

PROJET ERASMUS+: « I-YES » -

Improve Your Emotional Skills

Newsletter n°5

Summary

- The first results of the testing
- Online applications
- Current work and future activities, including I-YES final seminar

The first results of the testing

The group activities were tested with 206 trainees enrolled in an institutional or qualifying training (15 groups of 8 up to 22 trainees). It was important to have qualified and integrative training groups to identify the groups most significantly impacted by the program. The feedback from the trainees and **13 trainers** who took part in the piloting of the Intervention programme is more than encouraging!

"This enabled me to better manage my emotions and to discover others"

"It helped to unite the trainees of the group which was not obvious at the beginning"

"Great for group work and getting to know each other better"

"I am 37 years old and this experience has had an interesting impact on me"

"It helped me to manage my shyness and get closer to the group"

"This experience helped me to know myself a little more."

"Amusing, Funny, Positive, Great"

I-Yes programme is tailored for **young people aged from 16 up to 25 years old**. But we acknowledged that adult trainees may also lack socio-emotional skills. Therefore some adult trainees tested the Intervention programme. **The average age of trainees taking part in I-YES Intervention programme is 20 years old.**

We have chosen **different strategies for implementing** the intervention program. Some I-YES partners have chosen to implement project activities over a few days to completely immerse the trainees in the programme. Other project partners have carried out activities during several weeks with some spare time between each activity. Therefore partners have the opportunity to verify which may be the best methodology.

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Our Portuguese partners are currently **analyzing the first evaluations of I-YES Intervention programme** (assessments from some trainees and trainers who also made some suggestions for improvements). We will then measure the general impact of the programme.

Reminder: all in all the partnership has tested **24 activities** useful to develop socio-emotional skills:

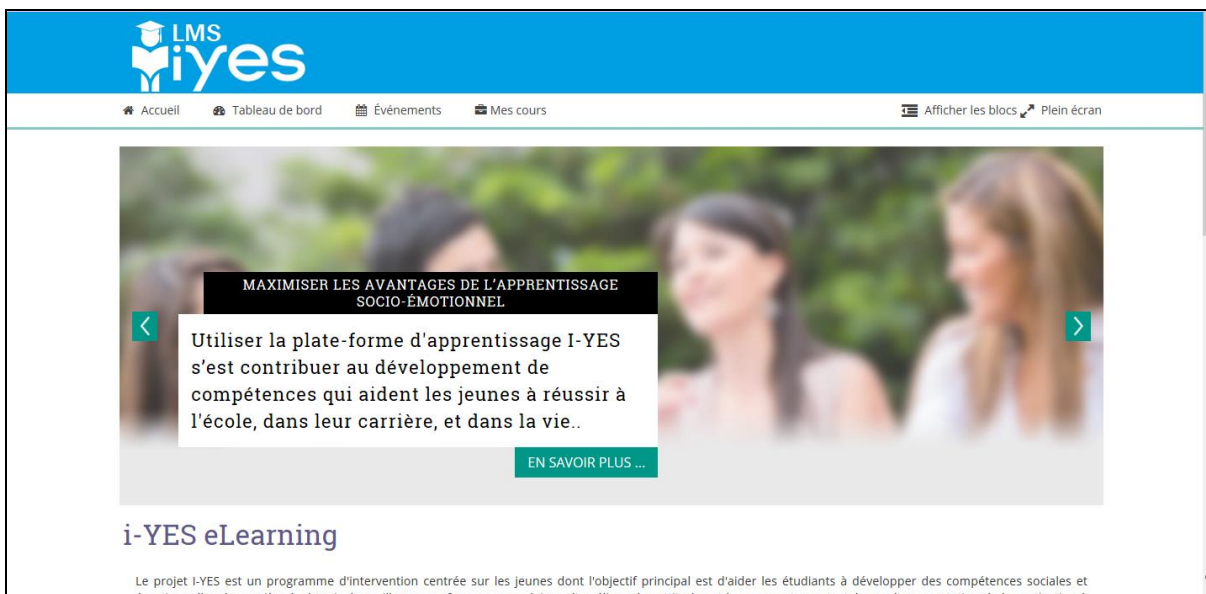
- + 3 common activities, so called "European activities", implemented by all partner countries;
- + 18 different activities, so called "national activities", that is to say 3 activities per country;
- + 3 online activities (online platform) tested in each partner country.

