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Preventing Early School Leaving & Teaching Creativity

In-service training in Ljubljana

10 – 16 July 2016

City Hotel Ljubljana





Training Programme

Programme summary

To prevent early school leaving schools need to develop a systemic approach that includes simultaneous activities on multiple levels: work with teachers and counselling service, work with parents and work with pupils. “Dropping out” is linked to the feeling of being powerless, of senselessness and extreme lack of motivation. The engine that helps to increase motivation and find the meaning is fuelled by relevant stimuli in a safe and significant relationship.

“Drop-out” prevention programmes in schools can be successful if they are led by mature, competent and responsible adults with the ability to self-reflect. So it is vital to provide the training of professional staff in the direction of professional and personal growth. We will use various working methods to foster growth of course participants: lecturing, working in pairs / groups, role play, discussion, expert consultations and examples from practice.

Creativity can be a helpful tool for teachers and school leaders in different levels of youth and adult education field to teach students how to be more creative and efficient. Devoting attention to the method of direct teaching of thinking as a basic tool (following dr. Edward de Bono’s methodology) can broaden students' perception and increase their creativity. The use of new didactic methods and approaches also has the potential to motivate students and make them more eager to learn.

Objectives

The seminar is designed to recognize and raise awareness of behaviourally challenging children. During the course of the seminar we will consider what is going on within them and how to handle and treat such emotionally vulnerable children. We will learn to realize what else is behind the “formal” or “psycho-medical” diagnosis of children with special needs and how to organize the work and responsibilities of the wider team that is dealing with the pupils. We will base our understanding and reflecting on the so called systemic approach in treatment of these children and adolescents.

Methodology

The course is designed as an interactive process with emphasis on establishing a mentor relationship between participants and trainers. It follows two-way communication process including discussions, interactive games, working in groups and pairs, presentations, case studies, thinking techniques and individual activities. The focus is on experiential learning and workshop approach. The participants will also receive a workbook with session’s summaries and descriptions of activities used. We will recommend them interesting literature for further study.



Literature

Here are some inputs for course preparation. Please take some time and go through them:

<http://self-esteem-international.org/ARTICLES/feelinggood.htm>

<http://selfesteem.org>

<http://www.self-esteem-nase.org>

Please also go through the website <http://edwdebono.com/> as a preparation for the course. We'll also send some additional material one month before the course starts.

Your introduction – posters

One of the main goals of the course is to connect among each other. In order to achieve this goal we **kindly ask you to prepare a brief poster about you and your work** – you can use written material, photos, drawings and other creative methods. PPT presentations are not needed. Have in mind that you will have **5 – 10 minutes for the oral presentation**.

We will prepare a gallery from all the posters and the gallery will be in the classroom for the whole week. Here are **some guidelines that might help you**:

- 👉 Tell us about you
- 👉 Tell us about your organisation
- 👉 Tell us about your work
- 👉 Mention some interesting projects you work on

During the first day share with us your goals and objectives regarding this course.

AGENDA

Sunday, 10th July 2016

Time	Content	Trainer
18.00 – 20.00	City hotel: welcome, icebreaker, presentations, personal learning & action plan	Nastja Mulej, Jerneja Šibilja
20.30	Dinner or drink – optional	All

Monday, 11th July 2016

Time	Content	Trainer
09.00 – 10.30	Introduction to thinking, a need for teaching creative and constructive thinking in schools, and also to adults in organisations	Nastja Mulej
10.30 – 10.45	Break	
10.45 – 12.15	Principles of parallel and perceptual thinking, demonstrations Combination (things which have existed separately are put together to produce something that has a value greater than the sum of its parts).	Nastja Mulej
12.15 – 13.30	Lunch	
13.30 – 15.00	Focus on purpose: AGO (Aims, Goals, Objectives) Process and principles of the tool. Project exercise.	Nastja Mulej

