

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

29.MAY-23.JUN.2023

SAP OVERVIEW

This SAP offers an active learning journey and approach from the understanding of stress to how to cope with it, particularly in educational contexts.

The programme comprises 4 weeks of online workshops and one intensive in-person workshop week, from 19 to 23 June 2023.

The goal is to provide participants with practical resources to better manage stress and increase participant skills to manage emotional and social well-being, as well as an understanding of when and how to seek support.

LEARNING OUTCOMES

At the end of this RUN-EU SAP, you will be able to:

- Apply critical thinking, creative problem-solving concepts, and strategies to prevent stress, promote self-care and cope with stress in educational contexts.
- Participate in multidisciplinary, multicultural and co-creation environments to explore issues relating to stress and well-being.
- Recognise and communicate information, ideas, problems, and solutions related to stress and stress management.
- Demonstrate awareness of different kinds of stress (both functional and otherwise) and how these can be self-managed.

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Organised by: Polytechnic of Leiria
TUS

DATE From **29 May to 23 June 2023**
Face-to-Face Week: Polytechnic of Leiria, Portugal
19-23 June

MODE OF DELIVERY Blended

LANGUAGE OF INSTRUCTION English

ECTS CREDITS 2

ACADEMIC RECOGNITION

Certificate of completion.
Supplement on the diploma.

ELIGIBLE PARTICIPANTS

RUN-EU staff and students from postgraduate and level 6 study cycles.
Organisational networks of RUN-EU members.

HOW TO APPLY

Fill in the application form ([QR](#) or [website](#))



DEADLINE FOR APPLICATIONS

31 March 2023

CONTACT DETAILS

stressmec.sap@ipleiria.pt

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

29.MAY-23.JUN.2023

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SELECTION CRITERIA

Maximum Number of Students to be selected: 35

LEARNING AND TEACHING STRATEGY

Collaborative Case Study
Active Learning
Peer Learning
Independent Learning
Storytelling based learning

COURSES LEADERS | LECTURERS

Courses Leaders

Marta Fonseca (Polytechnic of Leiria)
Lisa Scott (TUS)

Lecturers

Lisa Scott (TUS)
Marta Fonseca (Polytechnic of Leiria)
Isabel Dias (Polytechnic of Leiria)
Maria Odília Abreu (Polytechnic of Leiria)
Patrícia Pereira (Polytechnic of Leiria)
Sandra Alves (Polytechnic of Leiria)
Luís Filipe (Polytechnic of Leiria)

PHYSICAL MOBILITY | SCHOLARSHIPS AVAILABLE

The selected students will receive travel grants based on the travel distance and the subsistence costs in the country the SAP is offered in.

Travel

IPCA – Polytechnic of Leiria: €40
Austria – Portugal: €330
Finland – Portugal: €470
Hungary – Portugal: €380
Ireland – Portugal: €270
The Netherlands – Portugal: €330

Subsistence

The subsistence grant for Portugal is €460

To be managed by Home Institution.

MEANS AND CRITERIA FOR ASSESSMENT

Written reflective summary of individual learning outcomes (formative assignment) = 30%
Group presentation and individual reflexive learning report = 50%
Attendance and participation in online seminars/in-person week = 20%

CERTIFICATION

The participants who successfully complete this RUN-EU SAP will receive a Certificate of Participation and a Transcript of Records jointly issued by the organising institutions.

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WEEK 1 - 29-31.MAY.2023 - ONLINE

WEEK 2 - 5-7.JUNE.2023 - ONLINE

GMT+2	11h00	12h00	13h00	14h00	15h00	16h00	17h00	20h00	21h00	22h00	23h00
GMT+1	10h00	11h00	12h00	13h00	14h00	15h00	16h00	19h00	20h00	21h00	22h00
GMT	9h00	10h00	11h00	12h00	13h00	14h00	15h00	18h00	19h00	20h00	21h00
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MONDAY 5/6										COPING STYLES AND RESPONSES	
WEDNESDAY 7/6										EXPERIENCING AND MANAGING STRESS	

