



Bucharest University of Economic Studies
Teacher Training Department
International Professional Development Initiative
(international practical internship)

“Health in Education”

PROGRAM

Module 1. “Leading trends of Health Care in Education”

1. Informative session. “Health-oriented Education: background and lessons”
(Time schedule - 15 hours)
2. Training-seminar session
 - “A European experience of teaching critical thinking across fields”
(Dr. Daniela Dumitru) (Time schedule - 15 hours)
 - “Critical thinking and reasoning. A good start for a healthy mental life”
(Dr. Daniela Dumitru & Dr. Robert Alexandru Mihaila) (Time schedule - 15 hours)
3. Practical-consultations session
(Time schedule - 25 hours)

Module 2. “Mental Health and Education”

1. Informative session. “How to look after own mental health for educators and students”
(Time schedule - 15 hours)
2. Training-seminar session
 - “Students counselling for a better mental health”
(Dr. Camelia Staiculescu & Dr. Elena Ramona Richiteanu-Nastase)
(Time schedule - 10 hours)
 - “Behind the curtain. The dream between desire and interpretation”
(Dr. Marin Aurel Dramnescu & Dr. Vladimir Aurelian Enachescu)
(Time schedule - 10 hours)
 - “Stress management for mental health in Education”
(Dr. Monica Elisabeta Paduraru) (Time schedule - 10 hours),
3. Practical-consultations session (Time schedule - 25 hours)

Follow-up. “Health in Education: new challenges and opportunities. Coping strategies”
(Time schedule - 40 hours)

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