

Training on the social aspects of sustainability – Learning Development Network

Academic Year 2023-2024 (September 2023 – August 2024)

Title	Organised by/ Speaker:	Description	Date
University education: Coping with learning difficulties	The Learning Development Network in collaboration with the Department of Rehabilitation Sciences and the Center of Student Development (CUT)	<p>This event featured an open discussion on accessibility and inclusion in higher education, highlighting the experiences of students with learning difficulties and strategies to support them:</p> <ul style="list-style-type: none"> • The Nature of Learning Difficulties in Higher Education <i>Stelios Ioannidis</i> (Special Educator, PhD Student, CUT) discussed the characteristics and challenges associated with learning difficulties in university settings. • Supporting Students with Learning Difficulties: Technological and Other Adaptations and Tools <i>Marianna Gregoriou</i> (Assistive Technology Consultant) and <i>Eliada Pampoulou</i> (Assistant Professor of Speech Therapy, CUT) presented tools and adaptations that can assist students, including technological solutions. • Learning Challenges at Our University <i>Georgia Savvidou</i> (Special Scientist, CUT Language Centre) addressed specific challenges observed among students at the institution and suggested inclusive support practices. 	Wednesday, 15 February 2023
Positive Psychology: Practical Applications in Times of Stress	Dr. Roi Chalamandari, CPsychol, AFBPsS, Cyprus Pedagogical Institute	This seminar introduced Positive Psychology with an emphasis on the PERMA model (Positive emotions, Engagement, Relationships, Meaning, Accomplishment). It focused on practical applications of research-based strategies to enhance personal happiness and well-being, especially during stressful times.	Wednesday, October 4, 2023
Psychological empowerment	Dr. Roi Chalamandari, CPsychol, AFBPsS, Cyprus Pedagogical Institute.	A follow-up to the previous seminar, this session continued exploring the core concepts of Positive Psychology. It emphasised tools and practices that empower individuals psychologically, again guided by the PERMA model and research findings.	Wednesday, 6 March 2024

Say No to Cyberbullying	Association for the Prevention and Handling of Violence in the Family.	<p>This experiential workshop aimed at students tackled the issue of digital violence. Topics included:</p> <ul style="list-style-type: none"> • What is Digital Violence? • Forms of Digital Violence • Implications • Signs • Legislative framework • Tips for Safe Internet Use • Information and support services • Rights of Victims of Gender-Based Violence <p>The session aimed to raise awareness and provide practical advice on staying safe online and handling incidents of cyberbullying or gender-based digital violence.</p>	Tuesday, 2 April 2024
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