Report

(LTT1) Psychological and digital resilience at HEIs: state-of-art – Transnational workshop

University of Kragujevac

July 13th – July 15th 2022.

Version	Date	Author (Partner/Person)	The revision summary
V1	15/7/2022; 18/7/2022, 19/7/2022	University of Kragujevac, Katarina Bogdanović	First complete draft
V2	22/7/2022; 25/7/2022	University of Kragujevac, Ivana Krsmanović and Milica Stojković	Analysis of the survey, revision of the first complete draft
V3	25/7/202; 26/7/2022	University of Kragujevac, Katarina Bogdanović	Final version of the report

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Introduction

As it was planned by the project application, in M8 of the project lifespan, a 3-day study visit to present and discuss the results of the state-of-the-art research realized on the participating HEIs about psychological (non)resilience in time of crisis, digital (non)resilience and support and digital security service has been held at University of Kragujevac. Though the UNIKG was the host, the content of the workshop was realized as a collaborative workshop of the staff from three universities.

Workshop moderators and trainers were researchers-participants from UNIKG, UFG and UKW. Participants of the workshop were university staff from UKW, UNIFG, UNIKG and students from UNIKG, and a professional with expertise in psychological and digital resilience. Attendees of the workshop were provided with certificates of participation in the three-day training program.

The intended training goals were achieved. The training was focused on the development of skills for using the empirical evidence for preparing policy and the strategic document, planning future results and managing and processing collected data. A comparative analysis of the psychological and digital resilience at the HEIs in three countries and conceptualization of the direction to enhance students' resilience in the university digital settings was discussed and produced. The training outcomes were also achieved. Resilient and (non)resilient behavioral patterns of the HEIs students were first put into a larger context of understanding concepts of psychological resilience and digital resilience and then analyzed through actual responses of students from three partner universities. Also, effects of crisis circumstances were discussed, covering students' perspective on it as well as mapping the available resources of partner universities and their municipalities. Finally, an initial recommendation to changes when it comes to possible policy directions were reflected and will be used in R2 report finalization. At the end of the activity, a feedback survey was sent to the participants in order to map out the good practices and necessary improvements.

The impact of the workshop will be used mainly for developing R2 "Report on the needs analysis research", but also for establishing a common framework for Guide development (R3) and for developing subsequent training programs and the training materials. Based on this workshop some initial steps in establishing students' peer support network and partner university team for students' peer support (for enhancing psychological and digital resilience) will be done. The impact of the workshop will be used for developing R2 "Report on the needs analysis research" establishing students' peer support network and on developing the training programs and the training materials, as well to prepare the R3 "Guide for Digital and Psychological Resilience Support Networking (Guide for DigiPsyRes Network)".

The list of attendees

The number of representatives from three partner institutions that participated in the LTT1 was 23 altogether:

1. University of Kragujevac 20 participants – 10 teachers/researchers, 6 administrative workers, 1 rector, 3 students:
   Darko Hinić (teaching staff)
   Milica Stojković (teaching staff)
   Ivana Krsmanović (teaching staff)
   Dragana Bjekić (teaching staff)
   Lena Tica (teaching staff)
   Danica Fatić (teaching staff)
   Biljana Đorić (teaching staff)
   Marjan Milošević (teaching staff)
   Dragan Đurčić (teaching staff)
   Gorana Rakić Bajić (teaching staff)
   Nenad Filipović (rector)
   Olivera Mijatović (admin. staff)
   Bojana Gerun Đokić (admin. staff)
   Katarina Bogdanović (admin. staff)
   Katarina Basarić (admin. staff)
   Neda Vidanović Miletić (admin. staff)
   Milica Kaplarević (admin. staff)
   Uroš Glišić (student)
   Snežana Aleksić (student)
   Marko Davidovski (student)
2. University of Foggia 2 participants – 2 researchers:
   Piergiorgio Guarini (research staff)
   Benedetta Ragni (research staff)
3. Kazimierz Wielki University 1 participant – 1 researcher:
   Izabela Kapsa (teaching/research staff)

Martina Rossi, University of Foggia, was planned to participate but she had to be absent due to personal health issues.

