



Fundusze Europejskie
Wiedza Edukacja Rozwój



**Rzeczpospolita
Polska**

Unia Europejska
Europejski Fundusz Społeczny



Preliminary programme of Summer School of Public Health

#COVID-19 #mental health #survival #futureskills

Dzień	Godzina	Forma zajęć	Tytuł wykładu	Prowadzący
Tydzień I				
Piątek, 17.09 (1 dzień)				
Poniedziałek, (1 dzień) (6 wykładów)	godz. 9.00-11.15 (3 godz. wykładów)	lecture	Skills of the future. How Effective achievement of goals	I.Drozodowska SKM
	godz. 12.00-14.15 (3 godz. wykładów)	lecture	Skills of the future. How Effective achievement of goals	I.Drozodowska SKM
Poniedziałek, 20.09 (2 dzień)				
(6 wykładów)	godz. 9.00-11.15 (3 godz. wykładów)	lecture	COVID-19 and digital competences. How not to go crazy?	J.Gotlib NZD
	godz. 12.00-14.15 (3 godz. wykładów)	lecture	Social Media & COVID-19 & Gen Z. The Big Picture.	J.Gotlib NZD
Wtorek, 21.09(3 dzień)				
(Grupa 1 - 6 warsztatów)	godz. 9.00-11.15	warsztaty (Grupa 1)	Psychologiczne aspekty komunikacji z pacjentem, Czy zawsze problemy KOMUNIKACYJNE są po stronie pacjenta	Dr Aleksandra Tomaszek

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(Grupa 2 - 6 warsztatów)	(3 godz. seminar.)				
	godz. 9.00-11.15 (3 godz. seminar.)	warsztaty (Grupa 2)			
	godz. 12.00-14.15 (3 godz. seminar.)	warsztaty (Grupa 1)	Dbając o siebie dbam o innych. Podstawy teorii poliwalgalnej w praktyce	Dr Aleksandra Tomaszek	
	godz. 12.00-14.15 (3 godz. seminar.)	warsztaty (Grupa 2)			
Środa, 22.09 (4 dzień)					
(6 wykładów)	godz. 9.00-11.15 (3 godz. wykładów)	wykład	Work-related stress during the COVID-19 pandemic: reasons, expression and coping strategies among nurses in Lithuania.	Olga Riklikiene, RN, PhD , Lithuania	
	godz. 12.00-14.15 (3 godz. wykładów)	wykład	SARS-CoV-2 ERA / COVID PANDEMICS OR PANDEMICS OF SCIENCE & ANTISCIENCE	Tina Bregant, MD, PhD, Slovenia	
Czwartek, 23.09 (5 dzień)					
(6 wykładów)	godz. 9.00-11.15 (3 godz. wykładów)	wykład	Find the core of life	M. Szwalgin (Nowak)	SKM
	godz. 12.00-14.15 (3 godz. wykładów)	wykład	Find the core of life	M. Szwalgin (Nowak)	SKM
Tydzień II					

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Piątek, 23.09 (6 dzień)					
(6 wykładów)	godz. 9.00-11.15 (3 godz. wykładów)	wykład	The Norwegian experiences in the context of young people mental health in COVID-19	Geir Arild Espnes Unni Karin Moksnes	ZPiKM
	godz. 12.00-14.15 (3 godz. wykładów)	wykład	How to make small and big changes in life - rules and mechanisms	Tomasz Krasuski	ZPiKM
Poniedziałek, 27.09 (7 dzień)					
(Grupa 1 - 6 warsztatów)	godz. 9.00-11.15 (3 godz. seminar.)	warsztaty (Grupa 1)	The Science of Well-Being and Happiness part 1	Magdalena Łazarewicz	ZPiKM
	godz. 9.00-11.15 (3 godz. seminar.)	warsztaty (Grupa 2)	Positive psychology - zoom on human strengths and resources for optimal functioning	Dorota Włodarczyk	ZPiKM
(Grupa 2 - 6 warsztatów)	godz. 12.00-14.15 (3 godz. seminar.)	warsztaty (Grupa 1)	The Science of Well-Being and Happiness part 2	Magdalena Łazarewicz	ZPiKM
	godz. 12.00-14.15 (3 godz. seminar.)	warsztaty (Grupa 2)	Sense of happiness in the context of work/study-private life balance	Mariusz Jaworski	
Wtorek, 28.09 (8 dzień)					
(Grupa 1 - 6 warsztatów)	godz. 9.00-11.15 (3 godz. seminar.)	warsztaty (Grupa 1)	Positive psychology - zoom on human strengths and resources for optimal functioning	Dorota Włodarczyk	ZPiKM
	godz. 9.00-11.15 (3 godz. seminar.)	warsztaty (Grupa 2)	The Science of Well-Being and Happiness part 1	Magdalena Łazarewicz	ZPiKM
(Grupa 2 - 6 warsztatów)	godz. 12.00-14.15 (3 godz. seminar.)	warsztaty (Grupa 1)	Sense of happiness in the context of work/study-private life balance	Mariusz Jaworski	
	godz. 12.00-14.15 (3 godz. seminar.)	warsztaty (Grupa 2)	The Science of Well-Being and Happiness part 2	Magdalena Łazarewicz	ZPiKM
Środa, 29.09 (9 dzień)					

