Report

(LTT3) Implementation of the Guide for Digital & Psychological Resilience Support Networking

Kazimierz Wielki University in Bydgoszcz

15-17 May 2023

Version	Date	Author (Partner/Person)	The revision summary
v.1	28/05/2023	Aleksandra Błachnio Kazimierz Wielki University in Bydgoszcz	Writing meeting reports

INTRODUCTION

According to the project timetable, the 3rd LTT took place in Poland. Kazimierz Wielki University hosted Colleagues from Serbia (physical) and Italy (online) for a 3-day study visit. The meeting was organised in the new building of Centrum Pomocy Psychologicznej (CPP; ang. *the Psychological Help Centre*), which is an extension of the modern diagnostic and research centre of Kazimierz Wielki University.

The DigiPsyRes meeting was extremely intense. We reached the stage where our R3 product (Guide for Digital and Psychological Resilience Support Networking) could and was presented to two groups of UKW undergraduate and graduate students. As a result, the DigiPsyRes team received valuable feedback on whether and to what extent the Guide could be modified to fulfil its purpose, i.e. to enhance & sustain students' support networking in digital and psychological resilience.

Although the UKW provided a lot of content, the Leader's voice was also very important. Our Colleagues from University of Kragujevac discussed with us the substantive challenges of the next tasks in the project. It was also possible to discuss the quality of cooperation within the consortium itself and these candid reflections, in the overall assessment, are a guarantee for even better cooperation in the next months of the project and the further development and implementation of R4, R5 and beyond.

The third LTT meeting was organised on 15-17 May 2023. The meeting was organised in a hybrid format so that Italian Fellows could participate in project activities online via the MS Teams platform (16-17 May 2023).

The list of attendees

The 9 representatives from three partner institutions participated:

physically

1. Aleksandra Błachnio, Kazimierz Wielki University
2. Kamila Litwic-Kamińska, Kazimierz Wielki University
3. Izabela Kapsa, Kazimierz Wielki University
4. Łukasz Brzeziński, Kazimierz Wielki University
5. Jakub Kopowski, Kazimierz Wielki University
6. Aniela Bekier-Jasińska, Kazimierz Wielki University
7. Dragana Bjekic, University of Kragujevac

8. Ivana Krsmanović, University of Kragujevac
9. Darko Hinić, University of Kragujevac

and online

10. Giulio Esposito, University of Foggia
11. Piergiorgio Guarini, University of Foggia
12. Marjan Milosević, University of Kragujevac
13. Mirjana Beara, University of Kragujevac
14. Biljana Dorić, University of Kragujevac
15. Jelena Jevtović, University of Kragujevac

DESCRIPTION OF EVENT

(LTT3) Implementation of the Guide for Digital and Psychological Resilience Support Networking – Day 1 (May 15th 2023)

The meeting started with a very in-depth analysis of the progress of the next deliverables planned under the DigiPsyRes project. Assumptions, timeframes were recalled by Darko Hinić (for a detailed content, see the presentation file posted on the Trello platform **ProjectTimeline_HINIC.pptx**). Colleagues from the University of Kragujevac presented the contents of the draft Guide for Digital and Psychological Resilience Support Networking in detail. The distribution of its contents was discussed, but also their relevance to the cultural contexts, i.e. Polish and Serbian higher education institutions. The debate focused on the critical selection of content - what is redundant and should be transferred to the draft of Manual, and what is not yet sufficiently highlighted and should be developed in more detail.

Due to the fact that a lot of time and attention was spent on finalising the Guide, only a brief review of the dissemination of R1 and R2 results in the planned form of scientific articles was made. Aleksandra Błachnio asked for feedback on the final version of the article: *Resilience, positivity and social support as perceived stress predictors among university students.* The file had been sent to all co-authors and team members prior to LTT3. She asked for the content to be reviewed as soon as possible. A common agreement was reached to submit the article to IJERPH Special issue

"Psychological Resilience in Child and Youth Development". Darko Hinic reported on the stage of work on the second article on digital resilience.

Jakub Kopowski showed how the technology (decision tree) can be used in the DigiPsyRes project. He discussed in detail the usability principle of decision trees, the availability and limitations of the application, the technical requirements (for a detailed content, see the separate file posted on the Trello platform **Decision tree Jakub Kopowski 15.05.2023.pptx**). In the practical part, he presented an example of a decision tree for DigiPsyRes based on his code. Content informing and guiding a student interested in digital and psychological resilience support networks through a decision tree was prepared for both a mobile phone and a laptop/computer user. This practical content was to be validated in a workshop with students, scheduled for the second day of LTT3.

(LTT3) Implementation of the Guide for Digital and Psychological Resilience Support Networking – Day 2 (May 16th 2023)

During LTT3, a key activity was to familiarise students with the assumptions, content and format of the Guide. They reflected on the extent to which the assumptions made by the DigiPsyRes team about the needs of students and the capacities of the different universities (based on R1 and R2) were valid according to the stakeholders themselves.

In order to achieve it, two separate workshops were held with students from departments other than the Department of Psychology, namely Pedagogy (a separate department) and Political Science (another department).

The workshop was attended by undergraduate and postgraduate students. The distinction was important, and it was intended to identify the extent to which students are a vulnerable group due to their lack of knowledge and experience of the studies themselves (undergraduate students have no experience and have to adapt to university education compared to graduate students, i.e. in their 4th and 5th year, where the 'newness' factor is not as strong).

