

BLENDED LEARNING WORKSHOP

Basic Digital Skills

09:00 – 09:20
Introduction, warming up

09:20–10:00
Expectations, get to know

10:00–11:00
Self-assessment tool

11:00–11:15
Coffee break

11:15–12:45 Session I:
Blended learning

12:45–13:45
Lunch

13:45 – 14:45 Session II:
Blended learning – summary

14:45–15:45 Session III:
IT and digital literacy

15:45–16:00
Coffee break

16:00–17:15
Self-study session in class

17:15–17:45
Case studies

17:45–18:00
Evaluation, follow-up

Strengthening Learning Motivation

09:00 – 09:20
Welcome, feedback 1st day

09:20–09:55
Icebreaker

09:55–10:55 Session I:
Intrinsic Motivation

10:55–11:05
Coffee break

11:05–12:35 Session II:
Extrinsic motivation

12:35–13:35
Lunch

13:35 – 13:55
Icebreaker

13:55–15:10 Session III:
Self-discipline

15:10–15:25
Coffee break

15:25–16:20 Session IV:
Procrastination

16:20–16:40
Introduction to self-study

16:40–17:00
Evaluation, follow-up

Time Management

09:00 – 09:20
Welcome, icebreaker

09:20–09:50
Reflection of self-study

09:50–10:30 Session I:
Quadrants of urgency

10:30–10:45
Coffee break

10:45–11:20
Icebreaker

11:20–12:30 Session II:
Time thieves

12:30 – 13:30
Lunch

13:30–15:00
Self-study session in class

15:00–16:00
Case study

16:00–16:15
Coffee break

16:15–17:00
Case studies

17:00–18:00
Evaluation, follow-up

Learning Strategies

09:00 – 09:45 Welcome,
reflection of self-study

09:45–10:15
Icebreaker

10:15–11:15 Session I:
Learning types

11:15–11:30
Coffee break

11:30–12:35 Session II:
Memory

12:35 – 13:35
Lunch

13:35–14:00
Energizer

14:00–15:35 Session III:
Learning environment

15:35–15:45
Coffee-break

15:45–16:10
Energizer

16:10–17:10
Stress during exams

17:10–18:00
Evaluation, follow-up

Personal Well-Being

09:00 – 10:00 Welcome,
reflection of self-study

10:00–11:10 Session I:
Critical thinking

11:10–11:20
Coffee break

11:20–12:20 Session II:
Learning in teams

12:20–13:20
Lunch

13:20 – 13:45
Icebreaker

13:45–14:30:
Problem solving

14:30–14:40
Coffee break

14:40–15:05
Icebreaker

15:05–16:20
Relaxation techniques

16:20–16:35
Coffee break

16:35–18:00 Evaluation,
follow-up, goodbye