

WP4: Connecting and Experience Sharing

Piloting Report – Społeczna Akademia Nauk,
Agata Matuszewska-Kubicz



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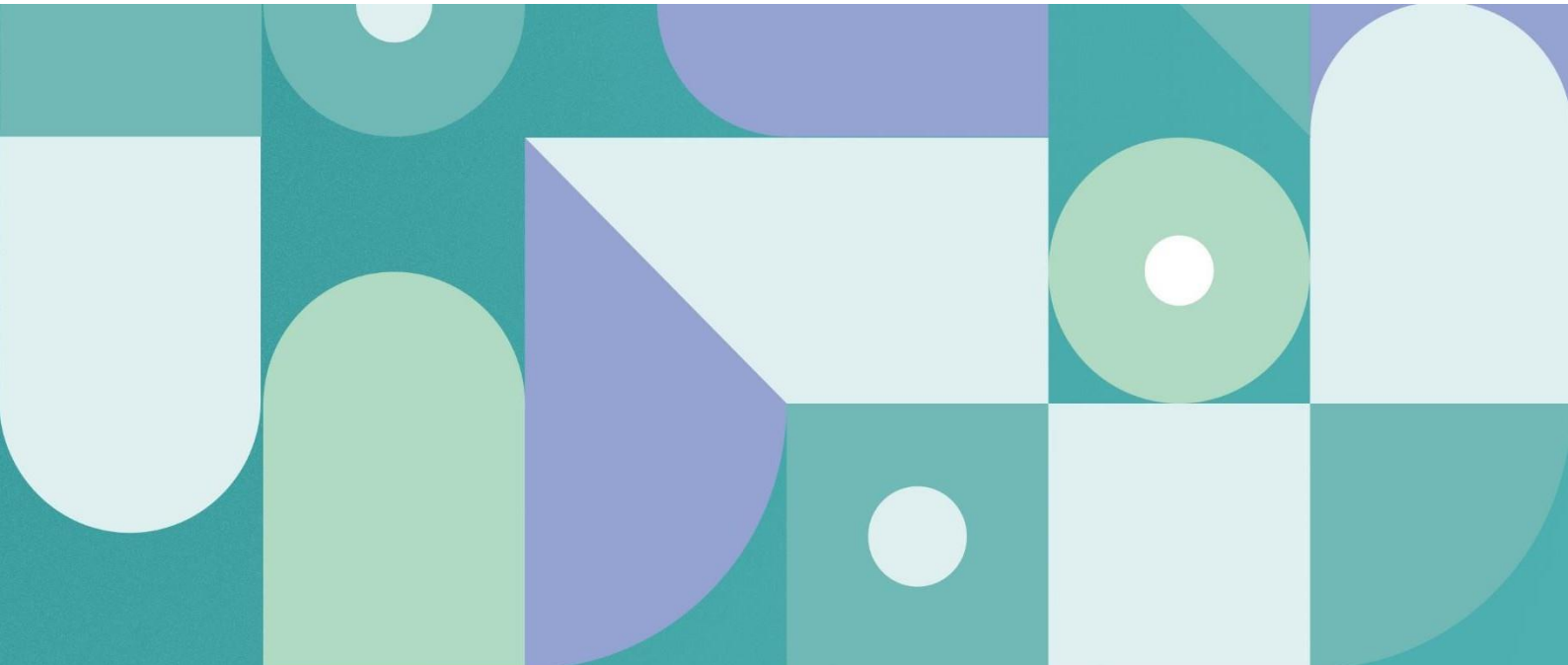
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Pilot Implementation Report

Partner/ Country:	SAN / Poland	
Dates of the training:	HEI Staff: 28.10.2024	Students: 30.08.2024
No. of participants:	HEI Staff: 21	Students: 18
Profile of participants (Knowledge, experience, gender and diversity profile)	HEI Staff: Academic teachers from SAN, mostly in the field of management.	
	Students: SAN students from various fields interested in mental health.	
How were participants recruited and selected?	All participants were recruited via e-mail.	
How was/were the session(s) planned and organized?	<p>The workshops for students were held in an onsite form at the SAN headquarters in Warsaw. There were two workshops (two groups), each lasting 1.5 hours.</p> <p>The workshops for HEI staff were held in a remote form using MS Teams. There was one workshop for one group, which lasted 1.5 hours.</p>	
Which modules were covered in the piloting activities?	HEI Staff: <ul style="list-style-type: none"> • M5 - Building a Supportive Learning Environment • M4 - Professional self care in the workplace • Partly M1 - Raising awareness of Mental Health in HEIs 	Students: <ul style="list-style-type: none"> • M2 - Recognising and Addressing Anxiety • M3 - Skills and Strategies for Managing Anxiety • Partly M1 - Raising awareness of Mental Health in HEIs

Highlights and positive aspects of the training implementation	<p>The positive aspect of the piloting was that we managed to recruit quite a large group of participants, both students and HEI staff. Participants, especially students, also emphasised the high importance of the topic of building self-awareness of mental health. Students were keen to participate in the exercises and were engaged during the workshops.</p>	
Challenges, if any, experienced during the implementation and how they were managed	<p>The only challenges were related to organisational issues: choosing a suitable date for the piloting and recruiting participants, but finally the piloting was successful.</p>	
Summary of feedback (please emphasis the impact of the training)	<p>Summarising the feedback from the post-piloting evaluation questionnaires, the majority of participants, both students and HEI staff, selected 'Agree' and 'Strongly agree' responses, which may indicate a positive perception of the training. Participants rated their 'Engagement and Interest' highly. In the area of 'Comprehension and Knowledge Acquisition', among other things, they rated highly the level of familiarity with the concept of mental health. Participants also rated the user experience and their overall satisfaction with the learning experience positively.</p>	
Quote(s) from participants (if available)	HEI Staff: -	Students: -
Photographs/Screen shots of pilot implementation	<p><i>Photographs of the implementation are available on request.</i></p>	
For the training with HEI Staff please include screenshot of participants' attendance	<p><i>Photographs of the implementation are available on request.</i></p>	



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