

İFADE YÖNTEMLERİ KURSU

Uzmanından/Ücretsiz/Sertifikalı

Tarihler: 10/11/13/14 Haziran

Saatler: 09.00-15.00 arası

Yer: Arşiv

Başvuru: Mustafa TUNÇ
(Başvurular Şahsen
Yapılacaktır)

Son Başvuru Tarihi: 31 Mayıs
Cuma

Kontenjan: 22

Eğitim Konuları:

Etkili İletişim Eğitimi
Diksiyon Eğitimi
Beden Dili Eğitimi
Sunum Teknikleri
Eğitimi

Eğitimci: Tuğba KAPLAN



ERASMUS+
Counselling at Schools



Erasmus+





TURKEY: As a part of our Erasmus+ Counselling at Schools project we organized a 5-day self-development course. The course continued 5 hours each day. Our expert was Tuğba Kaplan from Rota Gelişim. In total, 21 students attended the course, and they really liked her style and found the course helpful. Some of the subjects covered by the course were effective communication skills, body language, diction, and phonetics. We can say that this intensive five-days program has fundamentally changed the perspective of some of our students.

POLAND: You certainly have met people who made fantastic impressions and who you listened to with bated breath. What characterized them? What did they do or say that kept everyone focused on their performance? They certainly had charisma. The only question is what is this magical charisma? And how to get it? It turns out that great speakers, charismatic people on the stage, and showmen have similar behaviors. Behaviors that you can practice.

We also dream about being confident enough to stand in front of a big audience and give our speech so that we will hold people's attention for a longer time. To achieve this skill, we invited a professional to coach us and give us useful tips on what to do and how to behave. In April 2019, 30 students, all of them from the second grade, took part in a self-presentation course.

We learned that a good performance is influenced by the first impression you make, your body posture, how you are gesturing, what emotions are on your face. Equally important is how you use your voice.

To constitute a person who feels strong about themselves, you need to take all these factors into consideration. There are several steps to be successful: get ready for what you need to do, make a good first impression, during your speech remember about your attitude, gestures, voice modulation and choose the content consciously – words are important. It turns out that what is assessed in the first seconds of the meeting is: body posture, eye contact, smile, facial expression, clothes and accessories, gestures, tone of voice and manner of speaking and even the smell.

We enjoyed the course and the short workshop that followed it enormously. Nobody was bored, as Ms. Barbara Janyga –Jońca, our trainer is a very dynamic

and charismatic person, and she was able to keep our attention focused on the course all the time. She provided us with an enormous number of useful and practical pieces of advice which we can introduce to our everyday performance.

The most important one we received is that we create our own image ourselves. So, we are the ones who can influence it.

ROMANIA: In January 2019, a personal development course was launched. The course opened with discussions, student reflections on the learning process and with a group counseling activity ‘Effective Learning Skills’. Activity of counselling and guidance can provide the framework for a program to develop effective learning skills that can enrich the learning experience of students. This activity was attended by 20 students, divided into two groups. The objectives of the counseling activity were:

- awareness of the importance of learning for personal and professional life.
- self-evaluation of school performance.
- identifying effective learning skills that can lead to school success.
- promoting effective behavior during classroom classes.
- researching and analyzing the various case studies presented.
- providing effective learning suggestions.
- promoting cooperation and communication within a group.
- respecting the differences between the members of the group.

In February 2019, the group counseling activity was done on ‘Effective memorizing techniques in learning.’ The purpose of the activity was to train an intellectual work style by acquiring effective memory techniques to achieve school success. This activity was attended by 20 students, divided into two groups.

BULGARIA: On 08.02.2019 we had a training on ‘Memory and communication’. Students were divided into small groups with specific tasks. They had to examine closely the flow of their own cognitive processes and communication skills. Through the interactive work, the students explored their communication and memory skills in a fun way.





TURKEY: As part of Erasmus+ project Prof. Dr. Sinan Canan visited our school ‘Cağaloğlu Anatolian High School’. We would like to mention his speech briefly.

What is the best thing you can do right now? In our daily lives we neglect asking this question to ourselves. The best thing you can do now is the most pleasurable one. How many people around you are doing the job that they have been educated for? If they do, are they appropriate people for it? We are all created for specific and unique aims. When we find our aim and be truly who we are we will find real success. But what kind of

success are we talking about? Earning lots of money? Having occupational prestige? No, none of them is real success. Success does not have a specific definition. Success is being happy with who you are.

The secret is discovering our passion and acting. Do you want to do your dream job, be happy and reach success or do you want to be ordinary like millions? **MAKE YOUR DECISION!** At the end of the meeting, we were grateful for Prof. Dr. Sinan Canan’s inspiring speech.



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Öğrenme, Beyin ve Yaratıcılık



PROF DR. SİNAN CANAN



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Investing in Europe





P5 02-2019 (MEETING A PROFESSIONAL AT SCHOOL) (Activity Type: National)

ROMANIA: In February 2019, Mr. Cristian Spiridon was invited to the Technological High School “Peter Rares” Barlad. Mr. Cristian Spiridon has a successful business in the field of agriculture in the northeastern part of Romania.

This activity was attended by 24 students. The students were interested in obtaining information about the characteristics of private companies, to get acquainted with the business environment, about the spe-

cific tasks and activities of an entrepreneur, about the nature of working relationships in a private company, and to identify the advantages of an entrepreneurial career.

The students asked questions about the number of employees, the company’s facilities, and the importance of knowing foreign languages for the business environment.



BULGARIA: On 25.02.2019 we held a meeting with a representative of the notary profession. Mrs. Ivanka Basheva accepted our invitation on February 25, 2019. In the meeting students from 9th, 10th and 11th grades asked questions about the profession of notary and about the duties and responsibilities she

had. Initially, she introduced herself and explained briefly what exactly a notary is. After that the students started asking their questions. Ms. Basheva explained what exactly the requirements for this profession are.





POLAND: Magdalena Jeż: On 21st of March, the day spring starts, we invited Ms Magdalena Jeż to come to school and meet our students. We invited her to talk about how she started her own business, called AQUARIUM, one of the most popular and trendy clubs and coffee places in Bielsko-Biała. It is in the very centre of our city, in the same building which houses the art gallery and next to the puppet theatre Banialuka.

Magdalena Jeż graduated from our high school, which made the students even more interested in meeting her and talking about their career prospects. Magdalena has always been closing to various cultural events being held in the city. She wanted to become a part of them and participate in the cultural life in Bielsko herself. She studied Ethnology and Anthropology of Culture. After graduating from university, she took several low paid jobs connected with culture and art. Throughout this time she was looking for her own place in life. Eventually, she came up with the

idea of creating a space where young people can meet to watch a good movie, listen to music (quite often it is live music, especially jazz), meet the travelers sharing their experience and do other things. Many people tried to discourage her but against all odds she opened AQUARIUM, the club which has become the heart of cultural life in our city. The club is also popular among parents with young children, as it organizes meetings with writers who read their stories to the kids. You can take part in all these activities drinking freshly brewed coffee and eating home-made cake.

Magdalena Jeż told us we should not give up and we must follow our dreams. You must be persistent and believe in yourself and your goals. The key to success is hard work and doing all the jobs the best you can. Even little and seemingly unimportant task might turn out to be crucial in your future career. There might be many obstacles on your way but if you want to succeed you sometimes need to go against the flow.





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