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	godz. 9.00-11.15 (3 godz. seminar.)	warsztaty (Grupa 1)	Time management in a pandemic situation part 1	Jakub Związek	ZPiKM
(Grupa 1 - 6 warsztatów)	godz. 9.00-11.15 (3 godz. seminar.)	warsztaty (Grupa 2)	Healthy communication – a way to take care of yourself part 1	Joanna Chylińska	ZPiKM
? (Grupa 2 - 6 warsztatów)	godz. 12.00-14.15 (3 godz. seminar.)	warsztaty (Grupa 1)	Time management in a pandemic situation part 2	Jakub Związek	ZPiKM
	godz. 12.00-14.15 (3 godz. seminar.)	warsztaty (Grupa 2)	Healthy communication – a way to take care of yourself part 2	Joanna Chylińska	ZPiKM
Czwartek, 30.09 (10 dzień)					
	godz. 9.00-11.15 (3 godz. seminar.)	warsztaty (Grupa 1)	Healthy communication – a way to take care of yourself part 1	Joanna Chylińska	ZPiKM
(Grupa 1 - 6 warsztatów)	godz. 9.00-11.15 (3 godz. seminar.)	warsztaty (Grupa 2)	Time management in a pandemic situation part 1	Jakub Związek	ZPiKM
(Grupa 2 - 6 warsztatów)	godz. 12.00-14.15 (3 godz. seminar.)	warsztaty (Grupa 1)	Healthy communication – a way to take care of yourself part 2	Joanna Chylińska	ZPiKM
	godz. 12.00-14.15 (3 godz. seminar.)	warsztaty (Grupa 2)	Time management in a pandemic situation part 2	Jakub Związek	ZPiKM

Wykłady prowadzone są w grupie 30 osób
Warsztaty prowadzone są w grupach 15 osobowych (2 grupy)
Godzina zajęć – 45 min.

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The Norwegian experiences in the context of young people mental health in COVID-19, lecture 3h

This lecture will focus on the Norwegian perspective on problems of young people during Covid-19 pandemic. We learn about specific solutions adopted in Trondheim Municipality, their outcomes and current challenges.

How to make small and big changes in life - rules and mechanisms, lecture 3h

A healthy lifestyle allows to maintain good physical and mental condition. Introducing changes, achieving goals or maintaining healthy habits is often a challenge. The Transtheoretical Model of Change (TTM) is a tool that helps you make big and small changes in your life. It can be effectively used in relation to oneself and in medical practice.

Positive psychology - zoom on human strengths and resources for optimal functioning, workshop 3 h

We all want a good life but we often do not know how to build it and what it should encompass. It is worth considering not only what makes life difficult but also what builds strength and promotes success. The science has already known a lot about the beneficial effects of optimism, but there are more such favorable features, and this workshop will be about at least a few of them. But also about how to make their action bring good results.

Sense of happiness in the context of work/study-private life balance, workshop, 3h -

The Science of Well-Being and Happiness, part 1 and part 2, workshop 2 x 3h

Workshop [mini-lectures, discussions, work in groups, individual tasks]

During this workshop, students will engage in a series of challenges designed to increase the sense of well-being, happiness. We will discuss the common misconceptions about happiness and will discover what, according to research, really makes us happy. We will also learn how to put this knowledge into practice and build more productive habits.

