

# SO-WELL-AWARE Erasmus+ Project

Raising awareness for school well-being: Training primary and secondary teachers how to monitor emotional wellbeing, social inclusion and academic self-concept of students





#### **Authors**

Alexia Vidou, Mireille Krischler, Susanne Schwab, Hannu Savolainen, Paulo Dias, Carmen Zurbriggen

#### **Affiliations**

University of Luxembourg, www.uni,lu Universität Wien, www.univie.ac.at Universidade Catholica Portuguesa, www.ucp.pt Ita-Suomen Yliopisto, www.uef.fi

### 01. Introduction

- Aim: Enhance teachers' skills in assessing and promoting student well-being in inclusive schools.
- Tools: Provides an easy-to-use online assessment tool, an online manual, and a training package.
- Focus: Supports students at risk of low well-being.
- Goal: Promote student well-being to reduce educational inequalities and support holistic development.
- Scope: Fosters inclusive and effective educational environments across four European countries.

# 02. Objective

- To enhance teachers' skills in assessing and **promoting** students' **well-being**.
- To develop and implement an online assessment tool for measuring student well-being.
- To create a **teacher training package** to support teachers in using the tool and implementing well-being promotion strategies in classrooms.
- To enhance teachers' ICT skills through the use of **digital resources** in education.

# 03. Work Packages (WP) & Application

#### **WP2: Online Tool & Manual**

Assess student well-being with a 6-week classroom application of the tool to monitor student/teacher perspectives.

# **WP4: Teacher Training Package**

Train teachers on the tool and well-being strategies in a 1-session workshop, followed by classroom application and a postworkshop feedback review.

#### **WP3: Promotion Package**

Provide well-being strategies (fact sheets, booklets) for teachers to implement alongside the tool during the 6-week classroom period.

# **WP5: Evaluation Package**

Collect feedback from teachers and students through focus groups and questionnaires to assess impact and refine materials.

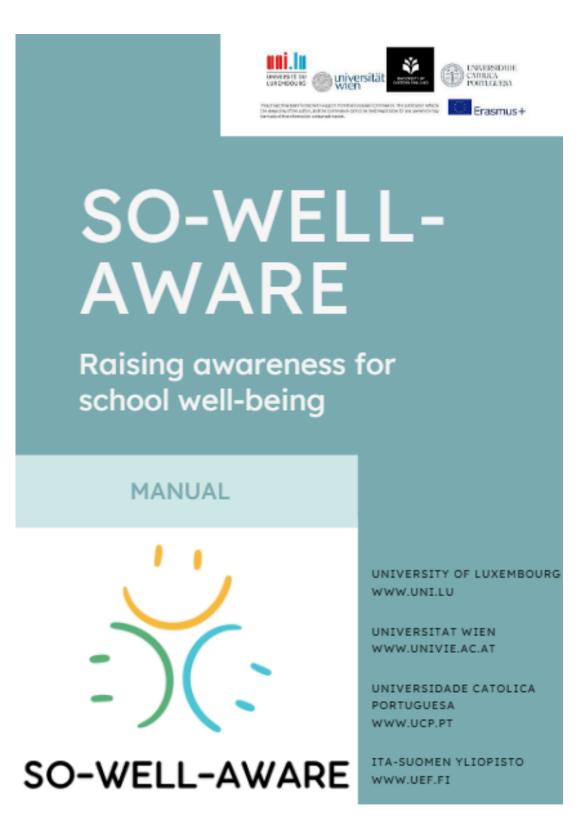
## 04. Material

Your individual code
Ve are now creating a short code that represents the data associated with you. This will allow us to match the data without knowing anything about you as a person. That is, the su ey remain without any identifying information.
First two letters of your mother's firstname (XX if unknown)
ТН
First two letters of your <b>father's firstname</b> (XX if unknown)
PA PA
Last two digits of your year of birth
99

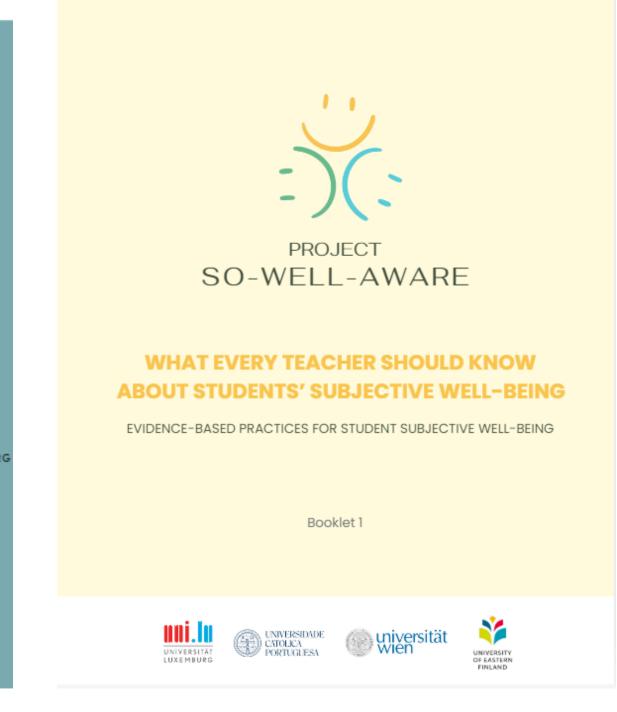
05. Impact and Expected Outcomes

How do you feel about school? Read every sentence carefully and tick the box that applies to you. Please answer all questions! Ochoose one of the following answers Somewhat not true Somewhat true I have a lot of friends in my class. n Choose one of the following answers Somewhat not true Certainly true

**Online tool for Teachers and Students** 



Manual



**Booklets** 

# 06. Conclusion

- Impact on Teachers: Gain digital skills and tools for assessing and promoting student well-being.
- Impact on Students: Benefit from improved emotional well-being and inclusion.
- SO-WELL-AWARE Package: Openly accessible, shared with schools, education networks, ministries, and UNESCO.
- Bridges research and practice by equipping teachers with tools and training to support student well-being.
- Integrates digital tools with evidence-based practices.
- Fosters inclusive and effective educational environments.