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SELF-MANAGERS WORKSHOPS SCENARIO ERASMUS+ PROJECT

“helping and Learning wiThout borderS”

2020-1-PL01-KA229-082145

EU GRANT: 195.278,00 EUR

Topic: Self-Managers.

Participants: 21 students from five partner schools: Mäntsälän lukio from Finland (Mäntsälä), Escola Secundária Jaime Moniz from Portugal (Funchal, Madeira), IES CAYETANO SEMPERE from Spain (Elche), 5th General Lyceum of Thessaloniki from Greece and Liceo delle Scienze Umane e Linguistico "Danilo Dolci" from Italy (Sicily, Palermo), 21 students from IX LO im. Wisławy Szymborskiej w Sosnowcu from grades: 3TP, 2TP, 4DP, 2EP, 3M, 2MJ, 4CP.

Main language: English.

Date: 5.12.2022.

Teacher: Katarzyna Baca

Link to prior knowledge*:

Developing the six personal learning and thinking skills. Students have previously explored and practised the themes: Reflective Learners, Working in Teams, Effective Participants, Creative Thinkers.

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Lesson objectives:

To analyse different areas of one's life in terms of 'self-management' competence.
To extract concrete examples from my own life when I manage myself effectively (from the level of abstraction to the concrete ideas).
Learning from each other - sharing good practices, gaining new life ideas on how to manage myself and my life in a better way.

Course of the lesson (indicating methods, forms and activities):

methods:

- Teaching method
- thinking routine to trigger critical thinking - wandering cards
- brainstorming

Forms: individual work, teamwork

1. Welcoming the participants to the workshop;
2. Introducing the purpose and topic of the workshop;
3. Introduce students to the basic areas of self-management in the context of school and life balance - what is self-management? why is self-management hard? where to start?
4. Working in international teams. Pupils divided into 7 teams of 7-8 pupils. Each team is given a sheet of paper with a topic. The team's task is to write as many practical real-life examples as possible for the given topic. Every 3-4 minutes, on the teacher's command, teams move to other cards, clockwise. The teams read what is written on the card and have to add further ideas, solutions, tips. And so on in turn, as many changes as there are teams, so that teams return to their starting cards.

Topics for discussions:

- I can manage my health (physical and mental well-being).

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- I can manage my time.
- I can manage the space in my room.
- I can manage my learning process.
- I can manage my emotions.
- I can manage my relationships with other people (family, friends, mates).
- I can manage my energy.

5. Work Presentation.
6. Putting teaching aids and the room in order;

Notes and additional exercises:

Analysis of completed works.

Materials and teaching aids: Colourful bristol, markers, laptop and display - multimedia presentation.

Adjustments in terms of:

- **dividing tasks into stages;**
- **difficulty grading;**
- **checking comprehension of instructions;**
- **after several changes of the cards, give pupils more time in groups to read the answers already written down.**

PREPARED BY
MGR KATARZYNA BACA



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