Time management in a pandemic situation, workshop, part 1 and part 2, 2 x 3h

Due to the situation of a pandemic, our functioning in everyday life is often completely different. During the workshops, among others you will learn how to manage time, you will learn the principles of setting goals and effective planning.

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Healthy communication – a way to take care of yourself, workshop, 3h

Communication is a way to express yourself - your opinions, needs and emotions. The aim of the workshop is to introduce and practice communication methods that will allow you to do it in an effective way. Participants will have the opportunity to analyze their own communication style based on the von Thun's Four Ears Model, we will also discuss the strengths and risks of each style. The second part of the workshop will be devoted to intrapersonal communication, i.e. internal monologue and its importance for our mental well-being.

COVID-19 and digital competences. How not to go crazy? lecture 3h

The outbreak of the SARS-CoV-2 and COVID-19 pandemic caused a dynamic development of information and communication technologies (ICT) in many sectors of the economy and branches of industry where, even if previously used, information and communication technologies became far more important, mostly as the only form of interaction and development available. However, the key to success in the implementation of ICT was not in the access to appropriate hardware and software, but most of all in ensuring access to the know-how, skills development and creation of positive attitudes towards digital competences in many social groups. Students, including students of medical and health sciences, were one of the social groups to carry out daily activities with the use of ICT.

The first part of the lecture discusses the most important issues concerning the need to develop digital competences as the future key competences among students, especially of medical and health sciences.

The second part of the lecture presents the latest research on the level of digital competences and the most effective methods of developing them among students of medical and health sciences. The third part of the lecture discusses research on the impact of digital transformation on the overall quality of student life and mental health. The last part of the lecture discusses good practices in developing positive health attitudes and broadly understood well-being issues in the context of the use of communication and information technologies (ICT) in the COVID-19 pandemic.

Social Media & COVID-19 & Gen Z. The Big Picture. lecture 3h

To counteract the spread of disinformation about the SARS-CoV-2 virus, COVID-19 and COVID-19 vaccination in the social media (e.g. Facebook, Instagram, TikTok) is currently one of the most important public health challenges. Fake news on various aspects of the pandemic posted on social media contradict reliable information from scientific publications and contribute to misconceptions and reluctance to follow reliable sources of information on COVID-19 by various social groups, especially by children and adolescents (Generation Z) who regularly learn from social media and for whom social media are often the only source of information about the world.

The first part of the lecture discusses the characteristics of Generation Z, with particular emphasis on how members of Generation Z use social media (e.g. frequency, purposefulness of using social media). The second part of the lecture focuses on the presentation of health and disease content in social media, with particular emphasis on COVID-19 related topics. The last part of the lecture presents guidelines for the development of an effective campaign to promote reliable information about COVID-19 with the use of social media among members of Generation Z.

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SARS-CoV-2 ERA / COVID PANDEMICS OR PANDEMICS OF SCIENCE & ANTISCIENCE, lecture 3h

Work-related stress during the COVID-19 pandemic: reasons, expression and coping strategies among nurses in Lithuania. , lecture 3h

Skills of the future. How Effective achievement of goals, lecture 3h

During the lecture, we will look at psychological concepts that indicate what influences the effective achievement of goals. We will learn about different types of motivation and their impact on the performance of the intended action. We will see how self-control differs from self-regulation and how different types of attitudes affect the choice of action, its course and the end result. We will also learn how beliefs about ourselves and the world affect our life and achievements.

Find the core of life, lecture 3h

Żyj tu i teraz. Bądź uważny na siebie.
Pomóc może program HALT, który jest nie tylko dla osób uzależnionych.

Zwracaj uwagę na to by nie być:

- H -HUNGRY - głodny
- A- ANGRT - zły
- L- LONELY - samotny
- T- TIRED - zmęczony

Podczas naszego spotkania przyjrzymy się naszym nawykom, planowaniu dnia i rozwiązaniom pomagającym być świadomymi i uważnymi. Zeskanujemy mentalnie nasze ciała, by zrelaksować się.

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