

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

SECOND EDITION

6.NOV-1.DEC.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 3 weeks of online workshops and one intensive in-person workshop week, from 27 November to 1 December 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: Technological University of the Shannon Polytechnic of Leiria

DATE From **6 November to 1 December 2023**

Face-to-Face Week: Technological University of the Shannon, Limerick, Ireland 27 Nov - 1 Dec

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 level 8 and 9 study cycles.
Organisational networks of RUN-EU members.

HOW TO APPLY

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



DEADLINE FOR APPLICATIONS

29 September 2023

CONTACT DETAILS

Lisa.orourkescott@tus.ie

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

SECOND EDITION

6.NOV-1.DEC.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

Lisa O'Rourke Scott (TUS)
Marta Fonseca (Polytechnic of Leiria)

Lecturers

Lisa O'Rourke Scott (TUS)
Jason Palframan (TUS)
Neal Whelan (TUS)
Marta Fonseca (Polytechnic of Leiria)
Isabel Dias (Polytechnic of Leiria)
Maria Odília Abreu (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

Athlone/Thurles - Limerick: €36
Austria - Ireland: €270
Finland - Ireland: €380
Hungary - Ireland: €330
Portugal - Ireland: €270
The Netherlands - Ireland: €260

Subsistence

The subsistence grant for Ireland is €900, except for students who already come from TUS Limerick.

To be managed by Home Institution.

MEANS AND CRITERIA FOR ASSESSMENT

Written reflective summary of individual learning outcomes and self-care plan = 30%
Group presentation (during face-to face week) = 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.

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

SECOND EDITION

PROGRAMME AT A GLANCE

WEEK 1 ▪ 6-9.NOVEMBER.2023 ▪ ONLINE

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 6/11												WELCOME SESSION			OPEN FORUM ONLINE		
WEDNESDAY 8/11												FUNCTIONAL STRESS AND LOW-LEVEL ONGOING STRESS					

WEEK 2 ▪ 13-15.NOVEMBER.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			
MONDAY 13/11												COPING STYLES AND RESPONSES		
WEDNESDAY 15/11												EXPERIENCING AND MANAGING STRESS		

SHORT
ADVANCED
PROGRAMME

RUN REGIONAL
UNIVERSITY
NETWORK
EUROPEAN UNIVERSITY

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

SECOND EDITION

PROGRAMME AT A GLANCE

WEEK 3 - 20-23.NOVEMBER.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 20/11												STRESS WARNING SIGNS AND SELF-CARE STRATEGIES
WEDNESDAY 22/11												MEDIA AND MENTAL HEALTH

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STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

SECOND EDITION

PROGRAMME AT A GLANCE

WEEK 4 ▪ 27 NOV-1.DEC.2023 ▪ FACE-TO-FACE WEEK ▪ TUS

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 27/11	OPENING SESSION	PRESENTATION		LUNCH BREAK	WORKSHOP			GROUP WORK			
TUESDAY 28/11	STRESS MANAGEMENT			LUNCH BREAK	GUEST SPEAKER			GROUP WORK			
WEDNESDAY 29/11	MINDFUL EXPERIENCE OF LIMERICK			LUNCH BREAK	GROUP PRESENTATIONS						
THURSDAY 30/11	GROUP PRESENTATIONS			LUNCH BREAK	SOCIAL INTERACTION AND RELAXATION						
FRIDAY 1/12	GROUP LEARNING REFLECTION		OVERALL QUALITY ASSESSMENT	LUNCH BREAK							

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STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

SECOND EDITION

WEEK 1

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6 NOVEMBER

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 6/11											
										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
- Oral exposition of differences between 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

SECOND EDITION

WEEK 2

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15 NOVEMBER

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 15/11										EXPERIENCING AND MANAGING STRESS	

Synchronous Session

Experiencing and Managing Stress

- 🕒 18h00-20h00
- 👥 Group Work
- 👤 Lisa O'Rourke 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

SECOND EDITION

WEEK 3

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22 NOVEMBER

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 22/11										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

SECOND EDITION

WEEK 4

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27 NOVEMBER

MONDAY 9h00-17h00 - TUS

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 27/11	OPENING SESSION	PRESENTATION	LUNCH BREAK	WORKSHOP			GROUP WORK				

Opening Session

🕒 9h00-10h00

👥 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

🕒 10h00-12h00

👥 Icebreaker

👤 Neal Whelan (TUS)

📄 Stress in educational contexts - causes and effects

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

🕒 13h00-16h00

👥 Workshop

👤 Lisa O'Rourke Scott (TUS)

Maria Odília Abreu (Polytechnic of Leiria)

Preparation of presentations

🕒 16h00-17h00

👥 Group Work, Coaching

👤 Marta Fonseca (Polytechnic of Leiria)

Lisa O'Rourke Scott (TUS)

📄 Group work development for oral presentation with coaching support

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

SECOND EDITION

WEEK 4

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28 NOVEMBER

TUESDAY 9h00-17h00 · TUS

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
TUESDAY 28/11	STRESS MANAGEMENT			LUNCH BREAK	GUEST SPEAKER			GROUP WORK			

Stress management

- 🕒 9h00-12h00
- 👥 Team building
- 👤 Jason Palframan (TUS)

Preparation of presentations

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

Managing stress in the workplace

- 🕒 13h00-16h00
- 👥 Workshop
- 👤 Guest Speaker

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

SECOND EDITION

WEEK 4

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29 NOVEMBER

WEDNESDAY 9h00-17h00 - TUS

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 29/11	MINDFUL EXPERIENCE OF LIMERICK			LUNCH BREAK	GROUP PRESENTATIONS							

Mindful Experience of Limerick

- 🕒 9h00-12h00
- 👥 Team building
- 👤 Lisa O'Rourke Scott (TUS)
Marta Fonseca (Polytechnic of Leiria)
Maria Odília Abreu (Polytechnic of Leiria)

📄 City tour and historical monuments

Group presentations

- 🕒 13h00-17h00
- 👥 Group Work, Coaching
- 👤 Lisa O'Rourke Scott (TUS)
Marta Fonseca (Polytechnic of Leiria)
Maria Odília Abreu (Polytechnic of Leiria)

📄 Oral presentations of the group work developed

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

SECOND EDITION

WEEK 4

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30 NOVEMBER

THURSDAY 9h00-17h00 - TUS

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 30/11	GROUP PRESENTATIONS			LUNCH BREAK	SOCIAL INTERACTION AND RELAXATION						

Group Presentations

🕒 9h00-12h00

👥 Group Work, Coaching

👤 Lisa O'Rourke Scott (TUS)

Marta Fonseca (Polytechnic of Leiria)

Maria Odília Abreu (Polytechnic of Leiria)

📄 Oral presentations of the group work developed

Social Interaction and Relaxation

🕒 13h00-17h00

👥 Team Building

👤 Lisa O'Rourke Scott (TUS)

Marta Fonseca (Polytechnic of Leiria)

Maria Odília Abreu (Polytechnic of Leiria)

📄 Visit to the midwest region

STRESS AND STRESS MANAGEMENT IN EDUCATIONAL CONTEXTS

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WEEK 4

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1 DECEMBER

FRIDAY 9h00-13h00 - TUS

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 1/12	GROUP LEARNING REFLECTION		OVERALL QUALITY ASSESSMENT		LUNCH BREAK & CLOSE																	

Group Learning Reflection Overall Quality Assessment

🕒 9h00-12h00

👥 Team Work, Coaching

👤 A representative of the Institutional FASA

Lisa O'Rourke 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