



Evaluation Bootcamp Well-being Leuven

1. Evaluation of the program
2. Conclusions

Introduction

In this report we will discuss the outcome of the Bootcamp in Leuven. 25 students attended the bootcamp, from 4 different institutions. 5 Young social entrepreneurs from Portugal, the others being students for Belgium and The Netherlands. (Odyssee 6, UCLL 6, Avans 8, Portugal 5).

We will discuss the program and include the feedback and evaluation for every part of the program.

1. Program

Preparation for the students:

- Follow the online course Yale University

<https://www.coursera.org/learn/the-science-of-well-being>.

Evaluation: Students liked the homework. The Yale course is valuable and well researched. The students liked the exercises and we also found that there is a strong difference, some students like the theory others preferred the exercises. Overall on the first day the students discussed the Yale course and shared experiences.



For the bootcamp you had an online training from Yale on wellbeing as a preparation for the bootcamp, what do you think of that course. Name what you liked and what you did not like?

23 antwoorden

I liked the part where we get to hear that having the knowledge doesn't mean we are ready to put in into practise. It made me feel better.

Also the explanation that 50% of our happiness is genetical.

I didn't always like the data shown by studies. It felt like a bit too much numbers when we spoke about people.

It's a good course! I liked everything about it except some theoretical parts.

I did enjoy Yale course and suggestions of rewirements.

Didn't have opportunity to watch it :(

I liked the exercises

There were too many long (q/a video's)

Monday 21 November 2022

Get to know each other: active

Exercise 1

- All stand up and look at the names and inform about the noun. "Kim, catloving, I also love cats", walk around and ask eachother about the chosen noun.

Exercise 2-5

- Make a line from youngest to oldest: discuss with your neighbour: it's easier being 21 than 19
- Make groups of only child, youngest, oldest, middle. Discuss if you feel lucky being in this position.
- 3 positions: Extravert, introvert and in the middle. Which group do you belong too? Do you think introvert people are more resilient?
- 3 positions: easily stressed, completely stressfree, or in the middle?

The easily stressed group: are you all from same country, background?

Make 4 groups: every group has to have a student from UCLL, Netherlands, Portugal, Odyssee.

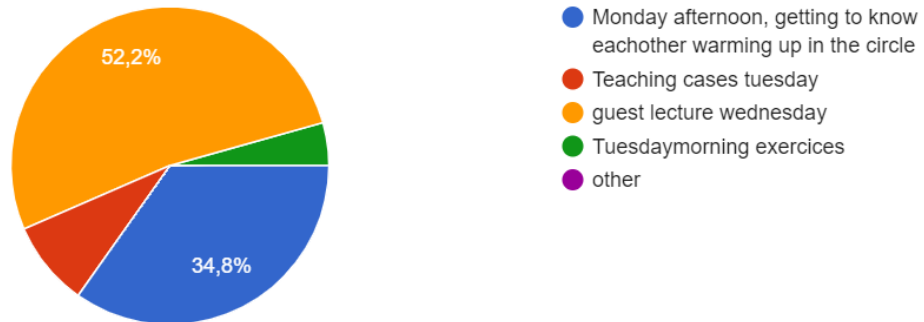
Evaluation: The students like the active way of working. The discussions were lively and for 1/3 part of the students it was their favorite part. The guest lecture on Wednesday was the favorite part.

(add picture)

What was your favourite part of the bootcamp

 Kop

23 antwoorden



14.30 Reflection on the Online course on resilience

Flipover 1-4: 4 rounds

1. What in the Yale course has been an eye-opener? Useful or meaningful?
2. Exercises such as the grateful exercise from week 2. Or relaxing/sleep exercises work for me because....
3. To feel happier I
4. What exercises or part of the course did not appeal to you? What are the parts you decided to skip? Why

Round 1 12 minutes: write on the flip what you think as a group

Round 2. 10 minutes, add on what do you think and what has not been said

Round 3. 9 minutes

Round 4. 8 minutes

The students liked the course overall. It was interesting to see that some students were more interested in the video's and the others did not like the video at all.

Add the pictures of the outcome check KIM? I do not have the prints of the flipovers. I thought I made pictures can not find them

15.30 Depart for planttrekkers (to be confirmed)

The entrepreneur shared his experience as an entrepreneur with the group. He has his own company for 3 years. The students were asking questions and it was a very nice way to see the theory into practice. Taking time with your family, doing sports.



Tuesday 22 November Testing teaching cases

8.45 Welcome by Kim short introduction to the test, program of the day

Start with a positive mindset by sharing something good that happened to you yesterday.



9.00 **individual: Self analysis tests Emotional Intelligence questionnaire**

https://www.drugsandalcohol.ie/26776/1/Emotional_intelligence_questionnaire-LAL1.pdf

Step 1. First answer a few questions for yourself on paper

Op lengte staan en dan de grootste met kleinste tot hele groep is verdeeld

Step 2. With one person in the group you discuss the outcome during a walk (9.30 o'clock)

Get back together

The students fillout the questionnaire quite seriously. Sharing the outcomes was done in an informal way in duo's. They talked about strengths and attention points and discussed it as a group.

10.30 **Theory on resilience: Adaptive strategies en activities by Kim**



Explanation how to make a resilience plan (page 15-22)

11.00 break

In practice this part was a bit longer because it was also with interaction of the students.

11.30 make a resilience plan individually

<https://cdn.ymaws.com/www.fadaa.org/resource/resmgr/3-resilience-exercises-pack.pdf> (Kim brings 32 copies pages 15-22)

12.30 share your plan with another student and give each other feedback. Not the same person as this morning and from another country./discuss with your group

4 groups (same as yesterday)

Discussion questions:

- Who do you go to if things are not going according to plan?
- What do you say to yourself if things go wrong? Are these things supportive, or can you replace them with more supportive thoughts?
- Explore past resilience? Do you want to share in the group a past experience?
- It could be worse: Imagine you are searching for an internship and you found one, you went to the interview, but you did not get the internship. Name 3 things that could be worse, and think how you can feel better, despite this disappointment?

