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Co Creation Processes in Higher Education

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2024

30_31.jan 01.feb

Bragança-Portugal

TÍTULO: Atas da In2CoP 2024 - Conferência Internacional em Processos de Cocriação no Ensino Superior 2024

EDITORES: Bárbara Barroso, Celeste Antão, Cláudia Costa, Fernando Pereira, Inês Barbedo, Juliana Almeida de Souza, Paula Cabo, Pedro Rodrigues, Rebeca Lachovicz, Vera Ferro-Lebres

EDIÇÃO: Instituto Politécnico de Bragança, 5300-253 Bragança, Portugal

ISBN: 978-972-745-363-4

TITLE: Proceedings of In2CoP 2024 - International Conference on Co-creation Processes in Higher Education 2024

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PUBLISHED BY: Polytechnic Institute of Bragança, 5300-253 Bragança, Portugal

ISBN: 978-972-745-363-4

Esta publicação reúne os resumos das comunicações apresentadas na Conferência Internacional em Processos de Cocriação no Ensino Superior (In2Cop) 2024 e inclui ainda o programa do Encontro.

As doutrinas expressas em cada um dos resumos são da inteira responsabilidade dos autores.

This publication presents the abstracts of the communications presented at the International Conference in Co-Creation Processes in Higher Education (In2Cop) 2024 and the program of the Meeting.

The opinions expressed in each of the abstracts are the sole responsibility of the authors.

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Capazmente

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ABSTRACT

Problem To Be Solved

Who here has been, is, or will be a finalist student? What positive and negative emotions are associated with this concluding stage? What is the mental health status of finalist students?

How It Can Be Done

Psychological coaching promoted by the Matiz Association in partnership with Polytechnic Institutes, aimed at creating an extracurricular unit to foster psycho-entrepreneurial attributes that support the emotional well-being of final-year students.

Benefits

Professionals better equipped and more confident for the labour market; Training initiatives to increase awareness of the importance of mental health; Students more prepared and motivated to enter professional life; Development of students' soft skills.

Solution

Module 1: Diagnosis

Administration of BIG 5 personality assessments and questionnaires;

Formation of groups based on dominant personality traits and identification of the difficulties encountered at this stage.

Product: Curricular Unit Platform integrated within "Link Me Up".

Module 2: Understanding

Production of information materials and guidance on mental health;

Facilitated dialogues with student groups on the significance of mental well-being;

Identification of problems encountered and their emotional impacts.

Product: Guides and informational resources, group activities with finalist students.

Module 3: Intervention

Workshops on mental health and the development of soft skills for employability;

Eight sessions of psychological coaching throughout the semester, either individual or group-based;

Integration of the *Learning Compass 2030* concept.

Product: Events, workshops, and psychological support services.



Figure 1: CapazMente logo