



Öğretmenler İçin Mesleki Tükenmişliği Engelleme Yöntemleri

2018-1-TR01-KA101-055934

Bülten -1



KONYA
İl Millî Eğitim Müdürlüğü

PROJECT NAME
ÖMTEY

PROJECT
OWNER KONYA
İL MEM
PARTICIPANT NUMBERS

65

26.04.2019



MERAM FAİK
ALTIOKLAR ORTAOKULU



KARATAY
ALİ ULVİ KURUCU
ANADOLU İMAM HATİPLİYESİ



BOZKIRLILAR VAKFI KIZ
ANADOLU İMAM HATİP
LİSESİ



YAZIR ŞEHİT OSMAN
KÜÇÜKDİLLAN İLKOKULU



MİMAR SİNAN İLKOKULU



SELÇUKLU BELEDİYESİ
İMAM HATİP ORTAOKULU



MERAM OSMAN GAZİ
ORTAOKULU



What is ÖMTEY?

Teaching is one of the professions where professional burnout problems are experienced most. As the Provincial Directorate of National Education of Konya, we have started our project called The Methods of Preventing Professional Burnout for Teachers shortly named as ÖMTEY, to bring solutions to these problems.

Within the scope of the project, we carried out activities involving 65 teachers / administrators from 8 schools within the provincial boundaries of Konya to conduct job shadowing and course activities in 6 different countries.

As a result of these activities carried out for the following purposes of the project, the application modules were prepared by our teachers. Our teachers have started both to share the experiences gained during the project activities and the dissemination activities planned to continue until June.

PROJECT OBJECTIVES

In the context of this project, we aim to achieve the following objectives.

1-To let the personnel in the member schools to learn the methods of coping with the stress and burnout syndrome and to increase their professional productivity.

2- Realization of international activities in a wider area thanks to the internationalization of institutions

3- To contribute to the increase of cooperation activities between universities and schools, one of Turkey's 2023 targets, by means of the links to be established within the frame of the project.

4- To make the school environment more attractive by improving the social-cultural-sporting opportunities of the school for all staff.



PROJECT PARTNERS

1. Finland Joensuu – edu-Karjala Training institute
2. Romania Bacau – Școala Gimnazială "Dr. Alexandru Șafran" Bacău
3. Romania Bacau – Colegiul Tehnic "Anghel Saligny" Bacău
4. Slovenia Brežice – Osnovna šola Brežice
5. Slovenia Stopiče – Osnovna šola Stopiče
6. Macedonia Kumanovo – Krste Misirkov Kumanovo: ООУ „Крсте Мисирков“ – Куманово
7. Macedonia Kumanovo – Sou" Pero Nakov" Kumanovo - СОУ „Перо Наков“ - Куманово
8. Czechia Prag – ITC International TEFL Certificate
9. Croatia Split – Maksima Training Center



Prague, Czech Republic
November 28th, 2018



Our teachers carried out activities under the following headings in the mobility activities carried out in 6 countries in the context of the project.

1– Romania: Creating a positive school culture

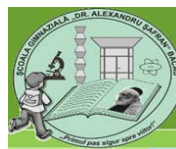
2.Finland: Healthy Teachers Healthy School

3. Slovenia: Team Spirit

4. Macedonia: Communication

5. Croatia: Motivastion Strategies

6. Czechia: Preventing Burnout Lessening Stress



Finland -HEALTHY TEACHERS HEALTHY SCHOOL

1. 20-25 January 2018 (11 people)

With the course "Healthy Teachers-
Healthy School" (6days)

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Increasing the productivity of all school staff in classes through improving their thinking and problem solving skills,

* Mind coaching,

* Gaining motivation to improve themselves constantly in terms of personal / professional issues

* Activities, strategies including good practices nationwide to prevent burnout



Romania—CREATING POSITIVE SCHOOL CULTURE



Our group including 11 teachers,
Banu Güven – Ali Ulvi Kurucu AİHL,
Şahin Işık – Osmangazi Ortaokulu,
Saliha Zavrak - Osmangazi Ortaokulu,
Seçil Gülveren- Meram Faik Altıoklar Ortaokulu,
Ahmet Derici – Selçuklu Belediyesi İHO,
Derya Altınok – Yazır Şehit Osman Küçükdilan İlkokulu,
Emine Uysal- Mimar Sinan İlkokulu,
Erdal Yavuz, Esra PEKCAN –Bozkırhılar Vakfı Kız AİHL,
Fatma Seçil Dikici-Ali Ulvi Kurucu AİHL'den 11 öğretmenden

Our team had job shadowing activities in accordance with the plan determined in BACAU schools, DR ALEXANDRY ŞAFRAN / COLEGIUL TECHNIC "ANGHEL SALIGNY". On the same day our team going to the city of Bacau made job shadowing at DR ALEXANDRY ŞAFRAN School according to the plan determined beforehand.

Slovenia— CREATING TEAM SPIRIT

11 teachers and administrators carried out job shadowing activities in the schools known as OSNOVNA SOLA BREZICE / OSNOVNA SOLA STOPICE, located in Brezice and Stopice, Slovenia.

At the end of this activity, the participants gained the following skills and experiences:

- * Planning activities about effective communication among school staff,
- * Ways of approaching students with different personality traits and needs as administrators and teachers
- * Benefits of organizing weekly seminars or conferences for school staff
- * Using kinaesthetic table method in stress reduction,
- * Organizing sportive, cultural and educational activities with the participation of both teachers and students,
- * Giving positive feedback to colleagues by attending lectures,
- * Establishing and setting new goals to increase motivation in the school development plans.



Macedonia - COMMUNICATION

opstinsko uciste Pero NAKOV located in Kumanovo, Macedonia.

At the end of this activity, the participants gained the following skills and experiences.

- * Methods for creating a happy, safe and attractive learning environment where teachers can improve themselves,
- * Knowledge and experiences about the Positive Education Seminar (developing teaching approaches, motivating students, motivation to have a better teacher profile, developing positive perspectives for students and teachers)



- * The effects of teachers' being involved in projects, language and ICT skills on establishing a positive school climate
- * Competences for the individual improvement of teachers and students
- * Objectives and activities such as games and drama to prevent teachers' burnout in school development plan

Croatia—MOTIVATION STRATEGIES

12 teachers and administrators attended a course titled as "Developing Motivation Strategies in a Modern Classroom Environment" Maxima Training Centre in Split, Croatia.

At the end of this activity, the participants gained the following skills and experiences:

- * 21st century teaching skills,
- * Coping with stress and burnout,

- * Mind coaching and its benefits,
- * Creating a classroom atmosphere without stress and motivating students



CZECHIA — PREVENTING BURNOUT - REDUCING STRESS

13 teachers and administrators attended a course titled as "Preventing Burnout in a School System" in ITC located in Prague, Czechia. At the end of this course, the participants gained knowledge, ability and experience about

- * Dealing with students having different learning styles,
- Raising awareness of daily stress,

Encouraging the development of future skills and recognizing their own strengths and weaknesses and evaluation,

* Gelecek becerilerin gelişimini teşvik etme ve kendi güçlü ve zayıf yönlerini tanıma ve değerlendirme,



* Preventing or reducing occupational burnout with an evidence-based approach,

Creating materials for daily school events and developing educational applications for preventing burnout

Encouraging lifelong professional development

Promoting personal development and highlighting the need of daily practice to prevent burnout

Increasing the comprehensibility of the methods and strategies to block and reduce the high rate of stress

WORKSHOP

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In the workshop where all of the teachers as the participants of our project joined, they converted their experiences, sharing them with one another, into the modules that house good sample practices.