AFTERNOON & EVENING: EXPERIENCING LJUBLJANA WITH WELCOME DINNER

Tuesday, 12th July 2016

Time	Content	Trainer
9.00 – 10.30	Considering all the factors involved in the matter of our thinking not to forget, overlook, leave out something: CAF (Consider All Factors), Process and principles of the tool. Project exercise.	Nastja Mulej
10.30 – 10.45	Break	
10.45 – 12.15	Looking at other people's viewpoints: OPV (Other People's View), Process and principles of the tool. Project exercise.	Nastja Mulej
12.15 – 13.30	Lunch	
13.30 – 14.00	Focus on alternatives: APC (Alternatives, Possibilities, Choices), Process and principles of the tool. Project	Nastja Mulej



Time	Content	Trainer
	exercise.	
14.00. – 15.00	Experience with teaching CoRT to 6 – 9 yrs old	Maja M. Naglič

Wednesday, 13th July 2016

Time	Content	Trainer
09.00 – 10.30	Principles of Lateral Thinking Random Input (deliberate introduction of something that is unconnected with the situation) Process and principles of the tool. Project exercise.	Nastja Mulej
10.30 – 10.45	Break	
10.45 – 12.15	Concept Challenge (looking at accepted ideas, things that are taken for granted, adequate ways of doing things, and challenging them) Process and principles of the tool. Project exercise.	Nastja Mulej

AFTERNOON & EVENING: HALF DAY EXCURSION WITH DINNER

Thursday, 14th July 2016

Time	Content	Trainer
09.00 – 10.30	Understanding the student in terms of the needs and analysis of behaviour Integration of relational competence in school Identification of obstacles in the relationship	Ksenja Kos
10.30 – 10.45	Break	
10.45 – 12.15	Authority and leadership: establishing contacts (who am I and who are you)	Ksenja Kos
12.15 – 13.30	Lunch	
13.30 – 15.00	Introduction to Robert Reasoner's preventive programme of self-esteem in schools Five protection factors for authentic self-esteem and preventing school leaving: security, identity, belonging, purpose, and competence	Ksenja Kos

Friday, July 15th 2016

Time	Content	Trainer
9.00 – 10.30	Practicing pedagogical activities to prevent early school leaving: security, identity	Ksenja Kos
10.30 – 10.45	Break	



10.45 – 12.15	Practicing pedagogical activities to prevent early school leaving: belonging, purpose, competence	Ksenja Kos
12.15 – 13.30	Lunch	
	Practicing to understand the student's needs and behaviour	
13.30 – 15.00	Understanding and exploring the world of parents. Training to differentiate between teacher role and parent role.	All

Saturday, July 16th 2016

Time	Content	Trainer
09.00 – 10.30	Evaluation and feedback, conclusion, farewell	All

Dear participants, we very much looking forward to meet you. Here are some additional information about two programmes that represent good practices:

1. Building self-esteem programme and
2. Project learning for young adults programme.

Building self-esteem programme (BASE)

The Slovenian Institute for Developing Personal Quality is a non-profit non-governmental organization which has presented the Building Self-Esteem in Elementary and Secondary Schools Programme in the year 1999. To implement the program, the Institute has since then trained over 1.300 mentors. The program produced impressive results in increasing personal responsibility and motivation for learning, improving interpersonal skills and decreasing antisocial behaviour and violence in schools. The program is presently being implemented by mentors throughout the country.

In the year 2002 the Institute designed a project Building Self-Esteem on a school-wide basis. The purpose of the project is to increase the level of self-esteem among Slovenian students by implementing the Building Self-Esteem programme in selected schools on a school-wide basis. This program, developed by Robert Reasoner, with over 25 years of research behind it, provides manuals and teaching materials for elementary and secondary school students, with supplementary materials for administrator's and parents. A student Self-Esteem Inventory for assessment accompanies the program. The results of its implementation (after 3 years) showed improvement in all aspects of school activities: student interest in school and after school activities raised, less discipline and social problems were registered and the number of students at risk dropped for 50%; the school climate in general improved which was also followed by the improvement of staff/teachers self-esteem. One of the included schools was elected for the best U.S.school of the Year.

The purpose of the BASE programme is to increase the level of self-esteem and sense of personal responsibility among students, as well as among their parents and teachers. Increasing the awareness of the broader community and general public is also part of the project. With the above stated purpose a series of workshops for students –



which are the central part of the project – being conducted by specially qualified mentors. Beforehand, training for mentors is organized. Simultaneously with the implementation of a series of workshops for students, workshops for school-staff and workshops for parents, as well as presentations for the local communities are organized.

