



Sophia Afsar and Hannele Puolakka

# TWINNING PSYCHOLOGY: SLEEP PROJECT

1

- Boosting self-confidence and cultural awareness
- Greater choices and possibilities for Higher Education
- Breadth and depth of educational experience
- Improved employment prospects
- Networking and making even more friends!
- Material for Personal Statements

## **WHY 'INTERNATIONALISING' TEACHING AND LEARNING IS IMPORTANT?**

**2**

- Collaboration
- Exchange
- Support
- Cultural Awareness



# Creating a global learning community

- **YES!!!**
- Twin your Psychology class...



**Can I introduce a global element to the teaching and learning of Psychology?**

**4**

- 'Twinning classes': The current major project in EFPTA
- Promotes collaboration of Psychology teachers in Europe
- Potential for research projects, sharing of resources and possible teacher/student trips and exchanges, the planning of mutual study modules and learning about the latest research in various fields of Psychology

**Twin your psychology  
class: The recipe for success!**



- Make contact with a link teacher abroad
- Choose a workable subject area, e.g. Sleep or stress
- Contact your E-Safety advisor at School/College
- Set up a group Facebook page and invite your students to join
- Start planning research aims and procedures

# The Twinning Project

6



# How to set up a Collaborative Psychology Project on Sleep

7

1. Collaborating schools choose the same topic but a different focus, e.g. *Teenage sleep and motivation or sleep disorders*
2. Students conduct literature search on their area and begin project design
3. Skype presentation
4. Research questionnaires sent by email or dedicated Facebook page
5. Skype presentation of results and conclusions or flip cam footage put onto YouTube
6. Final poster presentation photos posted onto Facebook

# Project area: Sleep



# Why you know it makes sense...

- Help students to engage more with the Research Methods topic
- Active Psychology!
- Possible EPQ area
- Nurture their love of Psychology

- **Staff mobility:**

1. Teaching assignments: this activity allows teachers to teach at a partner school abroad
2. Staff training: this activity supports the professional development of teachers in the form of: a) participation in structured courses or training events abroad; b) a job shadowing/observation period abroad in a partner school (from 2 days to 2 months)

# Erasmus + 2014



Contact Hannele Puolakka

Vice President of EFPTA, and Finland representative

**hannele.puolakka@fimnet.fi**

# **How to get started...**

**11**



**attention!**

**12**

Loughborough 06.07.2014