



Would You MindSet

2023-1-1TR01-KA220-SCH-000155031

Learning activity

1ST - 5TH JULY 2024

MONDAY | 1ST JULY

09:30 h. Accreditation and Welcoming Session.

Short presentation of the organizations and participants.

Ms. María Luisa Rubio Orús. Teacher.

10:00 h. Introduction to Mindset. The motivation.

Explore Carol Dweck's fixed and growth mindset theory.

11:15 h. Coffee break.

11:45 h. Role-playing and debate. The growth mindset theory.

14:00 h. Welcome lunch (MiSecreto).

TUESDAY | 2ND JULY

Ms. María Luisa Rubio Orús. Teacher.

Mr. Arturo J. González Ascaso. Teacher.

09:30 h. Curriculum development.

10:00 h. What is a goal? Different approaches.

Self-regulation: resilience and procrastination.

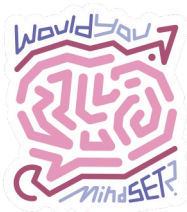
11:15 h. Coffee break.

11:45 h. Skills and Study Habits.

Teach effective study techniques.

Create an interactive workshop where participants develop a personalized plan to cultivate consistent and effective study habits.





TUESDAY | 2ND JULY

Cultural visit 18:00 h.

WEDNESDAY | 3RD JULY

Ms. Cristina Díaz Dobarro. Mindfulness Expert.

09:30 h. Introduction to Mindfulness and its relevance.

10:00 h. Mindfulness Practices for Stress Management.

10:45 h. Promoting Self-Efficacy Through Mindfulness.

11:15 h. Coffee break.

11:45 h. Group discussion on how these techniques can be implemented regularly.

12:30 h. Promoting Holistic Well-being.

13:00 h. Final reflections.

THURSDAY | 4TH JULY

Ms. María Luisa Rubio Orús. Teacher.

09:30 h. Principles of inclusive education.

10:00 h. Strategies for managing diversity in the classroom.

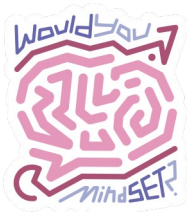
11:15 h. Coffee break.

11:45 h. Creating an inclusive and respectful classroom environment.

THURSDAY | 4TH JULY

Social dinner 21:00 h.





FRIDAY | 5TH JULY

Ms. Arzu Kirayoğlu. Teacher.

10:00 h. Feedback and Formative Assessment.

Teach effective methods for providing constructive feedback and how to implement formative assessment to support continuous learning.

11:15 h. Coffee break.

11:45 h. General conclusions. Learning activity assessment. Certificates.

12:30 h. Coordinators meeting.

LOCATION

ESIC

Vía Ibérica, 28

50012 Zaragoza

<https://maps.app.goo.gl/n2QUcJxPd8SbRGNeA>

