

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.

+INFO: www.run-eu.eu

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







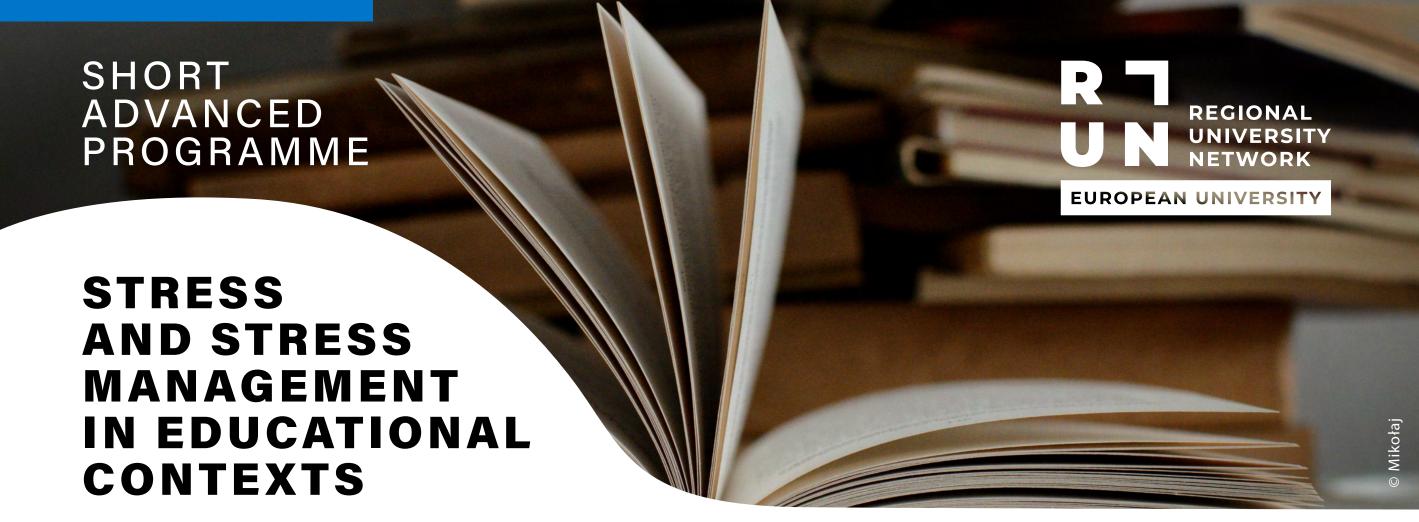












29.MAY-23.JUN.2023

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)

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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.













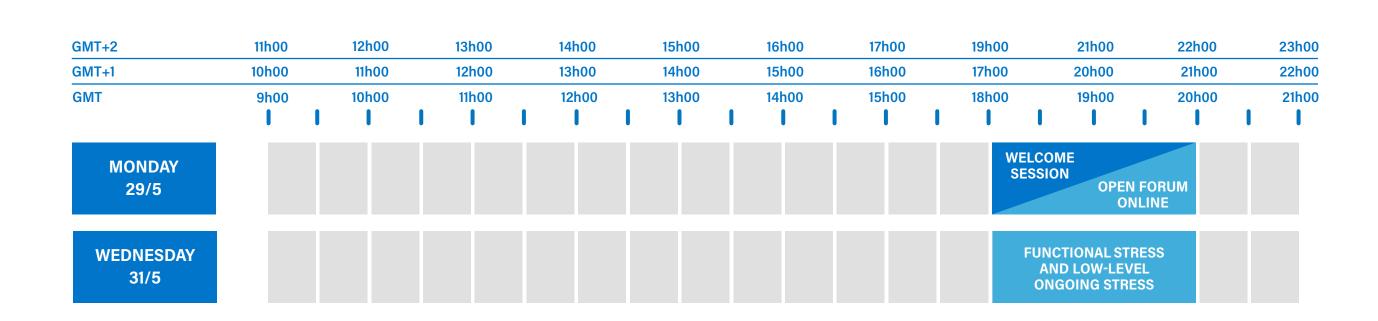






PROGRAMME AT A GLANCE

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



WEEK 2 • 5-7.JUNE.2023 • ONLINE

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WEDNESDAY 7/6																RIENCING AGING ST				



