Explanation of the theory



14.00 Teaching case

14.00-14.30 Introduction into the theory of resilience: action Kim

Students were divided in groups but there was a large difference in ages and interest. The participants of Portugal preferred to work together as they were more serious (and older). Discussing the copy strategies of the teaching case and applying this on their personal situation worked much better for them than for the younger students.

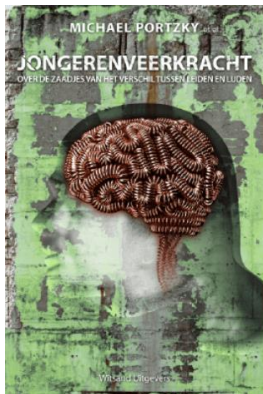
The students read the teaching case, but after a while their attention span faded. We let them work in small groups to discuss the various questions in the teaching case, based on the literature. Other activities seem to be more successful than the teaching cases.

Sharing the outcome of the teaching case:



Wednesday

9.15-12.00 Michael Portzky: Guest lecturer, Neuro & Klinisch psycholog



The students really liked the guest lecture. A lot was discussed and students were really engaged.

12.30 evaluation



2. Conclusions

The overall conclusion was that the program was successful. The teaching case needs a few alterations. For instance a concrete briefing for the teachers to guide the teaching case. In general the students did not particularly liked doing the teaching case and preferred the workshops, exercises and the Yale course more than the teaching case.

Results of the questionnaire evaluating the bootcamp:



How was your overall bootcamp Wellbeing experience? Any more comments?

21 antwoorden

I really liked this opportunity and I would like to do it again in the future.

Good!

Too much theory not used in practice. Some information were eye opening but would like to make a use of for example coping techniques. Maybe addition of some breathing exercises would be a good idea and something to set you in the mood.

The plan that we got in pdfs were not really clear and suggested more group activities which I was looking forward to.

I loved it. I might had divided the public differently. Students and social entrepreneurs with some years of working experience have different interests, problems and goals, and I think it would have been great to hear experiences and testimonials of more entrepreneurs regarding mental health issues they might have faced in the past (or currently facing)

How was your overall bootcamp Wellbeing experience? Any more comments?

21 antwoorden

I liked it very much and i don't have any complains

Really good, nice to meet al these new people

Very good

Interesting

It was a lot better then the event in porto

Good

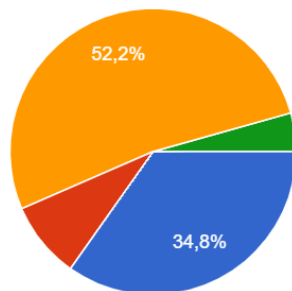
Erg leuk

Om de vraag hierboven nog even toe te lichten. Ik heb niets van Leuven gezien.

What was your favourite part of the bootcamp

 Kopiëren

23 antwoorden



- Monday afternoon, getting to know eachother warming up in the circle
- Teaching cases tuesday
- guest lecture wednesday
- Tuesdaymorning exerices
- other

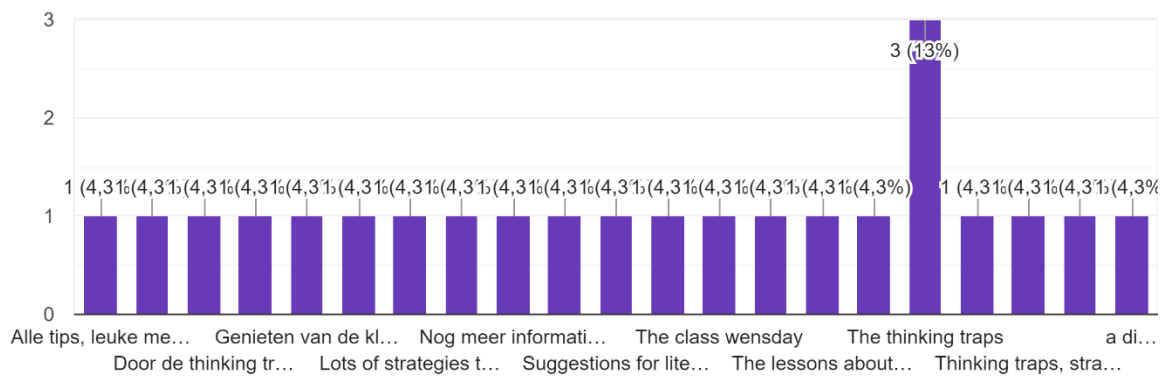
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- I liked it very much and i don't have any complains
- Really good, nice to meet al these new people
- Very good
- Interesting
- It was a lot better then the event in porto
- Good
- Erg leuk
- Om de vraag hierboven nog even toe te lichten. Ik heb niets van Leuven gezien.

What will you take with you from the bootcamp?

23 antwoorden





How was your overall bootcamp Wellbeing experience? Any more comments?

21 antwoorden

Verder was het een goede en leuke ervaring en veel leuke nieuwe mensen ontmoet

Goed. Erg leuk, goed geregeld. Leuke gastspreker!

Het programma was niet altijd even duidelijk voor mij

I think Irma and Kim did a really nice job and that it was way much interesting than the bootcamp in Porto.

It was a great experience and very eye opening. I like the integration of younger students in the program but perhaps there has to be a better structure for the practical exercises as they don't create the right dynamic between students who are treating this as a course and those (non student or older students) who are looking for real learnings to apply to their day to day lives with immediacy.

Geen klachten

It was good, it was an eye opener