Aleksandra Błachnio, Kamila Litwic-Kamińska and, Łukasz Brzeziński, Kazimierz Wielki University, were planned to attend in an online format due to medical emergencies they had, but due to unforeseen complications with the health condition of the children of prof. Aleksandra Błachnio and prof. Kamila Litwic-Kamińska and personal health issues of prof. Łukasz Brzeziński, neither managed to attend. Prof. Izabela Kapsa attended the first day online due to flight scheduling issues, but she managed to participate during the first day without any issues, and attend the other two days in person.

Description of event

(LTT1) Psychological and digital resilience at HEIs: state-of-art – Day 1 (July 13th 2022.)

The first day of the workshop was opened ceremoniously by the rector of University of Kragujevac, prof. dr. Nenad Filipović, who, as University's representative, showed absolute institutional support for the activities of the DigiPsyRes project. A brief outlook on the future impact of the project was given and support for the longevity of the initiative were provided.

Following rector's opening speech, a welcome, opening introduction and recapitulation of the project results achieved to that point were given by prof. dr. Dragan Đurčić and Milica Stojković. Milica Stojković's recapitulation opened a short discussion and a short planning session of future activities, which naturally continued with the "Presentation of results of online survey of the psychological and digital resilience at the HEIs in three countries" which were presented by each partner's representative — Izabela Kapsa for UKW, Benedetta Ragni for UFG and Darko Hinić for UNIKG. This opened a fruitful discussion, especially when it came to observing the structural differences of 3 HEIs.

Since the results of the survey will be used not only for creation of R2 "Report on the needs analysis research" but for further potential project relevance, the led the discussion was multifaceted – habits stemming from popular culture among student population, potential national differences, differences depending on the year of studies, gender, etc. The discussion helped determining the pathway of data observation, a common ground for joint action and, a starting point for development of a versatile solution and approach for planned results.

The second part of the first day was dedicated to the lecture of prof. Gorana Rakić Bajić which was created to enhance understanding of digital and psychological resilience, grasping main concepts and practical implications and creating a sense and an agreement around the terminology and practices that will be implemented, used and built upon on.

All the presentations of the first day tied in with the final presentation and discussion which created an overview and analysis of psychological and digital resilience of the students of 3 HEIs. The main focus was put on the intersection of concepts and R2 survey results and discussing the joint approach for data analysis.

(LTT1) Psychological and digital resilience at HEIs: state-of-art – Day 2 (July 14th 2022.)

The second day of the workshop began with the presentation of a comparative analysis of R2 "Report on the needs analysis research" data results which opened up a beneficial discussion in regards to structure of the "Report on the needs analysis research" and task delegation surrounding it. The presenter and moderator of discussion was Piergiorgio Guarini, which was the most fitting since UFG is the leader of the R2. The researchers from both UNIKG and UKW actively participated and provided insightful input and directions for the development of R2 "Report on the needs analysis research".

Following the discussion, a state-of-the-art at 3 HEIs when it comes to university student support services has been presented by the representative from each HEI. Each presentation was followed with the exchange of opinions and a short think-tank session for future actions and possibilities that can be used during and after the project lifespan. Giving 3 different perspective on the present state provided a solid perspective for a ground on which it can be built upon and things that can be improved.

Tying into the presentations and discussion, presentation "Directions for students' support networking policy and preparation of the Guide, training programs and the Manual" by Ivana Krsmanović and Dragana Bjekić directed the discussion towards future plans and creation of R3. The partners were very willing to share their views, pitch ideas and direct the look of the Guide. Though many questions were opened, a sense of a clearer direction among partners was created.

The final session summarized all the points of the day into a cohesive plan for further action. The participants were able to add new ideas, having in mind all the new challenges and possibilities that were presented and seen by analyzing data. A new level of nuance and areas that would require higher engagement of students and professionals alike were discussed and foreseen to be included in the future actions, so that the high quality and longevity of the project could be guaranteed. Also, one of the key points that was discussed was the dissemination of the project results as well as creation of research papers that would use the collected data and give it a new outlook.

(LTT1) Psychological and digital resilience at HEIs: state-of-art – Day 3 (July 15th 2022.)

The planned lecture by Mirjana Jovanović was cancelled due to lack of the lecture's suitability of the final version for the workshop. Instead of the lecture, a discussion was opened using the material available on YouTube (https://www.youtube.com/watch?v=jFUehOXiebQ) with a topic of the post-Covid mental health counseling ward in Kragujevac. Since the ward is opened for all citizens without a singular group in mind, aspects of the good practices and work methods were discussed and considered in the context of the applicability in the higher education and among students. As it was shown during the previous days, the partners were extremely interested in finding the common ground, allowing enough space for adaptions in the social context existing on a national and pop-cultural level.

Following this discussion, the head of the International cooperation department, Olivera Mijatović, presented the activities of the Career development center and activities of career, psychological and other support which the Center provided during the peak of pandemic and afterwards. The Center has shown that despite of the lockdown and Covid19 panic, they managed to stay present and organize webinars, stay approachable and provide any help that was at their disposal. Since the Center is UNIKG's main point of contact with the student body, the Center is planned to have a major role in implementation of the project activities.

The main focus of the third day were the students of the 3 HEIs. Three representatives of UNIKG - Uroš Glišić, Snežana Aleksić and, Marko Davidovski gave their presentations first. Since each of them attended different faculty (Uroš Glišić attends Faculty of Technical Sciences in Čačak, Snežana Aleksić attends Faculty of Pedagogical Sciences in Jagodina and, Marko Davidovski attends Faculty of Economics) a perspective on nuances in student culture on each faculty was given. The students' added

a personal note besides the general one of what happened and how they managed to handle all the challenges that arose during that time. The students were willing to discuss their perspectives and answer multiple questions from the participants. Since the UFG and UKW had the recording of the students, present students were asked for their take on the opinions given by the students from UFG and UKW. The students' perspective and their honest and candid feedback were essential for the researchers.

Conclusion

Precious time that the workshop provided was wisely used to improve the cooperation, provide a chance for acquiring the knowledge necessary for the implementation of the project, as well to work jointly on improving the quality of the results, exchange ideas and create a sense of common ground and a common starting point for the future activities. The workshop opened up new areas which ought to be tackled in the following period.

After the LLT1 project activity, a questionnaire was designed to assess the success of the activity. The questionnaire was sent to all the LLT1 participants via Google Forms. 19 participants filled in the form. The responses are summarized in the following sections:

The participants were asked to tick the box which best describes their workshop experience and 6 statements were offered to be assessed using a 5-point Likert scale.

1. The workshop objectives were clearly stated and met.
2. The workshop was well organized.
3. The workshop helped me learn more about psychological and digital resilience in different contexts.
4. The information presented at the workshop was useful for the further development and implementation of this project.
5. We were given opportunities to collaborate and exchange ideas during the workshop.
6. Participation and interaction were encouraged.

To all the questions the majority of the participants answered with 5 (strongly agree), as can be seen in Figure 1 below.

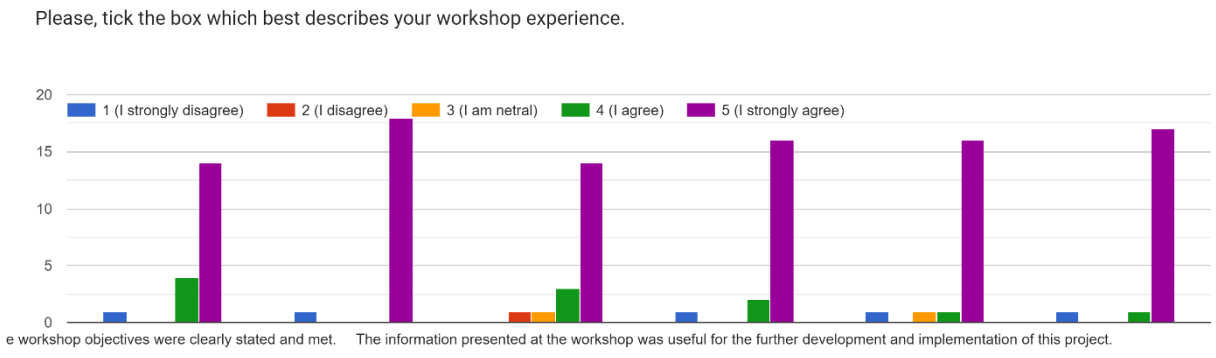


Figure 1 Distribution of responses for question 7.

We also asked the participants to rate their overall experience using grades 1-5. As much as 94.7% of them rated LLT1 with the grade 5.