SHORT
ADVANCED
PROGRAMME

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

PROGRAMME AT A GLANCE

WEEK 3 ▪ 12-14.JUNE.2023 ▪ ONLINE

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GMT+2	11h00	12h00	13h00	14h00	15h00	16h00	17h00	19h00	21h00	22h00	23h00
GMT+1	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	20h00	21h00	22h00
GMT	9h00	10h00	11h00	12h00	13h00	14h00	15h00	18h00	19h00	20h00	21h00
MONDAY 12/6											STRESS WARNING SIGNS AND SELF-CARE STRATEGIES
WEDNESDAY 14/6											MEDIA AND MENTAL HEALTH

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

PROGRAMME AT A GLANCE

WEEK 4 ▪ 19-23.JUNE.2023 ▪ FACE-TO-FACE WEEK ▪ LEIRIA

GMT+2	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	
GMT+1	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	
LOCAL TIME	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	
MONDAY 19/6	OPENING SESSION		PRESENTATION		LUNCH BREAK	WORKSHOP		GROUP WORK				
TUESDAY 20/6	STRESS MANAGEMENT				LUNCH BREAK	WORKSHOP		GROUP WORK				
WEDNESDAY 21/6	CULTURAL VISITS				LUNCH BREAK	GROUP PRESENTATIONS						
THURSDAY 22/6	GROUP PRESENTATIONS				LUNCH BREAK	CULTURAL VISITS AND FAREWELL PARTY						
FRIDAY 23/6	GROUP LEARNING REFLECTION				OVERALL QUALITY ASSESSMENT		LUNCH BREAK					

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STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

WEEK 1

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29 MAY

MONDAY 18h00-20h00 GMT - ONLINE

GMT+2	11h00	12h00	13h00	14h00	15h00	16h00	17h00	20h00	21h00	22h00	23h00
GMT+1	10h00	11h00	12h00	13h00	14h00	15h00	16h00	19h00	20h00	21h00	22h00
GMT	9h00	10h00	11h00	12h00	13h00	14h00	15h00	18h00	19h00	20h00	21h00
MONDAY 29/5										WELCOME SESSION OPEN FORUM ONLINE	

Synchronous Session

Welcome & Opening Session

- 🕒 18h00-20h00
- 👥 Group Work
- 👤 Marta Fonseca (Polytechnic of Leiria)

- 📄 Welcome
- SAP Teachers' presentations
- Information about the programme outline, tasks, assignments/assessment

Inputs

- What is stress for you?/What is anxiety for you?
- The difference between stress and anxiety
- How stress affects the body, thoughts, and behaviours

Outputs

- Large group debate about stress and anxiety
- Brainstorming about the effects of stress

Asynchronous Session

Open Forum Online

- 🕒 Free schedule
- 👤 Individual Work

- 📄 Students' presentation on the forum (personal and educational background, expectations about the SAP, etc.)

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

WEEK 1

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31 MAY				18h00-20h00 GMT - ONLINE							
GMT+2	11h00	12h00	13h00	14h00	15h00	16h00	17h00	20h00	21h00	22h00	23h00
GMT+1	10h00	11h00	12h00	13h00	14h00	15h00	16h00	19h00	20h00	21h00	22h00
GMT	9h00	10h00	11h00	12h00	13h00	14h00	15h00	18h00	19h00	20h00	21h00
WEDNESDAY 31/5											
									FUNCTIONAL STRESS AND LOW-LEVEL ONGOING STRESS		

Asynchronous Session

Functional Stress and Low-level Ongoing Stress

- 🕒 Free schedule
- 👤 Individual Work
- 👤 Marta Fonseca (Polytechnic of Leiria)

Inputs

- A practical exercise presented by the teacher to show the relationship between feelings, thoughts, and behaviours
- Functional stress and low-level ongoing stress
- When stress is good for you
- Good stress versus bad stress

Outputs

- Forum moderated by the teacher

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WEEK 2

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5 JUNE				18h00-20h00 GMT - ONLINE							
GMT+2	11h00	12h00	13h00	14h00	15h00	16h00	17h00	20h00	21h00	22h00	23h00
GMT+1	10h00	11h00	12h00	13h00	14h00	15h00	16h00	19h00	20h00	21h00	22h00
GMT	9h00	10h00	11h00	12h00	13h00	14h00	15h00	18h00	19h00	20h00	21h00
MONDAY 5/6										COPING STYLES AND RESPONSES	

