



Learning to Learn Project (L2L).

ID CODE	ES01
NAME	<ul style="list-style-type: none"> ○ ES "Mejora del bienestar emocional: psicología y felicidad". ○ ENG "Improvement of emotional well-being: psychology and happiness"
URL	https://fguma.es/course/bienestar-emocional-psicologia-felicidad/
LANGUAGE/S	SPANISH
PROMOTER	FGUMA (Fundación General de la Universidad de Málaga) – University foundation
AUTHOR/S (if different)	José Tomás Boyano Moreno (Department of Basic Psychology at the University of Málaga)
DESCRIPTION & AIMS	<p>FGUMA is a foundation of the University of Malaga that includes among its activities the realisation of continuous training courses aimed not only at the university community but to the entire population in general. These are specific training courses, with a practical aspect, and are offered in online, blended learning and on-site modalities. The offer is divided into seasonal courses (Autumn, Summer, Spring and Online), specific training (mainly in collaboration with other entities and institutions) and training in municipalities in the province of Malaga.</p> <p>"Improvement of emotional well-being: psychology and happiness" is one of the courses included in the Autumn Courses offered under the blended learning modality. As explained on the FGUMA website:</p> <p>"These courses try to offer the student a professional orientation, in such a way that allows them to enrich their curriculum, satisfy personal concerns and professional competences".</p> <p>The completion of the course allows one to obtain a "Certificate of participation and achievement issued by the University of Malaga signed by the Rector".</p> <p>The purpose of the course "Improvement of emotional well-being: psychology and happiness" is the development of techniques to improve emotional well-being (emotional self-regulation techniques). These techniques include cognitive aspects, such as control of negative thoughts, avoidance of cognitive dysfunctions and improvement of mood. Physiological relaxation techniques and new techniques such as "emotional memory" are also addressed.</p> <p>With all of them "it is intended to improve our relationship with ourselves and with others", in order to "establish more positive relationships" and "improve our own mood" (Boyano-Moreno, 2021).</p>
SKILLS INVOLVED	<p>"Recognition of cognitive distortions"</p> <p>"Emotional memory and humour self-regulation"</p> <p>"Self-esteem and empathy"</p> <p>"Relaxation techniques"</p>
EVALUATION AND MONITORING	As the course instructor -José Tomás Boyano Moreno- explains, the evaluation is double:





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	<ul style="list-style-type: none"> - Students: Portfolio in which each student collects their experience, their improvement practice, and carries out a self-assessment, with a qualitative description and assessment of progress, using instruments such as the rubric. - Instructor: Rubric of use of concepts and skills completed by the teacher.
DURATION OF THE PROJECT	FGUMA celebrates its 25th anniversary in 2021
TARGET OF POPULATION	University community, professionals in the fields of Psychology, Education, Social Work or healthcare, and general public
INDIVIDUAL / GROUP ACTIVITY	<ul style="list-style-type: none"> - Individual activity: Portfolio and self-assessment. - Group activity: Group presentation of individual experiences, to share each person's learning, focusing on future areas of application and generalisation of each competence, in order to obtain a group feedback on the individual progress.
PARTICIPATION REQUIREMENTS	None
DURATION OF THE COURSE	25 hours
CONTACT	<p>The contact person of this course is the lecturer of the University of Málaga José Tomás Boyano Moreno: jose_boyano@uma.es</p> <p>The contact person of the "Formación Continua" en FGUMA is Cristina Sahuquillo Jiménez: csahuquillo@fguma.es</p>
WHY IS IT A GOOD PRACTICE?	<p>This course can be considered a good practice because:</p> <ol style="list-style-type: none"> 1) It promotes people's emotional well-being, contributing to provide them with the emotional self-regulation tools necessary to feel better, developing competences such as "recognition of cognitive distortions", "emotional memory and humour self-regulation", "self-esteem and empathy" or "relaxation techniques". 2) It is addressed to the general population, but is of particular interest for themselves and their professional practice in the case of professionals in the fields of Psychology, Education, Social Work or healthcare. 3) The evaluation and monitoring of the course is double (students and teacher) and involves the students themselves in their learning process, through the portfolio of experiences, and the carrying out of a qualitative self-evaluation using tools such as the rubric. 4) For the acquisition of the expected competences, both individual and group activities are carried out, through a group presentation in which each person shares their personal experience, obtaining group feedback on her/his own individual progress.
RELATED REFERENCES	<p>Courses of FGUMA:</p> <p>https://fguma.es/course/</p>