Online applications

We have some delays related to online platform which are related to technical issues: the platform has been developed in 6 different languages requiring several adjustments. The Greek technical team partner is still working work hard to have things fixed at the soonest. Meanwhile, following is an overview of the developed tool :

- The homepage where can be found information about I-YES online platform including a video:

<http://elearning.iyes-project.eu/?lang=fr> ou <https://www.youtube.com/watch?v=GbXnDx2ICBo>



The screenshot shows the homepage of the i-YES eLearning platform. At the top, there is a blue header with the LMS i-YES logo. Below the header, a navigation bar contains links for 'Accueil', 'Tableau de bord', 'Événements', and 'Mes cours', along with options to 'Afficher les blocs' and 'Plein écran'. The main content area features a large image of three young women smiling. Overlaid on this image is a text box with the following text: 'MAXIMISER LES AVANTAGES DE L'APPRENTISSAGE SOCIO-ÉMOTIONNEL. Utiliser la plate-forme d'apprentissage I-YES s'est contribuer au développement de compétences qui aident les jeunes à réussir à l'école, dans leur carrière, et dans la vie.. EN SAVOIR PLUS ...'. Below the image, the text 'i-YES eLearning' is displayed, followed by a small paragraph of text: 'Le projet I-YES est un programme d'intervention centrée sur les jeunes dont l'objectif principal est d'aider les étudiants à développer des compétences sociales et émotionnelles de manière à obtenir de meilleures performances scolaires, d'améliorer les attitudes et les comportements, tels que l'augmentation de la motivation à...


- as well as three online apps to discover soon!

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 <p>Découvrir le monde des émoti...</p> <p>Cours ></p>	 <p>Communiquer</p> <p>Cours ></p>	 <p>Respect des autres</p> <p>Cours ></p>
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Following, an example of module related to "emotions" with its detailed summary:



Decouvrir le monde des émotions

-  Qu'est-ce qu'une émotion ?
-  Exemple de la peur
Une émotion est une réponse du corps pour agir ou réagir à une situation.
-  Emotions agréables-désagréables
Une émotion peut être **agréable** ou **désagréable** mais aussi **forte** ou **faible**. Vous pouvez constater qu'il y a plus d'**émotions négatives que positives**. Toutes nos émotions sont pourtant nos alliées car elle nous protéger et nous aider à réagir. Mais pour cela il faut savoir les reconnaître, les utiliser et les décharger.
-  Quels sont les risques si l'on ne décharge pas correctement ses émotions ?
-  Existent-ils d'autres émotions ?
Les émotions **se combinent** entre elles, **se nuancent** et **créent de nouvelles émotions** dites secondaires.
-  Conclusion

The above summary gives access to interactive videos which combine theoretical contributions and practical exercises. Following are two examples:

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Qu'est-ce qu'une émotion ?

Une émotion est une réponse du corps pour agir ou réagir à une situation.
Décomposons le mot **é**-motion : **é** = vers l'extérieur + **motion** = mouvement. Emotion signifie donc littéralement mouvement vers l'extérieur.

Chaque émotion à deux fonctions :

- ⇒ Déclencher une réaction spécifique d'adaptation à ce qui se passe.
- ⇒ Maintenir l'équilibre du corps.

Mélanie revient de vacances qu'elle a adorées. Elle a hâte de les raconter à ses amies. Que ressent Mélanie ?

A) Tristesse


B) Joie

D) Dégoût

C) Peur

E) Surprise

F) Colère



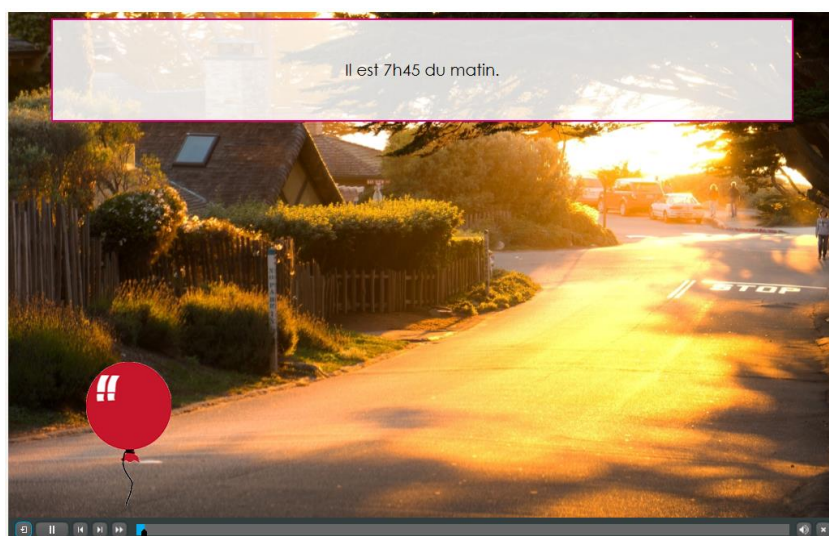
You did not answer this question completely.

Question 1 of 6

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- Moreover, online scenarii help to develop specific skills. Below is the starting stage of the scenario linked to development of emotions:



You will have access to the whole scenarii during I-YES final seminar.

Work in progress and future activities

Once all trainees and trainers have tested the three online apps, they will complete an evaluation questionnaire. The aim is to identify strengths and weaknesses as well as sections to be improved.

Currently, partners are drafting guidelines for future users in order to make it easier to implement I-YES Intervention programme.

Note that on June 22nd 2017, French partners will organize **I-YES final seminar**. All the European partners will attend this seminar. Soon we will send extra information about this event ! (Each partner could add in this paragraph, information related to their national final I-YES seminar)