

## **GMBS Career and Professional Center**

### **Tasks:**

1. Pedagogical and digital competence development and guidance
2. Research and support for higher education
3. Research, testing and international comparison of higher education processes and results (monitoring of student expectations, evaluation of teaching quality).
4. Monitoring, research and development of innovative elements in online education (preparation of methodological materials for teachers).
5. Assistance and advisory activities for teachers in the field of planning, implementation and evaluation of higher education.

### **Course objectives:**

To teach teachers to orient themselves in pedagogical, digital, psychological and didactic fields in which they have not been systematically prepared.

Acquire competences and skills in the areas of core topics of the courses.

### **Target groups of the courses:**

1. Novice teachers
2. Teachers without pedagogical training
3. Practitioners involved in pedagogical and scientific research activities

### **Key topics of the courses:**

1. key competences of the teacher at GMBS,
2. preparation and planning of lessons;
3. developing students' key competencies;
4. activating teaching methods,
5. specifics of teaching in small and large groups,
6. information technology in teaching,
7. teacher's communication skills (speech and non-verbal communication),
8. written and graphic expression of the teacher (creation of an understandable online text),
9. tutoring, coaching and interaction with students,
10. student assessment (pedagogical diagnostics, feedback),
11. self-diagnosis of teaching and teacher's self-reflection (observations and video recordings of teaching).

### **Within the career and professional center, psychological counseling will be provided:**

### **The main objectives of the psychologist's work:**

1. Awareness and awareness building
2. education in the field of mental hygiene and mental health
3. provision of consulting services
4. education of teachers in psychology in order to increase their sensitivity and professional competences in contacts with students

### **Specific tasks:**

1. focus on promoting a healthy lifestyle with an emphasis on the prevention of stress, depression, obesity and cardiovascular diseases,
2. intensification of prevention of maladaptive behaviour (especially unpleasant burdensome experience, experiencing a situation of exceptional danger, often life-threatening, feelings of helplessness, despair that are unexpected, natural, but also man-made disasters, interpersonal violence, serious injuries, illnesses, loss of life, ignoring overload of the body, arrogant behaviour, prevention of bore-out, burn-out syndromes),
3. creating a conducive multicultural environment towards respect for different nations, cultures and social groups,
4. implementation of individual counselling and therapy.

**Diagnostic options by a psychologist at the center:**

1. Diagnosis of socially significant personality traits

The essence is the diagnosis, analysis and interpretation of those components of the personality that characterize its sociality, sociability, i.e. the presence and existence of such characteristics that have an impact on the integration of the individual into the social environment and on the formation of interpersonal relationships.

2. Diagnosis of interpersonal relationships

These are analyses of the social characteristics of personality, not in an isolated form, but in the mutual interaction of the personality with other people.

3. Group diagnostics

When working with a group. In the conditions of a school at the pedagogical level, we can focus on pedagogical diagnostics. Where the teacher maps individuals and entire study groups within his competences. Building team roles, project-based learning. Team building.

4. Diagnosis of selected disorders and therapy

Compared to other mental disorders, neurotic disorders occur quite often at any age. They affect not only the working-age population, but are a frequent cause of the inability to perform adequately at school. Interventions aimed at solutions.