# Psychological Issues in Education and Health

Proceedings of the 1<sup>st</sup> Scientific Meeting in Psychology of the University of Evora and the University of Leipzig,

Evora, 13<sup>th</sup> May, 2016.

Editors
Adelinda Candeias,
Edgar Galindo,
Heldemerina Pires,
Konrad Reschke &
Evelin Witruk

Universität Leipzig & Evora

## Berichte aus der Psychologie

## Adelinda Candeias • Edgar Galindo • Heldemerina Pires • Konrad Reschke • Evelin Witruk (Eds.)

### Psychological Issues in Education and Health

Proceedings of the 1<sup>st</sup> Scientific Meeting in Psychology of the University of Evora and the University of Leipzig

Evora, 13th May, 2016

Shaker Verlag Aachen 2017 Bibliographic information published by the Deutsche Nationalbibliothek
The Deutsche Nationalbibliothek lists this publication in the Deutsche
Nationalbibliografie; detailed bibliographic data are available in the Internet at
http://dnb.d-nb.de.

Copyright Shaker Verlag 2017
All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the publishers.

Printed in Germany.

ISBN 978-3-8440-5517-7 ISSN 0945-0971

Shaker Verlag GmbH • P.O. BOX 101818 • D-52018 Aachen Phone: 0049/2407/9596-0 • Telefax: 0049/2407/9596-9

Internet: www.shaker.de • e-mail: info@shaker.de

## Content

Preface	4
Mental Health & Stress	5
Sleep quality and mental health in young adults Perla Vargas	5
Dynamic evaluation of risk taking in the balloon analogue task Elias Rob	les
On self-knowledge conflicts as promoters of stressful experiences and the prevention of depression in adolescence. Maria João Carapeto	e
Stress, burnout, well-being in teaching profession: Portuguese studies  Adelinda Candeias, Ines Calisto, Liberata Borralho, Paulo Vilia	
Optimistic management of stress in retirement age: An example of long learning Konrad Reschke	<b>ife</b> 41
Mental health in teachers – Development and evaluation of a stress management program for teachers Marcus Stueck	62
Mental Health & Learning	78
School failure from a psychological point of view Edgar Galindo	78
Variations on learning orchestration at higher education: conceptions, approaches and academic context Luisa Gracio	87
From the gaps/needs to the e+ qolmi course Heldemerina Pires, Adelinda Candeias, H. Rebelo, Vítor Franco, Madalena Melo, Luisa Gracio & Maria Jo Saragoça	ose
Learning for Knowledge, Citizenship and Creativity - A Key challenge for schools in 21st century. A Reflection based on our experience with PMA-CEAGXXI Adelinda Candeias	-
Media Psychology Evelin Witruk	.113
Emotional Intelligence & Resilience	
Emotional Intelligence and Coping Strategies of students faced with traumatic events. Asanka Bulathwatta	
Cognitive abilities and personal resilience among children of incarcerate parents in Indonesia Dian Veronika Sakti Kaloeti	<b>d</b> .129

Adelinda Candeias; Edgar Galindo; Heldemerina Pires; Konrad Reschke; Evelin Witruk (Eds)

#### **Psychological Issues in Education and Health**

Proceedings of the 1st Scientific Meeting in Psychology of the University of Evora and the University of Leipzig (Evora, 13th May, 2016)

#### From the gaps/needs to the e+ qolmi course

Heldemerina Pires, Adelinda Candeias, H. Rebelo, Vítor Franco, Madalena Melo, Luísa Grácio, Maria

José Saragoça

#### Introduction

The ENABLIN+ project is a European partnership within the Leonardo Life Long Learning Programme. The project's aim is to develop a system of in-service training, interdisciplinary, where professionals and parents learn together, with the aim of enhancing quality of life of the children with very complex and intensive support needs. ENABLIN+ focus on the improvement of inclusion, communication, behaviour management, activation and learning, and support for daily life care.

In this paper we present the basic assumptions that we follow to develop the  $E^+QoLMI$ : ENABLIN+Quality of Life – course of mediators for inclusion. We began with a diagnosis about the needs felt by 208 professionals from different fields, working with CISN child. The data was collected with the application of one online questionnaire, and based on the identified needs it was designed the course  $E^+QoLMI$ : ENABLIN+ Quality of Life – course of mediators for inclusion, which is described in this work.

The ENABLIN+ project aim is to develop a system of interdisciplinary in-service vocational training, where professionals and parents of various backgrounds learn together, with the aim of enhancing quality of life of the children with very complex and intensive support needs. ENABLIN+ develops a series of on-the-job training modules to improve inclusion, communication, behaviour management, activation and learning, support for daily life care: To enable = to make someone able to do something / Enablin+ = to indicate we are focusing in this project on children with multiple disabilities.