



**Co-funded by
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Staff training at SWU, Srinakharinwirot University

Venue: 114 Sukhumvit 23, Bangkok 10110, Thailand

Title of training: Creating a Supportive Learning Ecosystem: Innovative Approaches to Developing Student Support Services

MASUDEM – Master studies in sustainability development and management

January 29th – February 2nd, 2024

Number of participants: 20

Trainer: Lili Hattinger, ELTE Eötvös Loránd University Budapest, Student Support Centre

HOMWORK BOOKLET

In this booklet you will have the opportunity to reflect and think further about what was said and learned in the training. For any questions, please feel free to contact your trainer.

Day 3., January 31st, Wednesday

1. Write a situation what happened to a student and what could you and the student do using communication and stress management skills

2. Optional: read more about communication and stress managemet in the courses

Day 4., February 1st, Thursday

Think about the experiences of the past few days and answer the questions below:

1. One thing you can change in your work next week
2. One thing you can add to your work next week
3. One thing that is the hardest that needs attention next week

Day 5., February 2nd, Friday

1. Summarise what you learned this week, what were the most important things you discovered or experienced. What is the one thing you would pass on to a colleague who did not attend the training?: