

Staff Week

Hosting Institution:	UG
Staff Week Title	Empowering Minds: A Staff Week for Mental Health & Neuroinclusive Teaching General Information
Abstract: (few lines describing the staff week that SEA-EU partners can use for dissemination)	<p>This three-day staff development program aims to enhance knowledge, skills, and competencies in supporting mental health and fostering neuro-inclusive environments within higher education.</p> <p>Day 1 introduces key concepts in mental health and neurodiversity, exploring challenges faced by students and staff while addressing ethical and legal considerations in accommodations.</p> <p>Day 2 focuses on mental health literacy, equipping participants with practical skills for recognizing and responding to distress and crisis situations in academic settings.</p> <p>Day 3 explores neuroinclusive teaching strategies and methods for preventing burnout and promoting well-being among educators. The program includes interactive discussions, hands-on workshops, and follow-up activities, such as an online community and quarterly check-ins, ensuring continued engagement and skill development.</p>
Application details and deadline	<p>Please fulfil and send the form: https://forms.office.com/Pages/ResponsePage.aspx?id=7FC5suMenU2sXk3Z2I4Lc9dRIAGuY8hHnirgiixe_kvUOVY4UjFPTFRJWTRQWVRLRERPVOVRQjVMRy4u</p> <p>The application deadline is March 7, 2025.</p>
Dates of the staff week	7 th , 8 th & 9 th Apr 2025
Number of participants	The minimum number of participants is 9, maximum is 20 Each SEA-EU university can propose up to 2
Mobility costs	SEA-EU Budget / Erasmus KA1 (Please contact the people in charge of mobility within your own institution to apply for an SEA-EU mobility grant/Erasmus mobility grant)
Contact	dr Agata Rudnik, agata.rudnik@ug.edu.pl

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Target group / Expected profile of participants	Academic and administrative staff, counselling service representatives, and anyone interested in increasing their competencies in supporting mental health and neuro-inclusivity in higher education.
Requirements	English B1
Agenda	<p>Day 1: Introduction to Mental Health and Neuro-inclusivity in Higher Education</p> <p>Objective: To set the foundation for the week, discuss the importance of mental health support and neuro-inclusivity within the academic environment.</p> <p>1. Welcome and Opening Remarks: An overview of the week’s objectives. Keynote Session: “Understanding Mental Health in Higher Education”—Insights into common mental health issues faced by students and staff, with a focus on creating supportive academic spaces.</p> <p>2. Workshop: “Neurodiversity in the Classroom” – Introduction to neurodiversity, neuroinclusive practices, and strategies for supporting neurodivergent students. The session will also address current debates surrounding diagnosis, questions of fairness in implementing accommodations, and the legal considerations that underpin these practices.</p> <p>Interactive Discussion: Participants will engage in discussions about their own experiences, the challenges they face, and the areas they would like to learn more about, with a focus on navigating complex social and ethical questions related to neurodivergent support in educational settings.</p> <p>Day 2: Building Mental Health Literacy and Skills</p> <p>Objective: Equip staff with skills to recognize, understand, and respond effectively to mental health challenges faced by students and colleagues.</p> <p>1. Presentation with interactive elements: “Mental Health First Aid for Academic Settings” – Practical techniques for recognizing early signs of mental distress, providing initial support, and understanding referral pathways within academic environments.</p> <p>2. Workshop: “Managing Crisis Situations in the Classroom” – practice-based learning for handling real-life scenarios (e.g., panic attacks, emotional breakdowns). Resource Review:</p>

	<p>Distribution of guides, resource lists, and referral information for mental health support services.</p> <p>Day 3: Practical Neuroinclusive Teaching Techniques, Addressing Burnout and Promoting Well-being</p> <p>Objective: Focus on concrete methods to make classrooms and learning materials more accessible and inclusive for neurodivergent students.</p> <p>1. Presentation and workshops with interactive elements: “Designing Neuroinclusive Courses” – Methods for creating syllabi, assignments, and assessments that accommodate different cognitive processing styles.</p> <p>Afternoon:</p> <p>Objective: Provide teachers with tools to manage their own mental well-being and prevent burnout, drawing from positive psychology principles.</p> <p>2. Presentation and workshop with interactive elements: “Self-Care and Cultivating Resilience in Academic Spaces” – Techniques for managing stress, balancing workloads, and setting boundaries, and utilizing self-monitoring tools to support personal well-being.</p>
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Practical information

Accommodation	Welcome Pack
Address of the course	<p>The Centre for Sustainable Development of the University of Gdańsk (CZRUG) Bażyńskiego 4 Street, room D208 80-309 Gdańsk, Poland Contact Us – The Centre for Sustainable Development of the University of Gdańsk (CZRUG)</p>