Asynchronous Session

Coping Styles and Responses

- 🕒 Free schedule
- 👤 Individual Work
- 👤 Lisa Scott (TUS)
- Isabel Dias (Polytechnic of Leiria)

- 📄 Problem and emotion-based responses to stress
- Stress prevention activities

Overview of causes of stress in educational contexts

Inputs

- Stressors in educational contexts: identification and reflection
- Overview of coping styles and strategies
- Impact of the problem and emotion-focused coping
- Overview of stress prevention activities (e.g., physical exercise and sport)
- Reflection on personal coping styles

Output

- Journal entries on personal coping strategies

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

WEEK 2

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7 JUNE				18h00-20h00 GMT - ONLINE							
GMT+2	11h00	12h00	13h00	14h00	15h00	16h00	17h00	20h00	21h00	22h00	23h00
GMT+1	10h00	11h00	12h00	13h00	14h00	15h00	16h00	19h00	20h00	21h00	22h00
GMT	9h00	10h00	11h00	12h00	13h00	14h00	15h00	18h00	19h00	20h00	21h00
WEDNESDAY 7/6											
									EXPERIENCING AND MANAGING STRESS		

Synchronous Session

Experiencing and Managing Stress

- 🕒 18h00-20h00
- 👥 Group Work
- 👤 Lisa Scott (TUS)
- Isabel Dias (Polytechnic of Leiria)

- 📄 Causes of stress and stress management
- A theoretical presentation about relevant causes of stress in educational contexts

Group discussion: a review of individual stressors

Input

- Self-care strategies

Output

- Feedback on effective self-care strategies
- Journal entries about stressors experienced and how they feel and how they might have been managed differently

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

WEEK 3

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12 JUNE				18h00-20h00 GMT - ONLINE							
GMT+2	11h00	12h00	13h00	14h00	15h00	16h00	17h00	20h00	21h00	22h00	23h00
GMT+1	10h00	11h00	12h00	13h00	14h00	15h00	16h00	19h00	20h00	21h00	22h00
GMT	9h00	10h00	11h00	12h00	13h00	14h00	15h00	18h00	19h00	20h00	21h00
MONDAY 12/6										STRESS WARNING SIGNS AND SELF-CARE STRATEGIES	

Asynchronous Session

Stress Warning Signs and Self-Care Strategies

- 🕒 Free schedule
- 👤 Individual Work
- 👤 Maria Odília Abreu (Polytechnic of Leiria)
- 👤 Neal Whelan (TUS)
- 📄 Overview of warning signs and self-care strategies

Input

- Overview of different clinical interventions
- Recollection of different clinical interventions available in different countries
- Overview of mental health in the media
- Reflection about different media news/stories

Output

- Forum related to the three topics above

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

WEEK 3

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14 JUNE

18h00-20h00 GMT - ONLINE

GMT+2	11h00	12h00	13h00	14h00	15h00	16h00	17h00	20h00	21h00	22h00	23h00
GMT+1	10h00	11h00	12h00	13h00	14h00	15h00	16h00	19h00	20h00	21h00	22h00
GMT	9h00	10h00	11h00	12h00	13h00	14h00	15h00	18h00	19h00	20h00	21h00
WEDNESDAY 14/6										MEDIA AND MENTAL HEALTH	

Synchronous Session

Media and Mental Health

- 🕒 18h00-20h00
- 👥 Group Work
- 👤 Maria Odília Abreu (Polytechnic of Leiria)
- Neal Whelan (TUS)

- 📄 A theoretical presentation about warning signs and clinical interventions
- Group discussion: media and mental health

Input

- How to ask for help, procedures in different countries (Similarities and differences)

Output

- Forum entries

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

WEEK 4

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19 JUNE

MONDAY 9h00-17h00 - LEIRIA

GMT+2	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00
GMT+1	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00
LOCAL TIME	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
MONDAY 19/6	OPENING SESSION		PRESENTATION		LUNCH BREAK	WORKSHOP		GROUP WORK			