Finally, we posed an open-ended question: If you have some comments or recommendations for our future LLT activities, feel write to share with us. One person thought it would be useful to include policymakers in the discussion (Figure 2).

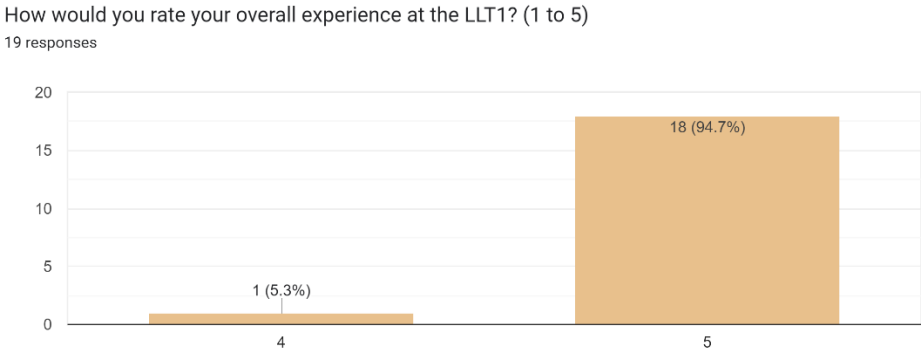
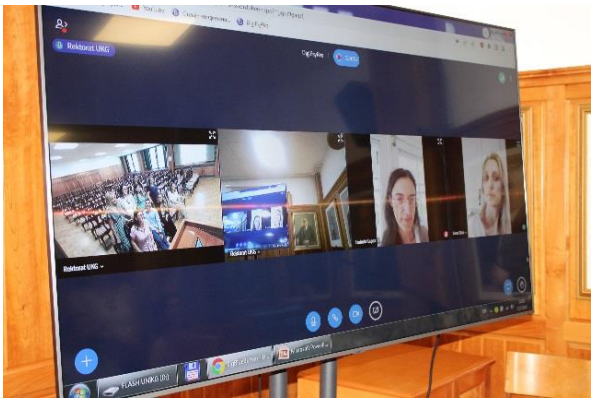


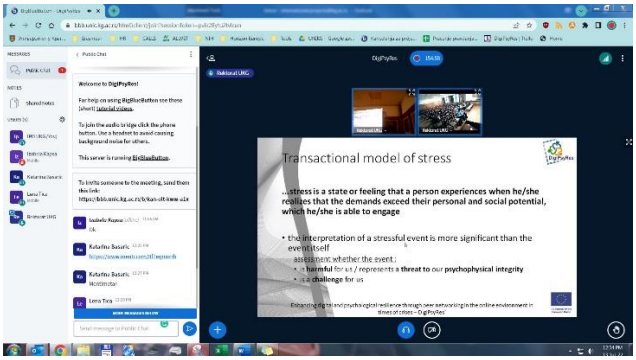
Figure 2 Responses to the open-ended question.

From the results of the questionnaire, we can conclude that the participants were satisfied with the LLT1 and that the activity was successful.

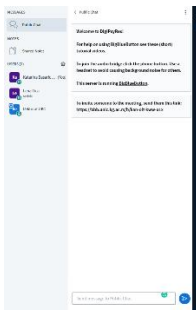
Gallery

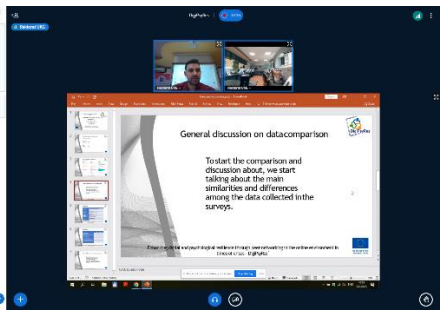
(LTT1) Psychological and digital resilience at HEIs: state-of-art – Day 1 (July 13th 2022.)