Project learning for young adults (PLYA)

Project learning for young adults – PLYA is a publicly approved programme of informal education intended for the unemployed aged from 15 to 25 years who do not have any occupational qualifications or competences and face social vacuum due to a lack of support and help from their surroundings.

The underlying purpose of the programme is to help early school drop-outs without occupational qualifications to overcome social exclusion in which they find themselves and encourage them to re-enter and complete the educational process, thus, acquiring occupational qualifications or the targeted level of education. The programme further caters the needs of the young by equipping them with skills and competences indispensable for job seeking and entry into the labour market.

The main objectives of the programme are personal growth, general education and formation of occupational, social and cultural identity. The programme aims at activating the young by delivering as many possibilities, pathways, methods and people as possible to help them overcome social exclusion and enhance social integration. While searching for the best solutions for each individual, the PLYA programme promotes intersectoral action of various institutions and stimulates the young to get in touch with like-minded and to self-help. The programme is designed to help the young to enter into the social life in a creative and active manner, become able to efficiently carry out the “job hunting” task, identify their employment opportunities and present their know-how, skills and personal traits competitively and with the needed self-confidence. The educational process is carried out in interaction with the local environment. The PLYA programme does not deliver school subjects and classical school lessons, the mentors are there to help the young with the learning that takes place in the scope of the projects. The participants are active at all stages – from selecting to carrying out and, last but not least, giving final evaluations of the project. Thanks to its openness and direct learning in/for/with the environment, the programme possesses outstanding social-integration value that in fact constitutes the basic need of the young taking part in the programme.

Trainers



Ksenja Kos, Bachelor of social pedagogy and sociology and psychotherapist, works as a provider of additional professional assistance to children/primary school pupils (aged 3 – 14). After completing her studies at the University she dedicated herself to working with troubled, “difficult”, “unmanageable” or vulnerable children and adolescents and their families. She completed an international study of integrative transactional psychotherapy and then continued with an international relational developmental psychotherapy for children and adolescents.

She has a lot of experience in training professionals in the field of education and other institutions that deal with young people. In her private practice she works with adults, adolescents and children and she also leads counselling-therapeutic parenting groups. She is also a trainer of a certified Building Authentic Self-Esteem (BASE) programme in Slovenia.

E-mail: ksenja.kos1@guest.arnes.si



Nastja Mulej, M.Sc., an economist and sociologist has a master degree in communication studies. Professionally she focuses on teaching and training creative and constructive thinking in schools and companies (over 100 companies, over 60 schools and kindergartens, over 9.000 attendees at different seminars, conferences and meetings). She is the only Slovenian trainer of de Bono’s Six Thinking Hats, Lateral Thinking, Simplicity and CoRT (Teaching Thinking as a separate subject in schools).

She is well familiar with South East Europe markets. She was Head of New Ideas Department from 2000 till 2009 in New Moment – New Ideas Company (called S Team Bates Saatchi & Saatchi in 2000 – 2003), an advertising agency, present in 10 East European countries, working closely with the creative guru Dragan Sakan. She is a much sought for speaker and author of many articles.

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Travel to Ljubljana

Maybe you've already noticed that Slovenia is a small country and Ljubljana is a small city, located in the centre of Slovenia. That makes planning very straightforward. From whichever direction you enter Slovenia, you will probably end up in Ljubljana.

Plane

The first option is flying to Ljubljana. It is likely that you will change your flight connection in Vienna, Frankfurt, Rome or any other city, but at least you will get very close to Ljubljana centre. From international "Jože Pučnik Airport" (also known as "Brnik airport") to the city centre it will take you around 20 - 30 minutes by car. If you will have luck with the weather, you will have beautiful view over the Alps when your plane lands.



You have numerous options to reach Ljubljana centre from the airport. The cheapest one is a public bus, but there are also Shuttle buses and taxis (*keep in mind if you rent a taxi at the airport, you'll pay around 40 €, if you call it from Ljubljana centre, you'll pay about 25 €*).

Maybe you will notice some good flight connections with Ljubljana's neighboring cities. Trieste, Klagenfurt, Rijeka, Zagreb and even Venice and Vienna are not far away. The best option to reach Ljubljana from those cities can be [shuttle GoOpti](#). If you are ok spending a couple of hours in the car you will reach Ljubljana from Venice for approximately 25 €.