Opening Session

- 🕒 9h00-11h00
- 👥 Team Building
- 👤 All lecturers
- 📄 Welcome
- 📄 Presentation
- 📄 Goals for the face-to-face week
- 📄 Instructions for group work
- 📄 Visit to school facilities and presentation of mobility department

Presentation

- 🕒 11h00-13h00
- 👥 Icebreaker
- 👤 All lecturers
- 📄 Presentation of participants

Educational contexts and potential causes and effects of stress: students' experience

- 🕒 14h00-16h00
- 👥 Workshop
- 👤 Luís Filipe (Polytechnic of Leiria)
- 👤 Sandra Alves (Polytechnic of Leiria)

Preparation of presentations

- 🕒 16h00-17h00
- 👥 Group Work, Coaching
- 👤 Marta Fonseca (Polytechnic of Leiria)
- 👤 Lisa Scott (TUS)
- 📄 Group work development for oral presentation with coaching support

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Preparation of presentations

- 🕒 16h00-17h00
- 👥 Group Work, Coaching
- 👤 Isabel Dias (Polytechnic of Leiria)
Maria Odília Abreu (Polytechnic of Leiria)
- 📄 Group work development for oral presentation
with coaching support

🕒 14h00-16h00
🧩 Workshop
👤 Lisa Scott (TUS)

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

WEEK 4

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21 JUNE

WEDNESDAY 9h00-17h00 - LEIRIA

GMT+2	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00
GMT+1	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00
LOCAL TIME	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
WEDNESDAY 21/6	CULTURAL VISITS				LUNCH BREAK	GROUP PRESENTATIONS					

Cultural visits

- 🕒 9h00-13h00
- 👥 Team building
- 👤 Lisa Scott (TUS)
- Marta Fonseca (Polytechnic of Leiria)
- Isabel Dias (Polytechnic of Leiria)
- Maria Odília Abreu (Polytechnic of Leiria)
- 📄 City tour and historical monuments

Group presentations

- 🕒 14h00-17h00
- 👥 Group Work, Coaching
- 👤 Lisa Scott (TUS)
- Marta Fonseca (Polytechnic of Leiria)
- Isabel Dias (Polytechnic of Leiria)
- Maria Odília Abreu (Polytechnic of Leiria)
- 📄 Oral presentations of the group work developed

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

WEEK 4

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22 JUNE

THURSDAY 9h00-18h00 - LEIRIA

GMT+2	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00
GMT+1	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00
LOCAL TIME	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
THURSDAY 22/6	GROUP PRESENTATIONS				LUNCH BREAK	CULTURAL VISITS AND FAREWELL PARTY					

Group Presentations

- 🕒 9h00-13h00
- 👥 Group Work, Coaching
- 👤 Lisa Scott (TUS)
 - Marta Fonseca (Polytechnic of Leiria)
 - Isabel Dias (Polytechnic of Leiria)
 - Maria Odília Abreu (Polytechnic of Leiria)
- 📄 Oral presentations of the group work developed

Cultural Visits and Farewell Party

- 🕒 14h00-18h00
- 👥 Team Building
- 👤 Lisa Scott (TUS)
 - Marta Fonseca (Polytechnic of Leiria)
 - Isabel Dias (Polytechnic of Leiria)
 - Maria Odília Abreu (Polytechnic of Leiria)
- 📄 Visit to the Leiria region and farewell party

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

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23 JUNE

FRIDAY 9h00-13h00 - LEIRIA

GMT+2	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00
GMT+1	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00
LOCAL TIME	9h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00
FRIDAY 23/6	GROUP LEARNING REFLECTION				OVERALL QUALITY ASSESSMENT		LUNCH BREAK				

Group Learning Reflection Overall Quality Assessment

- 🕒 9h00-13h00
- 👥 Team Work, Coaching
- 👤 A representative of the Institutional FASA
Lisa Scott (TUS)
Marta Fonseca (Polytechnic of Leiria)
Maria Odília Abreu (Polytechnic of Leiria)
- 📄 Group Learning Reflection (moderated by a representative of the Institutional FASA)
Individual Learning Reflection Report + Mobility Assessment (students)
SAP Self-reflection Report (SAP coordinators)
LearnWell