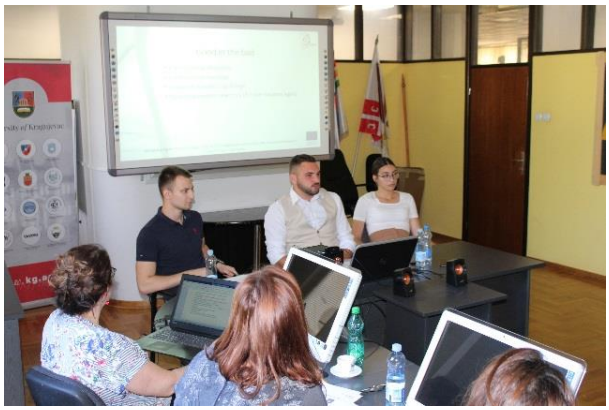
(LTT1) Psychological and digital resilience at HEIs: state-of-art – Day 2 (July 14th, 2022)

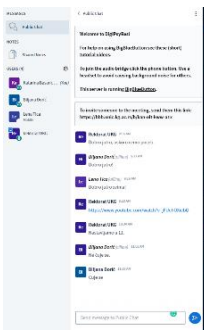


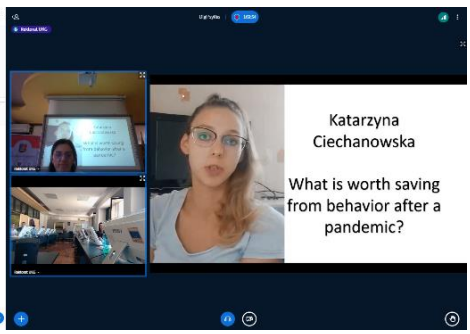


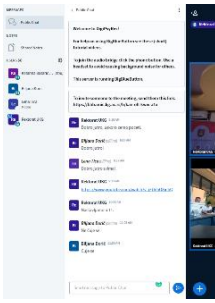
Psychological and digital resilience at HEIs: state-of-art

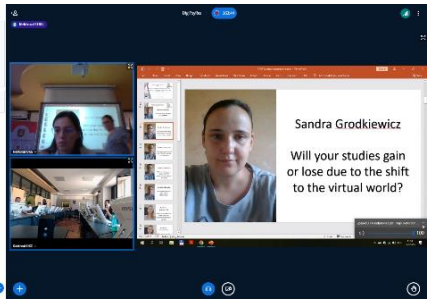
(LTT1) Psychological and digital resilience at HEIs: state-of-art – Day 3 (July 15th, 2022)

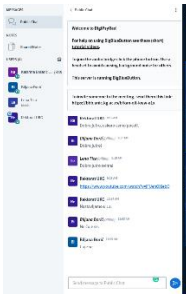


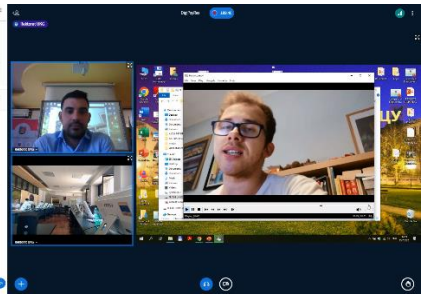


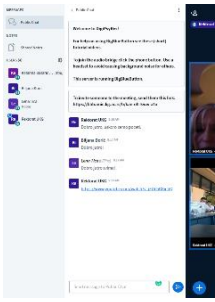


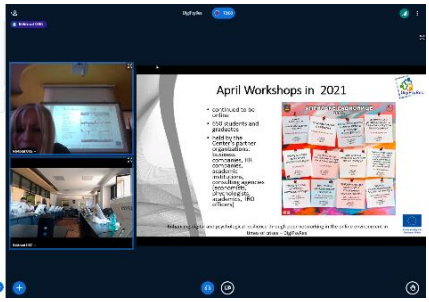


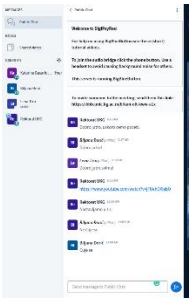

Sandra Grodkiewicz
Will your studies gain or lose due to the shift to the virtual world?

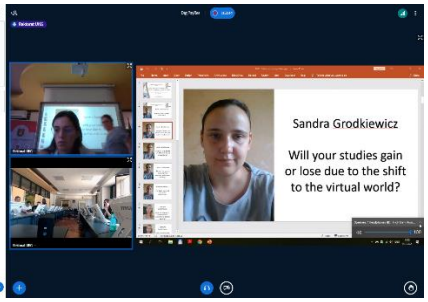







April Workshops in 2021




Sandra Grodkiewicz
Will your studies gain or lose due to the shift to the virtual world?