The students were introduced to the idea of the DigiPsyRes project and directly reinforced our Team with arguments and examples of the real need and their willingness to get involved in the creation and/or use of student support networks in digital and psychological resilience.

The trainers sought as much feedback as possible on the students' views and their knowledge/experience of the resources and constraints in setting up, developing and maintaining

support networks at universities (for a detailed description of both workshops, see the separate document posted on the Trello platform **Workshop conclusions LTT3.docx**).

Comments from young people strongly inspired the consortium members. They discussed content, form, administrative and legal difficulties, the problem of network sustainability and much more.

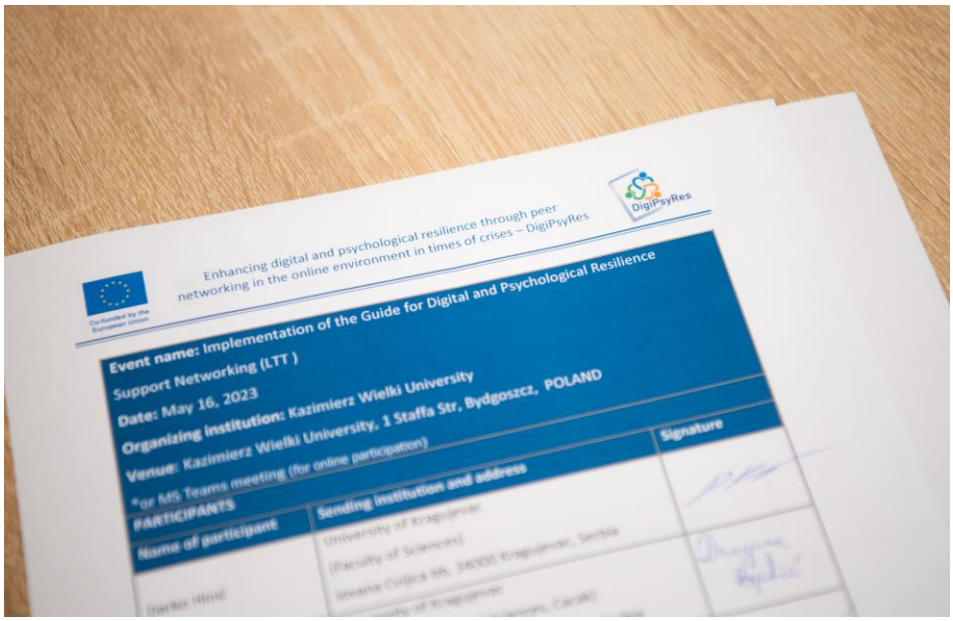
During this intensive day, the afternoon was devoted to discussing the administrative and financial challenges of the project. The meeting was hybrid in nature. In addition to Darko Hinić (University of Kragujevac), Aleksandra Błachnio and Aniela Bekier-Jasińska (Kazimierz Wielki University in Bydgoszcz) who was on site, people joined the meeting remotely via the Teams platform. Among them there were: Jelena Jevtović (University of Kragujevac), and Giulio Esposito (University of Foggia).

(LTT3) Implementation of the Guide for Digital and Psychological Resilience Support Networking – Day 3 (May 17th 2023)

On the last day of LTT3, all members of the DigiPSyRes team, although tired, had a strong sense of time productively spent. Above all, the results of the workshop, but also the frank, substantive discussions showed how the work of the DigiPsyRes project can and should continue. The consultations carried out in a hybrid format made it possible to verify the level of sophistication and the next steps needed to develop the trainings within the 3 sub-programmes (A, B, and C). Each sub-programme was characterised (achievements, difficulties, timetable) by the leaders (i.e. Kamila Litwic-Kaminska (Kazimierz Wielki University), Ivana Krsmanović, and Marjan Milosević, University of Kragujevac). The other members of the working teams were able to refer to the milestones set in the implementation of all three sub-programmes.

LTT3 concluded with the setting of further substantive priorities for the upcoming project period. Further activities necessary to work effectively on the development and implementation of the project results (manual and training) were discussed, verified by current findings on difficulties and new opportunities. A new arrangement is to continue the cooperation also remotely through e-meetings of the whole DigiPsyRes consortium.

Gallery


Enhancing digital and psychological resilience through peer networking in the online environment in times of crises – DigiPsyRes
DigiPsyRes
Event name: Implementation of the Guide for Digital and Psychological Resilience Support Networking (LTT)
Date: May 16, 2023
Organizing institution: Kazimierz Wielki University
Venue: Kazimierz Wielki University, 1 Staffa Str, Bydgoszcz, POLAND
*or MS Teams meeting (for online participation)
PARTICIPANTS
Name of participant
Sending institution and address
Signature

Raised

MAN WITH SOFT SKILLS BAG
EMPATHY
PRACTICAL KNOWLEDGE
(BASED ON FACTS)
POSITIVE THINKING
TALKATIVE
RESPONSIBLE
HELPFUL
CONSCIOUS
WANT-SIDED
OPEN
INTERESTED TO ACTIVITIES
HONEST
MOTIVATING
DEDICATED/LOYAL
SENSITIVE
NICE
CRITICAL THINKING
AGGRESIVE
SUPPORTING

adidas

Implementation of the Guide for Digital and Psychological Resilience Support Networking,

Kazimierz Wielki University in Bydgoszcz 15-17.05.2023