



Title of BIP: Career and Mental Health Counseling for Students - An Integrated Approach

General information

Objectives and Description:

Aligning mental wellness with career growth is essential, as a balanced mind fuels personal fulfillment and enhances productivity and resilience, creating a solid foundation for long-term professional achievement. Mental health plays a pivotal role in an individual's ability to effectively navigate their career journey.

The blended intensive program „Career and Mental Health Counseling for Students - An Integrated Approach” has the general purpose of favoring employability, by developing the skills necessary to identify opportunities on the labor market and increase job satisfaction, but also facilitating a learning context for a better understanding and increasing mental well-being. Students from all study fields and at all study cycles will have the opportunity to train as part of their studies, the objectives of the program being:

- exposing students to different views, knowledge, teaching, and research methods, as well as work practices in their study field;
- developing their transversal skills such as communication skills, language skills, critical thinking, problem-solving, inter-cultural skills, and research skills in terms of career and mental health education;
- facilitating personal development, such as adapting to new situations and self-confidence etc.

Methods and outcomes:

The program "Career and Mental Health Counseling for Students - An Integrated Approach" merges guidance on career trajectories with comprehensive mental health support tailored for students.

Through group counseling sessions, workshops and experiential learning activities etc., the students can explore both vocational aspirations and mental well-being, addressing potential barriers like stress, anxiety, or uncertainty impacting academic and career goals. Through this integrated approach, students gain clarity on career paths while developing coping strategies, resilience, and self-awareness.

The program aims to bolster confidence, enhance decision-making skills, and foster a healthier mindset, enabling students to navigate their academic and professional journeys with greater confidence and mental fortitude. Ultimately, the outcomes include improved academic performance, heightened career satisfaction, reduced stress, and a strengthened foundation for long-term mental wellness.

Field of Education: Career and Mental Health Development Program

Target audience / Participants profile:

- Bachelor / Masters / PhD students from UNITA partner universities, UNITA University Associated Partners, and members of higher education institutions across Europe and not only

No of ECTS issued: 3 ECTS

Language of instruction and requirements: English





Dates for physical activity: 6-10 mai 2024

Location of physical activity:

West University of Timișoara (Vasile Pârvan Blvd. no. 4, Timișoara, Romania)

Dates for virtual component:

**The two meetings will be scheduled with the participants during the onsite activities.*

Virtual Component Description:

The online component will take the form of two follow-up sessions in which we will analyze and monitor together with the participants a series of activities to disseminate among their colleagues the information accumulated during this training. The first online meeting in the first week after the completion of the onsite activities will frame the type of activity carried out and the implementation status. The second meeting will analyze the impact of the activity carried out.

Organizing Board:

Receiving/Host university:

Universitatea de Vest din Timișoara, Romania (Bianca PRISACARĂ, bianca.prisacara@e-uvt.ro)

Sending/Partner universities:

P1. TBC

P2. TBC

P3. TBC

P4. TBC

P5. TBC

Detailed programme

1. Planned activities during virtual component:

After completing the onsite activities, the students, in groups according to the university of origin, will carry out a dissemination activity among their colleagues according to their needs and those explored during this training. Therefore, 2 follow-up meetings will be held as follows:

- Follow-up meeting I - Activity status analysis
- Follow-up meeting II - Activity impact

2. Planned activities during physical component:

1st day:

We aim to facilitate **mutual acquaintance** and **cultural immersion** on the first day.

2nd day:





On the second day, we aim to **explore values, professional interests, and personality structure**, as essential elements in the career development process, also exploring a series of **soft skills of the future** to ensure a much more effective transition and adaptability in the work context.

3rd day:

On the third day, we will continue **exploring soft skills**, in the second part of the day, we will gradually outline **the strategies for managing mental health** in an occupational context.

4th day:

We will continue with the outline of some general **strategies to ensure and increase well-being**, after which the students will come into contact with a series of representatives from the professional field of interest to explore the domain's specificity.

5th day:

The last day will end with a **creative workshop of the dissemination activities** in which the students, in teams, will work on outlining some activities/interventions addressed to their colleagues from the university of origin, and in the second part of the day, we will facilitate the debriefing of the training.

Application procedure

fill in application form available here: to be generated later

ESTUDIANTES DE LA UNIVERSIDAD DE ZARAGOZA

Nº de ayudas: 5

Requisitos:

*Estudiantes de la Universidad de Zaragoza matriculados en el curso 2023-2024 en estudios oficiales de grado, máster o doctorado. Los estudiantes de grado han de tener superados 60 créditos en sus actuales estudios tomando en consideración hasta el curso 2022-23.

*Conocimiento de inglés de nivel B1.

Solicitud:

Disponible desde la URL: <https://sede.unizar.es> a través del Servicio "Gestión de solicitudes (SOLICIT@)"

Seleccionar en el menú "Opciones" > "Iniciar Nueva Solicitud"

Identificarse con NIP + contraseña administrativa

En la opción "Catálogo de solicitudes clasificadas por categorías", elegir "Estudiantes de Grado, Máster, Doctorado, etc".

Seleccionar el formulario "Programas Intensivos Combinados –BIP-"

Documentación a aportar:

*Acreditación de conocimiento de inglés de nivel B1 de acuerdo con los reconocimientos disponibles en:

https://academico.unizar.es/sites/academico.unizar.es/files/archivos/gradoymaster/B1/tablas_b1.pdf

*Los nacionales de países ajenos al Espacio Europeo de Educación Superior, acreditación de estar en posesión de un permiso válido para residir en España durante el período de realización de la movilidad.

*Quienes hayan cursado los estudios con los que han accedido a los de máster o doctorado en otra universidad, copia del expediente académico de esos estudios -ha de incluir la nota media-.

*Si cursaron esos estudios de acceso a máster o doctorado en el extranjero, además, la declaración de equivalencia de nota media: https://universidades.sede.gob.es/pagina/index/directorio/Equivalencia_notas_medias

Plazo de solicitud: hasta el 7 de marzo de 2024

