring, mapping, terrain games, slide shows, reflective notes, mind mapping, designed thinking, project based learning.