



# Öğretmenler İçin Mesleki Tükenmişliği Engelleme Yöntemleri

## 2018-1-TR01-KA101-055934

### Bulletin -2



KONYA  
İl Millî Eğitim Müdürlüğü

PROJECT NAME  
OMTEY

PROJECT OWNER  
KONYA İL MEM

NUMBER OF PARTICIPANTS

65

22.09.2019



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



### 1ST WORKSHOP

On 03.04.2019, a workshop on Sharing Good Practices and Module Creating was organized with the participation of 67 teachers and administrators and students from KTO Karatay University in Konya Mevlana Teacher's House within the scope of the project named "Methods of Preventing Profession Burnout for Teachers", in short OMTEY, in which Konya Provincial Directorate of National Education is the consortium leader.

During the workshop, 1 person shared the best practices they saw on behalf of each mobility group.

Project coordinator İbrahim AYDIN gave information about the phases of the project, module creation, social media tools of the project, e-Twinning project, and what to do after the mobility.

### 2ND WORKSHOP

On 03.05.2019, a workshop was held in Konya Mevlana Teacher's House on the introduction and best transfer of modules created for 67 teachers and administrators. During the workshop, representatives of each mobility group introduced the modules. Ebrar KABAR, a student of KTO Karatay University theatre team, gave information about the short film contents to be prepared within the scope of each activity.

The program ended with the completion of module evaluation questionnaires.

### PROJENİN

#### YABANCI ORTAKLARI

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 - COY „Перо Наков“ - Куманово
8. Czechia – ITC International TEFL Certificate
9. Croatia Split – Maksima Training Center



Prague, Czech Republic  
November 28<sup>th</sup>, 2018



Our teachers have carried out activities under the following headings in the mobilizations carried out in 6 countries in total within the scope 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: Motivation Strategies

6. Czechia: Preventing Burnout - Reducing Stress



## CONFERENCE ON GOOD EXAMPLES TO PREVENT BURNOUT

1. 19 September 2019

### Conference on Good Examples to Prevent Burnout

\*105 teachers and administrators, 3 teachers and administrators from different branches from 31 districts of Konya, and representatives from the Public Education Directorate representing Konya Selçuklu, Karatay and Meram Districts participated in the program which was organized with the aim of extending the project to a wider audience and sharing the results of the project. Also, university students who took part in the creation of short films were also involved in the program.



Seljuk University Faculty of Medicine Head of the Department of Mental Health and Diseases. Dr. Yavuz SELVİ made a presentation on motivation. Head of Department of Child Development, KTO Karatay University Faculty Member Hatice YALÇIN talked about the importance of the project and the importance of cooperation with universities and other institutions. The project coordinator İbrahim AYDIN provided information about the purpose of the project, why it was needed, which institutions received professional training and job shadowing support, local partners in the project, participants in the mobility, project target groups, project results, impressions of the project, social media tools of the project.

### Romania - CREATING A POSITIVE SCHOOL CULTURE

Meram Anatolian High School Mathematics Teacher Banu GÜVEN shared good practices focused on creating positive school culture.



### Croatia - DEVELOPING MOTIVATION STRATEGIES

Selçuklu Mustafa Büyükkaplan Hafız İmam Hatip Secondary School Mathematics Teacher Zeynepnur TEMEL shared good practices focused on developing motivation strategies in a classroom environment.



## Macedonia - CORPORATE/INDIVIDUAL COMMUNICATION Czechia - PREVENTING PROFESSIONAL BURNOUT/REDUCING STRESS

Karatay Mevlana Girls Anatolian İmam Hatip High School English Teacher Melek DAĞ shared the best practices focused on corporate and individual communication.



Bozkırlılar Vakfı Girls Anatolian İmam Hatip High School Math Teacher Erdem YILDIZ shared good practices focused on preventing or reducing stress and burnout.



## Slovenia - CREATING TEAM SPIRIT

Belediyesi İmam Hatip Secondary School, shared good practices focused on creating team spirit.



## Finland - ADOPTING HEALTHY LIFESTYLE

Şehit İbrahim Betin Primary School Principal Teacher Mehmet ARMAĞAN shared good practices focused on adopting a healthy lifestyle.



## LOGO COMPETITION



Meram Faik Altıoklar Secondary School 8/A student Büşra KILINÇ was chosen first with the project logo she designed within the scope of OMTEY project. She was given a tablet by the coordinating institution.



## PARTICIPANT'S VIEWS

When the Mobility Tool + reports were examined, it was observed that the satisfaction levels of the participants were above 96%. The satisfaction of the participants with the host institutions and expert trainers is quite high.

## PROJECT PRODUCTS

1. Best Practices Guide to Preventing Burnout
2. Good Practice Examples
3. Individual Evaluation Reports
4. 6 short films
5. Impressions video
6. e-Twinning Project

## SOCIAL MEDIA TOOLS

#İ 74 SITE  
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2ŽTWITTER

Methods of Preventing Profession Burnout Syndrome

4ŽYOUTUBE

5. ETWINNING

OMTEY KA1 ERASMUS

<http://twinspace.etwinning.net/84219/home>

3ŽFACEBOOK

Öğretmenler İçin Mesleki Tükenmişliği Engelleme Yöntemleri Erasmus+ Project

