

SPOTLIGHTERS

ILLUMINATING STUDENT PATHS TO RESILIENCE WITH THE SCIENCE OF STRESS

RECENT NEWS

Due to the COVID-19 situation, our team couldn't run the **Second Teaching Symposium** previewed in April and hosted by the **University of Helsinki**, but we didn't want to leave an empty space in your agenda!

As such, our team from Finland developed an Online Event where **neuroscientific perspectives on stress were introduced**.

The event shared scientific results and practical experiences on **how to practice stress management at schools**.

Take a look!

SPOTLIGHTERS SECOND TEACHING SYMPOSIUM



The **2nd Spotlighters Symposium for Teachers** (online) introduced neuroscience perspectives on stress and shared scientific results and practical experiences on how to practice stress management at schools and in studying.

The symposium featured presentations by

- Minna Huutilainen, professor of educational sciences, University of Helsinki;
- Mads Lyngé Clauson-Kaas, a 10th grade teacher from Hillerød 10 Klassesskolen;
- Juhana Kokkonen, lecturer at Helsinki Metropolia University of Applied Science.

PILOTING STUDENT LESSONS

Despite the closure of the schools due to lockdown, the partners were able to continue organising lessons for students. This experience has allowed the consortium to deeply reflect on the concepts and materials included in the lessons and brought about new insights on how to gradually improve them. One major aspect of this discussion involved the differences in providing these lessons face to face, in a blended mode or in an exclusive online format.

TEACHERS WORKSHOPS & MOOC FOR STUDENTS

The team has been producing and improving a set of videos and audios that will be included in the [Workshops for Teachers](#) and the [MOOC for students](#), also taking into account all the feedback provided by the students participating in the pilot lessons.

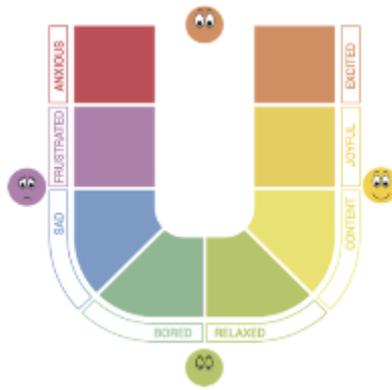
Check out one of our first videos, where you will meet Mads and his guiding exercises to help creating a safe space for learning and reducing stress for pupils: it's available in our facebook page, [here!](#)

THE CLASSMOOD TOOL

This free tool was created to help teachers create the mood for learning, making teaching and learning more enjoyable.

It will provide teachers mood changing activities to be used in the classroom, helping students take control of their moods and enjoy a more positive teaching environment.

Easy peasy! Test out the classroom tool [HERE](#): it's free and no registration is required.



Classmood

share a mood measure > generate a mood map > start a mood changer

DISSEMINATION OF THE PROJECT

At the International Conference on Advanced Learning Technologies and Technology-enhanced Learning Conference (ICALT 2020), a research paper related to Spotlighters' ClassMood tool was presented:

- Beardsley, M., Vujovic, M., Theophilou, E., Hernández-Leo, D., & Tresserra, M. P. (2020, July). [The challenge of gathering self-reported moods: Cases using a classroom orchestration tool](#). In *2020 IEEE 20th International Conference on Advanced Learning Technologies (ICALT)* (pp. 355-359). IEEE.
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RECOMMENDED RESOURCES FOR TEACHERS & STUDENTS

Book review: Hope, Happiness And Social Connection: Hidden Benefits Of Regular Exercise.

Psychologist and author Kelly McGonigal, from Stanford University, explains the benefits of exercise in her book entitled "The Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection, and Courage". Take a look at her book review [here](#).

Article: Top 10 Stress Management Techniques for students.

"Stress can affect health-related behaviors like sleep patterns, diet, and exercise as well, taking a larger toll. Given that nearly half of APA survey respondents reported completing three hours of homework per night in addition to their full day of school work and extracurriculars, this is understandable." Learn more on stress management techniques [here](#).

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