Train & Bus

[Train station](#) is conveniently located in the centre of the City (10 minutes from Prešeren square). If you are travelling from central European capitals, train can be interesting and comfortable travel option

Another option is Bus. The [central bus station](#) is in the middle of Ljubljana (next to the train station). It's easy to pick a taxi and come to hotel from there.



Travel around Ljubljana

There are four options to travel around Ljubljana. Travel around the city centre is easiest on foot, city centre is also very close to the City Hotel. You can rent a bike. Ljubljana is bike-friendly city and bike-lanes are all over the city. You can take public bus. It costs 1,2 € for 90 minutes ride.

In case you will need taxi, there are a lot of possibilities regarding which taxi company to choose. Please note it is cheaper if you call a taxi by phone comparing to price if you stop them in the street.



Below are the numbers of two of the cheapest taxi companies:

- Taxi Rondo (+386 70 900 900)

Top sights in Ljubljana

Ljubljana Castle

The Ljubljana Castle, the city's most prominent landmark, is a medieval fort overlooking the old city centre. The castle has a lot to offer and numerous events are organized throughout the year. Visitors can also see a permanent exhibition called Slovenian history.

Opening time: 9 am – 9 pm

<http://www.ljubljanskigrad.si/>



Ljubljana Old Town

Ljubljana' Old Town is small, but beautifully preserved piece of baroque and Habsburg architecture. It's three squares (Mestni, Gornji and Stari trg) are situated on the west bank of Ljubljanica river, right beneath the Ljubljana castle.

Its best explored on foot with brief stopovers in one of numerous cafes and restaurants.



The river Ljubljanica and its bridges

The heart of Ljubljana's social life is the Ljubljanica river embankments, densely scattered with lively cafés offering outdoor seating. A good way to see the old city centre and its famous bridges, picturesque buildings and vibrant embankments from a completely different angle is to join a tourist boat cruise along the river. You can hire a canoe and paddle through the city centre..



Churches

The artistic and especially architectural legacy found in the Central Slovenia is intensely marked by the richness of the ecclesiastical art.

Franciscan Church

Location: [Prešernov trg 4](#)

Križanke Church

Location: [Trg Francoske revolucije 2](#)

The Cathedral – Church of St Nicholas

Location: [Dolničarjeva ulica 1](#)

Ursuline Church

Location: [Slovenska cesta 21](#)



The unique legacy of the architect Jože Plečnik

The famous architect Jože Plečnik (1872-1957) tried to model Ljubljana on ancient Athens. The multitude of his creations in the city, referred to as a whole as "Plečnik's Ljubljana", is considered to be one of the 20th century's most important total works of art.

Central market - market halls by architect Jože Plečnik

Triple Bridge

Church of St Michael

Location: [Črna vas 48](#)

Križanke Summer Theatre

Location: [Trg Francoske revolucije 1](#)

National and University Library

Location: [Turjaška ulica 1](#)

Plečnik House

Location: [Karunova ulica 4](#)



Shopping

Maximarket (www.maxi.si)

Location: [Trg Republike 1](#)

Open: Mon – Fri 9.00 – 21.00, Sat 8.00 – 17.00



Galerija Emporium (www.galerijaemporium.si)

Location: [Prešernov trg 5a](#)

Open: Mon – Fri 10.00 – 21.00, Sat 10.00 – 20.00



Nama (www.nama.si)

Location: [Tomšičeva ulica 1](#)

Open: Mon – Sat 9.00 – 20.00

Mercator Centre Ljubljana (www.mercator.si)

Location: [Cesta Ljubljanske brigade 32](#)

Open: Mon – Sat 9.00 – 21.00



BTC City (www.btc-city.com)

Location: [Šmartinska cesta 152](#)

Open: Mon – Sat 9.00 – 20.00



Don't Forget!

- ✓ Passport
- ✓ Airplane ticket
- ✓ Laptop
- ✓ Delegate poster presentation
- ✓ Camera
- ✓ Dictionary
- ✓ Enjoy yourself!

In case of emergency please call:

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