PROGRAMME AT A GLANCE

WEEK 3 • 12-14.JUNE.2023 • ONLINE

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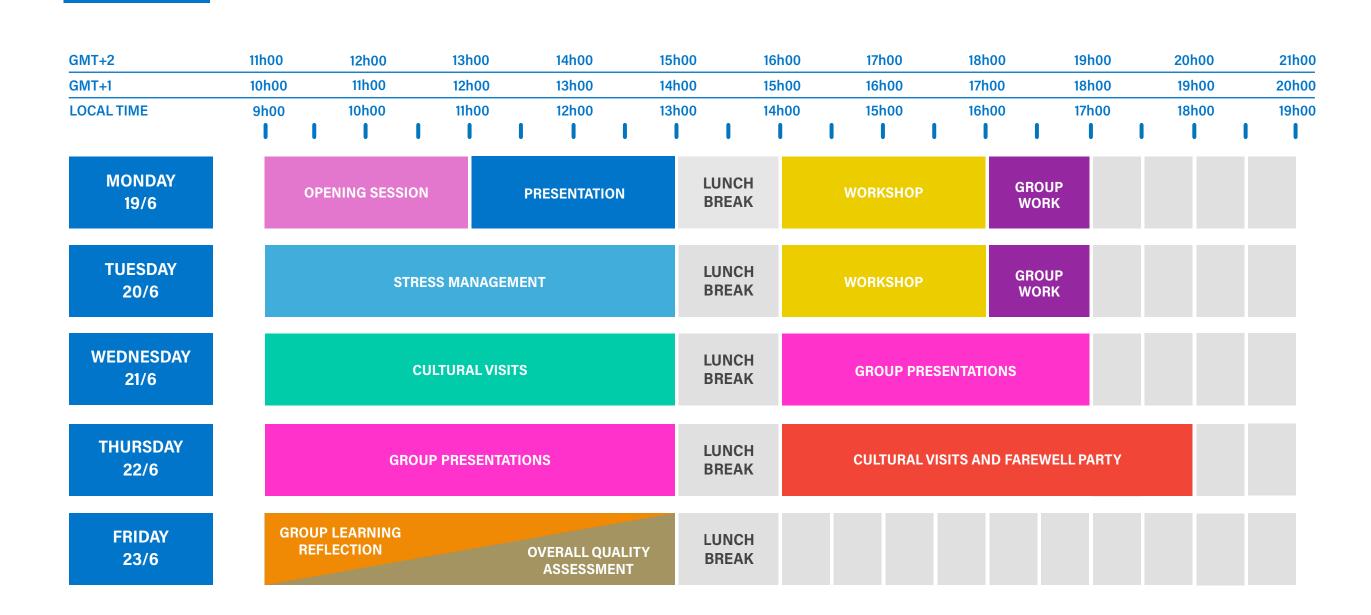
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PROGRAMME AT A GLANCE

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



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WEEK 1 +INFO: www.run-eu.eu

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

Synchronous Session

Welcome & Opening Session

MANAGEMENT

CONTEXTS

IN EDUCATIONAL

- 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.)



















WEEK 1 +INFO: www.run-eu.eu

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WEDNESDAY 31/5																AN	CTIONAL S D LOW-LE GOING STI	VEL	5		

Asynchronous Session

Functional Stress and Low-level Ongoing Stress

Free schedule

Individual Work

A Marta Fonseca (Polytechnic of Leiria)

lnputs

- 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



















WEEK 2 +INFO: www.run-eu.eu

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MONDAY 5/6																	PING STY D RESPON				

Asynchronous Session

Coping Styles and Responses

- Free schedule
- E 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 +INFO: www.run-eu.eu

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WEDNESDAY 7/6									EXPERIENCING MANAGING ST		

Synchronous Session

Experiencing and Managing Stress

(h) 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



















WEEK 3 +INFO: www.run-eu.eu

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MONDAY 12/6															S	AN	S WARNING ID SELF-CA STRATEGIE	ARE	NS		

Asynchronous Session

CONTEXTS

Stress Warning Signs and Self-Care Strategies

- Free schedule
- E 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



















WEEK 3 +INFO: www.run-eu.eu

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WEDNESDAY 14/6										ME AND MEN	EDIA FAL HEA	LTH		

Synchronous Session

Media and Mental Health

(h) 18h00-20h00

⊞ Group Work

A Maria Odília Abreu (Polytechnic of Leiria) Neal Whelan (TUS)

IN EDUCATIONAL

CONTEXTS

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 +INFO: www.run-eu.eu

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MONDAY 19/6		OPE	NING SESS	SION		PF	RESENTATI	ON			UNCH		١	WORKSHO	Р			ROUP ORK					

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

- (h) 11h00-13h00
- All lecturers
- Presentation of participants

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

- (h) 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



















WEEK 4 +INFO: www.run-eu.eu

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TUESDAY 20/6			S	TRES	S MANAGI	EMEN [.]	Г				UNCH BREAK		,	WORKSHO	P		GRO WO						

Stress management

- 9h00-13h00
- Team building
- Patrícia Pereira (Polytechnic of Leiria)
 Sandra Alves (Polytechnic of Leiria)
 Luís Filipe (Polytechnic of Leiria)

Managing stress in educational contexts

- (1) 14h00-16h00
- ₩ Workshop
- A Lisa Scott (TUS)

Preparation of presentations

- (h) 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



















STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS



WEEK 4 +INFO: www.run-eu.eu

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 LUNCH CULTURAL VISITS GROUP PRESENTATIONS BREAK** 21/6

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)
- El City tour and historical monuments

Group presentations

- (h) 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









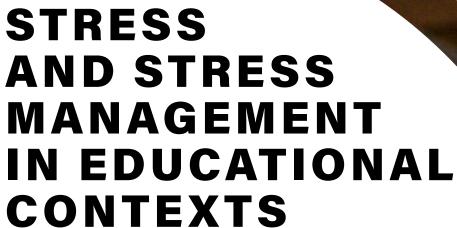














WEEK 4 +INFO: www.run-eu.eu

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THURSDAY 22/6			G	ROUP	PRESENT	ATION	IS			LUNC BREA			CULTURA	AL VISI	TS AND FA	AREWI	ELL 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

- (h) 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



















WEEK 4 +INFO: www.run-eu.eu

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FRIDAY 23/6			LEARNING ECTION		0	VERALL QI ASSESSM			LUNC BREA											

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















