

WHAT
WE'VE
LOST AND
WHAT
WE'VE
LEARNT ON
THE WAY

RENATA SŁOWIŃSKA

AGNIESZKA
PĄCZKOWSKA

○ Szkoła w czasach zarazy

- Witamy w nowym roku szkolnym
- Dwa słowa o dwujęzyczności
- Przedstawienie tematu przemówienia



○ Disadvantages

- ✓ The lack of freedom, feeling locked up in prison
- ✓ Lack of experience of green space
- ✓ Restricted opportunities to do sports
- ✓ Financial loses, bankruptcy
- ✓ Boredrom
- ✓ Blurring line between work time and private life
- ✓ Impossibility to travel and explore
- ✓ Social unrest and public tension



○ Disadvantages

- ✓ The frustrations sometimes exacerbated preexisting problems :
- ✓ so that family violence went up,
- ✓ divorce and psychiatric diagnosis rates went up
- ✓ The anxiety and fear (teoria GAS Seyle)
- ✓ Psychological distress :

In a sample of 42330 UK adults, clinically significant levels of mental distress increased from 18.9% in 2018 to 27.3% in April 2020

- ✓ Shrinking social life, missing friends, lack of shared experiences
- ✓ UNBALANCED LIFE

source: <https://www.covidminds.org/post/the-psychological-impact-of-covid-19-what-we-know-so-far>






No man is an
Island
E. Hemingway

Psychological Experience

Even though you are the “digital generation”, it turned out that online interaction is not the perfect substitute for meeting somebody in person. No matter how we contact to each other, other people are important to us.

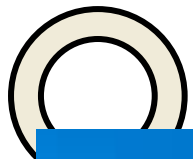




Plusy koronawirusa

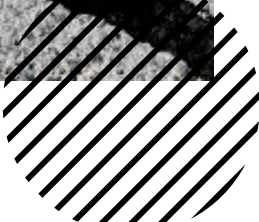
- ✓ Dłuższy sen
- ✓ Brak porannego zamieszania
- ✓ Więcej czasu z rodziną
- ✓ Więcej czasu na czytanie, na hobby
- ✓ Wolniejsze tempo życia
- ✓ Większa możliwość indywidualnego zarządzania czasem
- ✓ Refleksja nad systemem wartości i priorytetów





Co Cię nie zabije to Cię wzmocni?

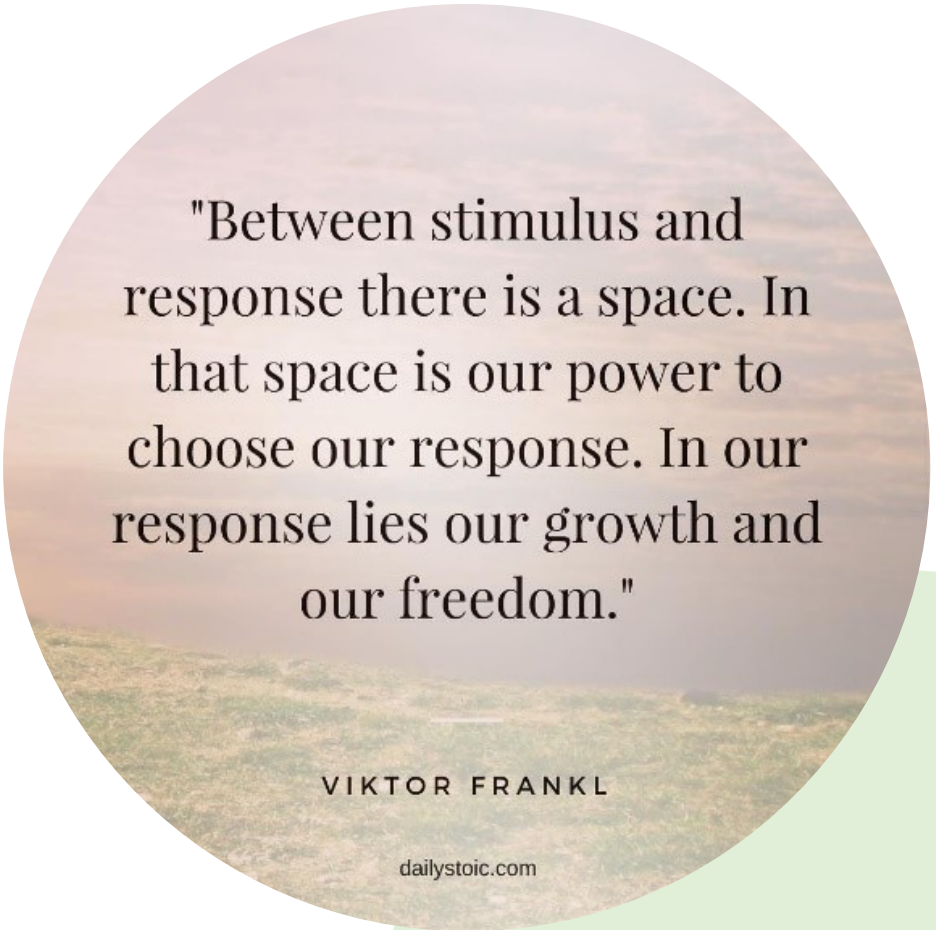
- A może ten trudny czas czegoś nas nauczył?
- Tylko czy Nietzsche miał rację?
- Może co Cię nie zabije, to Cię osłabi?





To zależy od nas

- Trenowanie odporności psychicznej
- Świadoma praca nad sobą
- Ale niekoniecznie samemu
- Skuteczność własna, umiejscowienie kontroli
- Stosowana przez Psychologów nie tylko w kontekście edukacji, ale np w wojsku USA, jako metoda zapobiegania PTSD



"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

VIKTOR FRANKL

dailystoic.com



○ Education

- 1.5 billions of students went on line
- IB Director pointed out, that all academic knowledge turned out to be not suitable facing new circumstances. What we have learned became irrelevant and sometimes even incorrect. According to dr Kumali what matters most is collaboration, flexibility and ability to adapt.
- Community
- Cooperation
- Power of professional friendship
- Purpose of education
- Social functions of school
- Two worlds: on line and off line
- Time management



○ What we have learnt?

- School is not a place, it is an activity
- Wisdom not knowledge
- Technology is a great tool, use it wisely
- The power of question
- Power of failure (LOC)
- Questioning values and principles
- What we took for granted
- Power of cooperation (2-4.09 LO) koń trojański
- Resilience





World
Mental
Health
Day
10th October

Szkoła

- Tydzień Zdrowia Psychicznego
- Integracja i współpraca
- W każdej klasie teams – w dwóch rzeczywistościach

