

Increasing Anxiety awareness
in higher education during (post)
Covid-19 pandemic



2022-1-PL01-KA220-HED-000087038

WP4: Connecting and Experience Sharing

Piloting Report – KMOP Education Hub,

Panagiota Lafiatooglou



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the National Agency. Neither the European Union nor the grant provider can be held responsible for them.

Piloting Report

| | |
|--|--|
| Partner/ Country: | KMOP Education Hub - Greece |
| Dates of the training: | 16/9/2024 & 17/9/2024 |
| No. of participants: | 32 participants in total |
| Profile of participants (Knowledge, experience, gender and diversity profile) | <ul style="list-style-type: none"> • Higher education staff • Researchers • Lecturers • Academic staff • Health and well-being professionals |
| How were participants recruited and selected? | We sent out an invitation designed to capture the interest of potential participants. We referred to the aim of the pilots and the overall aim of the AWARE project. In the invitation, there was a registration link as well as information about the target groups for the pilots. |
| How was/were the session(s) planned and organized? | <p>We offered two different dates with different time slots to accommodate the schedule of working professionals.</p> <p>First, we introduced the AWARE project highlighting the overall aim and objectives. We then presented the website and explained the e-learning platform. We trained the participants based on the e-learning material. In the meantime, there was an interaction between the trainer and the participants throughout the session with questions, case studies and discussions around the topic.</p> |
| Which modules were covered in the piloting activities? | <p>The modules that are covered during the pilots are the following:</p> <ol style="list-style-type: none"> 1. Raising awareness of Mental Health in HEIs 2. Recognising and Addressing Anxiety 3. Skills and Strategies for Managing Anxiety 4. Professional self-care in the workplace 5. Building a Supportive Learning Environment |
| Highlights and positive aspects of the training implementation | The interactive format facilitated engagement between the trainer and participants, enhancing the learning experience. |

