

# WP4: Connecting and Experience Sharing

Piloting Report – CARDET, Christiana Karousiou



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<b>Partner/ Country:</b>	<b>CARDET/CYPRUS</b>	
<b>Dates of the training:</b>	<b>HEI Staff: 9/10/24 (Online) 30/10/24 (F2F)</b>	<b>Students: 04/10/24</b>
<b>No. of participants:</b>	<b>HEI Staff:15</b>	<b>Students: 30</b>
<b>Profile of participants (Knowledge, experience, gender and diversity profile)</b>	<b>HEI Staff:</b> The participants (N=15) in this piloting study are specialised in various fields, including education, philosophy, psychology, science, and pedagogy. Teaching experience ranges from 1 to 30 years. In terms of sex, the group consists of 13 female and 2 male.	
	<b>Students:</b> The participants in this piloting study consist of 30 students from the University of Nicosia and European University. These students are pursuing a degree in education. Their academic experience spans from first to third year of study. In terms of gender distribution the majority were female students with only 3 male participants.	
<b>How were participants recruited and selected?</b>	The project lead with their team visited university classrooms directly, engaging with students and explaining the study's objectives and benefits. This hands-on approach helped to foster interest and encourage participation, ensuring a wide range of perspectives were included in the pilot study. Participation was entirely voluntary, with no specific selection criteria, allowing any interested student to join.	
<b>How was/were the session(s) planned and organized?</b>	<p>The sessions for the AWARE project pilot training were planned and organized to ensure maximum participation and effectiveness. The pilotings with the students took place at the University of Nicosia on the 4th and at the European University on the 15th of October 2024. The project lead with their team engaged with students directly in their classrooms for 3 hours per session. During these sessions, the study was introduced, its objectives were explained, and the importance of student participation was highlighted. This direct engagement approach helped to foster interest and encourage a diverse range of students to join the pilot study.</p> <p>The training session for staff was conducted both via Webex, an online conferencing platform and a face to face meeting on the 30<sup>th</sup> of Oct. This method was chosen to accommodate the schedules of HEI staff and to facilitate participation from different locations. The Webex session was scheduled and organized to ensure that participants could attend and benefit from the training, since a few of them expressed difficulties in attending the f2f one and their only availability was in the beginning of October.</p> <p>After each session, feedback was collected from participants to assess their experience and identify areas for improvement.</p> <p>By combining direct and online engagement, the AWARE project pilot training was able to reach a wide audience and deliver a comprehensive</p>	

	these sessions ensured that they were effective and well-received by all participants.	
<b>Which modules were covered in the piloting activities?</b>	<b>HEI Staff:</b> All	<b>Students:</b> All
<b>Highlights and positive aspects of the training implementation</b>	<p>Participants reported high levels of engagement and motivation throughout the training. They strongly agreed that they were engaged during the learning sessions and motivated to explore and learn more about the topics presented. This indicates that the training successfully captured their interest and encouraged active participation.</p> <p>In terms of comprehension and knowledge acquisition, the training had a profound effect. Participants felt that they were able to learn key concepts and information effectively. They reported a strong familiarity with mental health and anxiety concepts, including how to detect and manage anxiety. Additionally, participants noted an increase in their knowledge about anxiety in HEIs and felt more capable of supporting mental health awareness within their institutions. Importantly, many expressed their intention to apply what they learned to real-world situations, demonstrating the practical relevance and effectiveness of the training.</p> <p>The user experience of the eLearning platform was also positively received. Most participants found the platform intuitive and easy to navigate, with minimal technical issues. They felt in control of their learning within the online environment, which contributed to a positive overall experience.</p> <p>Overall, the survey responses indicate a highly positive experience with the eLearning program, with strong engagement, comprehension, and user satisfaction. The feedback suggests that the program effectively increased participants' knowledge and capacity to support mental health awareness in higher education. However, there are opportunities to further enhance the experience by addressing technical issues and incorporating more interactive elements. Some suggestions for improvement included making the content more interactive and applying it during school conferences, which could further enhance the training's impact.</p>	
<b>Challenges, if any, experienced during the implementation and how they were managed</b>	Collecting and incorporating feedback from participants was crucial for the success of the pilot training. The project team established clear channels for feedback and encouraged participants to share their thoughts and suggestions. This feedback was used to make iterative improvements to the training content and delivery, ensuring that it met the needs and expectations of the participants.	

**Summary of feedback (please emphasis the impact of the training)**

The AWARE project pilot training, conducted in Cyprus, aimed to enhance the capacities of Higher Education Institution (HEI) staff and students in developing mental health awareness. The feedback collected from participants highlights the significant impact of the training on various aspects of their learning experience.

