



TURKEY: As Turkish team with the financial support of Erasmus+ project we have arranged a six-week speed reading course at our school. 33 students applied to attend, and 22 students joined the course and they found it helpful. Dr. Orkun Yaycılı from Istanbul University was our expert. Students ad-

mired him from the very beginning of the course, and they completed all the lessons without skipping any of them. At the end of the course students were happy to have their attendance certificates. It was a big opportunity for the students who did not have chance to join international activities of the project.



POLAND: People in the 21st century is exposed to a constant rush, and thus to STRESS. You can call it the disease of our times. Stress also affects high school students, they are stressed all the time – during an exam, while answering a teacher’s question, giving a speech in front of other people. Therefore, as part of the Erasmus + project, we decided to organize a short stress management course for our first-grade students. It was held on Tuesdays, 12th and 19th of February 2020 and consisted of two 2-hour sessions per each class (we invited two classes.) The first one was informative, providing students with basic background knowledge about stress whereas the second one taught them the ways of combating stress. The classes were conducted by Ms Ewa Gaździcka – Kowalska, an outstanding specialist in this field, who has been dealing with youth problems for over 20 years. A total of 58 students participated in them.

We realize that stress can be both mobilizing and, especially when it is prolonged, harmful, or even completely destructive, causing irritation, mental break-

down, or depression. That is why we need to know more about it. The workshop aimed at providing the students with basic facts. In fact, there are several symptoms of chronic stress which we cannot ignore

- heart and circulatory system diseases,
- headaches,
- migraines,
- backaches,
- digestive problems,
- stomach ulcers,
- weight problems,
- problems with the skin,
- hair loss,
- breaking nails.

How to deal with stress? These are easy to follow clues given by our expert which everybody can apply in their life:

1. Sit down and think about what is influencing your stressful thoughts. A great solution may be to write down all problems on a piece of paper. It is a great idea to write down the pros and cons of given solutions.

2. Listen to music. It is music that positively affects our nervous system. Putting on your favorite song can bring you relief.



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3. Be active! Physical activity has a positive effect on our entire body. It has been known for a long time. It also has a beneficial effect on coping with stress.

4. Get help - talking to a loved one can change our attitude and comfort us. If you do not have a close person, you can also consult a psychologist or psychotherapist. It is not a bad thing. Each of us has problems. Worse moments can happen to anyone, and this should not be underestimated. The most important thing is the willingness to cooperate.

5. Sleep! Sounds weird, but it still works. Sleep is one of the most necessary things in our lives and we must not neglect it! You need approximately 7-8 hours of sleep. It is worth going to bed and getting up at the same time. Thanks to this, you will teach your body a certain habit.

7. Do something that makes you happy. Go for coffee / tea, to the movies, and shopping. Let yourself be carried away by the moment. Sometimes such simple and banal things that we forget about every day can dramatically improve our mood, make us stop worrying and worry about unimportant matters.

8. Drink plenty of water and eat properly. How we eat affects our whole life.

9. Stop using social media. It is possible that you are dependent on opinions on social networks. Too few likes, perfect bodies on Instagram, perfect life that you do not have, because it doesn't really exist. Each of us shows the best in the media. Creates the perfect life. Think to what extent you live with what appears there and how it affects you. Instead of saying hello to the day on Facebook, do a short workout.

10. Smile. It turns out that each type of smile has a positive effect on the body. Smiling reduces the heart rate in stressful situations. As a result, it relieves stress and has a positive effect on the entire body. One big smile can give us a lot of energy and a kick of motivation!

We hope that everyone finds some useful information which will help them overcome stress in everyday life and make it easier for them to handle difficult situations at school





ROMANIA: In May 2019, within the Erasmus + project “Counseling at schools”, the activity “Useful tools in time management” took place. This activity was attended by 24 students, divided into 2 groups. The purpose of the activity was to develop effective time management skills for students. At the beginning, the students introduced themselves through an exercise called “Lost Luggage”. Each participant wrote down 5 things they usually take on a trip. These can be material, as well as certain qualities, feelings, personality traits. Then they learned about the concept of “speed reading” and how it can be applied to school to get good results. Students learned various techniques of efficient time management, for example the strong method:

STRONG method:

- Make a list of activities!
- Observe and estimate the time required!
- Set aside time for unplanned tasks!
- Set your priorities!
- Assess your performance at the end of the day!

The activity ended with a confrontation on dilem-

mas regarding the importance of time in our lives. Large sheets of paper were prepared in advance on which the following sentences were written:

- Time can always be planned
- Time is more important than money
- Young people have more free time than adults

From the positions adopted (agree or against), the groups formed at each display of a “dilemma”, begin to explain their choice and convince those in the other group that they are wrong and not right.

In January 2020, the students from the target group of the Erasmus + project “Counseling at schools” participated in the counseling activity “Teamwork”. This activity was attended by 24 students. The objectives of this activity were: to correctly perceive relationships, attitudes, behaviors that determine the functioning of a work team and to know the responsibilities within a work team.



BULGARIA: On 11.06.2020 we held a speed-reading training on the project “Counselling at Schools”. The lecturer was Stefka Alexandrova. There were 25 students involved in the project. Through practical exercises, the children realized their own way of reading and learned new techniques for speed reading. In the beginning, they detected the speed of reading by the method taught in school - concentrating on a few words, using auditory and visual

analyzer, associative thinking.

After the lecture on new reading techniques, students tried to concentrate on the whole page of a book, use only a visual analyzer when reading, and use systematic thinking. They all found the differences between the two ways of reading and the need for long-term training to learn and use new speed-reading techniques.



