



# ***STUDENT AND TEACHER WELL-BEING IN CLIL***

## **PROVISIONAL PROGRAMME AND ORGANISATIONAL DETAILS**

Course location: Oulu or Rovaniemi

### **PROGRAMME**

Arrivals and settling into accommodation

#### **Monday**

Orientation, introductions

Perspectives on well-being and wellness (key terms)

Scope of well-being concept (e.g. subjective vs objective, social, physical, digital)

Factors impacting student and teacher well-being in general

CLIL Essentials – identifying CLIL features that promote well-being

Discussing implications of day's learning and planning for next steps in your context

Debriefing

#### **Tuesday**

Socio-emotional learning (SEL) elements

Reviewing research on the impact of socio-emotional competence on learning

Exploring tools for building socio-emotional competence

Growth and fixed mindsets

Strategies for building a growth mindset

Discussing implications of day's learning and planning for next steps in your context



## Wednesday

Exploring subjective well-being

- best practice in measuring subjective well-being
- how to measure it
- typical questions
- what to do with what you learn

Reflecting on factors influencing your own well-being

Strategies increasing well-being in you school

Digital well-being - cyber-safety

Ways of decreasing bullying (face-to-face and cyber)

Discussing implications of day's learning and planning for next steps in your context

## Thursday

Empathy what it is and what role does it play in well-being and learning

Activities for enhance empathy

Impact of physical movement on learning (research overview)

How to integrate movement into lessons in order to increase learning

Discussing implications of day's learning and planning for next steps in your context

Cultural field trip (fees may apply)

## Friday

Words / Language matters - Strength-based vocabulary

Summarising elements of student and teacher well-being in CLIL

Presenting and sharing ideas and plans created during the week

*Course evaluation, certification, farewells, departures*

## ORGANISATIONAL DETAILS

### Course venue

Oulu Art Museum, Kasarmintie 9, Oulu

<https://www.ouka.fi/oulu/luuppi-english/oulu-museum-of-art>

or

Hotel Aakenus, Koskikatu 47, 96100 Rovaniemi

<https://hotelliaakenus.net/en/>



<b>Course facilitators</b>	Peeter Mehisto, UCL Institute of Education, UK/Estonia Tuula Asikainen, CLILedu, Finland
<b>Primary course aim</b>	To support participants in gaining a deeper of understanding of: <ul style="list-style-type: none"><li>• student and teacher well-being</li><li>• how well-being impacts student learning, and</li><li>• what measures can be taken to increase well-being and thereby learning.</li></ul>
<b>Daily schedule</b>	09:00 – 16:00 (including 1-hour lunch break, other shorter breaks will be jointly agreed upon)
<b>Course fee</b>	470€ per participant (400€ for tuition & materials & 70€ administrative costs)
<b>Certification</b>	Certificates of attendance specifying the total number of hours and the main course contents will be awarded. Europass certificates will be issued on request.
<b>Course organiser</b>	<b>CLILedu</b> , Notaarintie 1 b 26, 90650 Oulu, Finland <b>Business ID &amp; VAT</b> number (= Fiscal code) FI17430621 <b>OID</b> : E10213087