Overall satisfaction with the training was high, with the majority of participants expressing that they were very satisfied with the learning experience. Some suggestions for improvement included making the content more interactive and applying it during school conferences, which could further enhance the training's impact.

In summary, the AWARE project pilot training had a significant positive impact on participants. It successfully engaged them, improved their knowledge and understanding of mental health and anxiety, and equipped them with the skills to apply this knowledge in practical settings. The positive feedback and constructive suggestions will be invaluable for the final evaluation and impact analysis of the project, ensuring that it continues to meet the needs of HEI staff and students effectively.

**Quote(s) from participants (if available)**

**HEI Staff:**

"Participating in this training has increased my knowledge about mental health issues in higher education. I am eager to apply what I've learned in real-world situations."

"The training was engaging and informative. I feel much more confident in my ability to support mental health awareness within my institution."

The sessions provided me with valuable insights into mental health and anxiety. I now have a better understanding of how to detect and manage anxiety among students."

**Students:**

"Participating in this training has increased my knowledge about mental health issues in higher education".

"I am eager to apply what I've learned".

"The training content was relevant and well-organized."

Photographs/Screen  
shots of pilot  
implementation

Please annex this evidence to your Report



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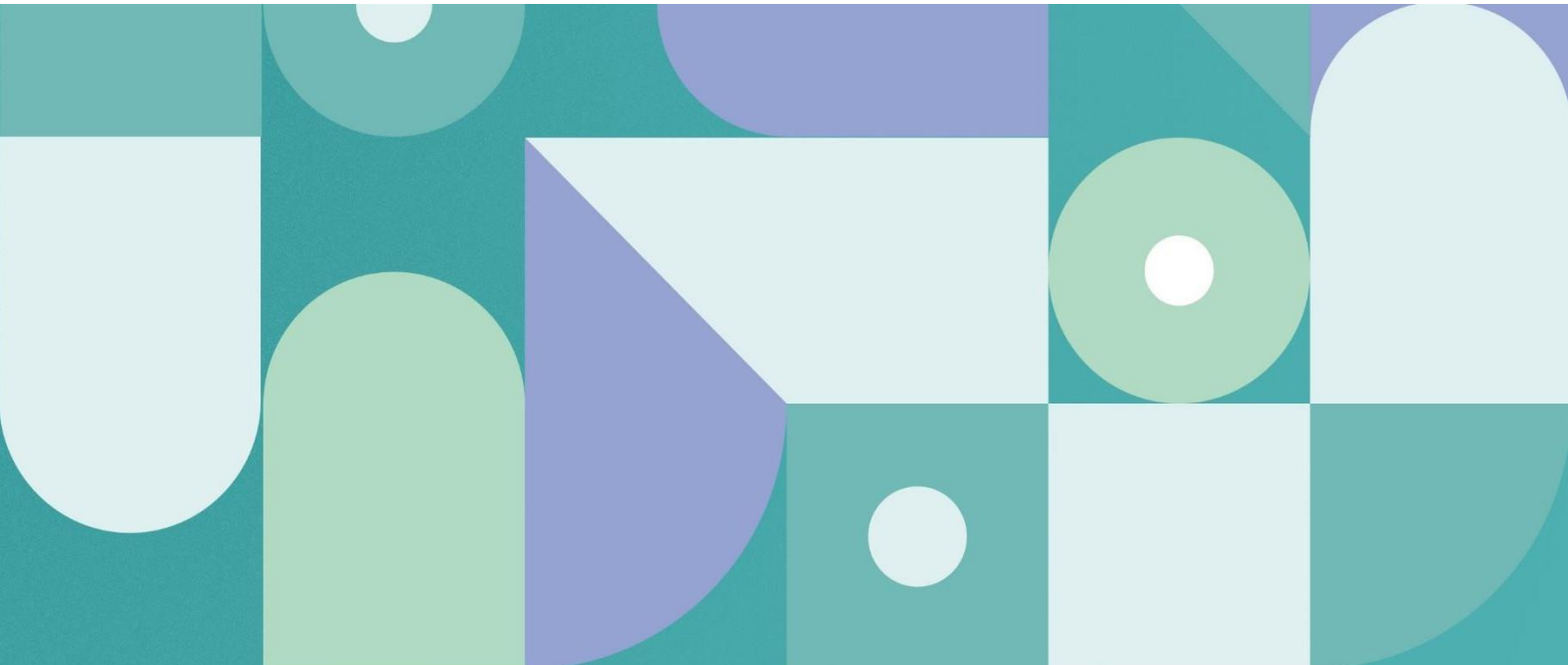
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## HE Staff training







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