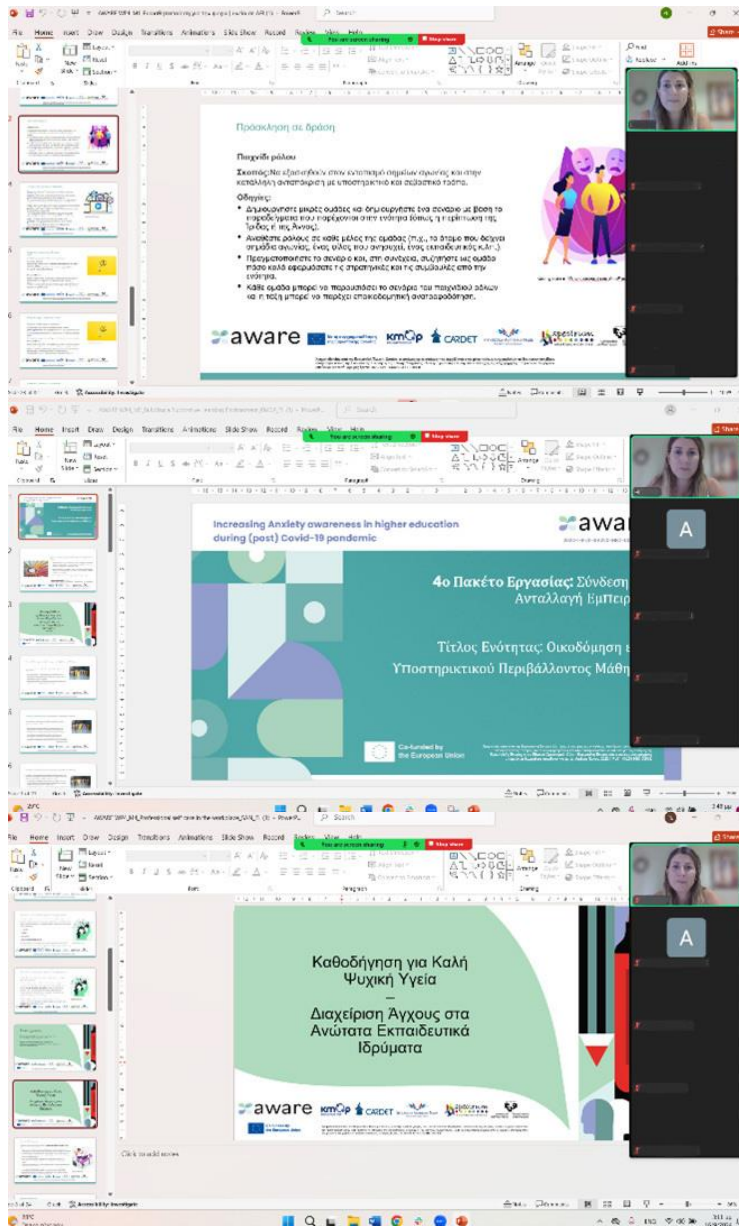


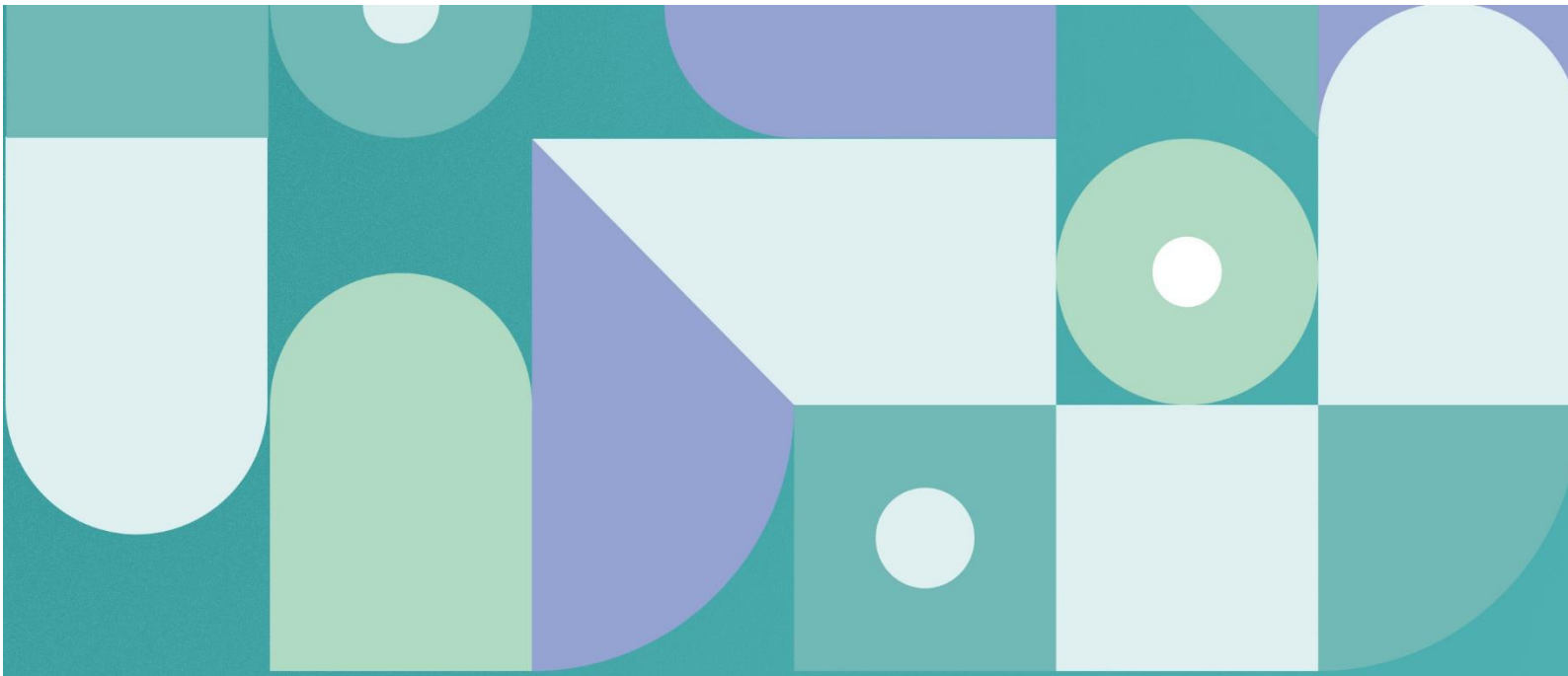
| | |
|--|--|
| Challenges, if any, experienced during the implementation and how they were managed | None. |
| Summary of feedback (please emphasise the impact of the training) | <p>Based on the participants' feedback:</p> <ul style="list-style-type: none"> - They felt encouraged to participate and share their insights on the topics discussed throughout the session. - Participants generally familiarised themselves with mental health issues in higher education institutes, particularly the concepts of anxiety. - They learned new strategies and models for supporting students. - The majority indicated they would implement these strategies within their university communities. - Additionally, participants found the e-learning experience intuitive and easy to navigate. - Last but not least, all participants are satisfied with the overall learning experience. |
| Quote(s) from participants (if available) | <p><i>“This training is invaluable for educators and anyone involved in supporting others. It equips us with practical tools to make a real difference in people’s lives, fostering a more empathetic and supportive environment.”</i></p> |
| Photographs/Screen shots of pilot implementation | See annex 1. |



Annex 1

Photographs/Screenshots of pilot implementation:





www.awareformentalhealth.eu

