

Title of course: **Wellbeing and Resilience in Care and Education**

Lecturer: **prof. Anna Odrowąż-Coates**

Course description: Course content based on the research findings from the EU-funded project EDUCATORE: End of Disaster: Undoing Crisis. Active Tutors Open to Reflective Education.

The course is aimed to enhance skills and knowledge in the area of building well-being and resilience in a professional environment, especially in care and education.

The course tutor will take you on a journey to self-discovery, and help you enhance your coping mechanisms, stress-elevating strategies and relaxation techniques. You will become familiar with the outcomes of studies into well-being and resilience in education. You will learn how to foster the key components for well-being and resilience for yourself and for those around you, particularly children and youth you may work with, as well as other beneficiaries of your professional career path. The course is an excellent opportunity to discuss scientific knowledge and the state of arts in the subject area as well as provides practical tools and paths to put this knowledge into practice.

Subjects:

- Introduction to self-care and self-awareness.
- Research findings from wellbeing and resilience studies.
- Toolkit for well-being and resilience in the care sector and education.
- Practical methods to enhance personal well-being and resilience and how to cascade it to the students/pupils/children/social work clients.

Practising:

- self-awareness “Get to know yourself first before you can get to know others” (Janusz Korczak 1912)
- reflectivity
- empathy
- relaxation techniques and coping mechanisms

Encouraging:

- self-care
- volunteering
- community embeddedness

Required readings

Obligatory:

Dolan, P. (2022). Social support, empathy, social capital and civic engagement: Intersecting theories for youth development. *Education, Citizenship and Social Justice*, 17(3), 255–267. <https://doi.org/10.1177/17461979221136368>;

Dolan P, Brady B (2014) *A Guide to Youth Mentoring: Providing Effective Social Support*. London: Jessica Kingsley Publishers.

Pfefferbaum, B. J., Reissman, D. B., Pfefferbaum, R. L., Klomp, R. W., & Gurwitch, R. H. (2007). Building resilience to mass trauma events. In L. S. Doll, S. E. Bonzo, J. A. Mercy, & D. A. Sleet (Eds.), *Handbook of injury and violence prevention* (pp. 347–358). Springer Science + Business Media. https://doi.org/10.1007/978-0-387-29457-5_19

Norris, F. H., S. P. Stevens, B. Pfefferbaum, K. F. Wyche, and R. L. Pfefferbaum. 2008. “Community Resilience as a Metaphor, Theory, Set of Capacities, and Strategy for Disaster Readiness.” *American Journal of Community Psychology* 41 (1–2): 127–150. doi:10.1007/s10464-007-9156-6.

Emotional Aid <https://emotionaid.com/wp-content/uploads/2023/01/EA-Flayer-5STEPS-English.pdf>

UNESCO Minding Our Minds During COVID

<https://unesdoc.unesco.org/ark:/48223/pf0000374578/PDF/374578eng.pdf.multi>

To choose from:

Research data by Mooli Lahad from Israeli Centre of Trauma

Resources: <https://www.hhri.org/hhri-database/>, training: <https://www.icspc.org/en/cspc-disaster-managment/>

Scheier, M. F., Matthews, K. A., Owens, J. F., Schulz, R., Bridges, M. W., Magovern, G. J., & Carver, C. S. (1999). Optimism and rehospitalization after coronary artery bypass graft surgery. *Archives of Internal Medicine*, 159(8), 829–835.

Carver, C. S., Pozo, C., Harris, S. D., Noriega, V., Scheier, M. F., Robinson, D. S., ... Clark, K. C. (1999). How coping mediates the effect of optimism on distress: a study of women with early-stage breast cancer. *Journal of Personality and Social Psychology*, 65(2), 375–390.

Carver, C. S., Scheier, M. F., & Segerstrom, S. C. (2010). Optimism. *Clinical Psychology Review*, 30(7), 879–889.

Seligman, M. E. P. (2007). *The optimistic child: A proven program to safeguard children against depression and build lifelong resilience*. Houghton Mifflin Harcourt.

Seligman, M. E. P. (2006). *Learned optimism: How to change your mind and your life*. Vintage.

Seligman, M. E. P., & Csikszentmihalyi, M. (2000). Positive psychology. An introduction. *American Psychologist*, 55, 5.

The Mind Manual <https://mindapples.org/you/books/mindmanual/>

Surrounded by Idiots <https://www.surroundedbyidiots.com/en/books/surrounded-by-idiots/>

Selected passages from Janusz Korczak's work.

Assessment: Participation, small group and individual tasks that enhance wellbeing and awareness how to foster it.