

# Dissemination Activities of MASH UP 'n' HEI concepts and results

With the support of the  
Erasmus+ Programme  
of the European Union



University  
of Cyprus



VRIJE  
UNIVERSITEIT  
AMSTERDAM



ΠΑΝΕΠΙΣΤΗΜΙΟ ΚΡΗΤΗΣ  
UNIVERSITY OF CRETE



ELTE  
EÖTVÖS LORÁND  
UNIVERSITY



silversky

**Acknowledgement: Financed by the European Union. The European commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors and the commission cannot be held responsible for any use which may be made of the information contained therein. Agreement number: 2021-1-CY01-KA220-HED-**

**000023329**

**Agreement number: 2020-1-CY01-KA203-065985**

The image features a dark purple background on the left side, which is part of the University of Cyprus branding. It includes decorative elements such as white dotted patterns and abstract shapes. The text 'UNIVERSITY OF CYPRUS' is displayed in a clean, white, sans-serif font.

UNIVERSITY OF  
CYPRUS

The right side of the image has a light purple background with decorative elements, including a large, faint dotted pattern and a soft, light-colored circular shape.

Dissemination activities

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Ανάπτυξη Εγκάρσιων  
Δεξιοτήτων στην  
Τριτοβάθμια  
Εκπαίδευση:  
Περιγραφή των έργων  
**LEVEL-UP** και **Mash-  
Up in HEI**

Μάριος Θεοδώρου, Ποθεινή [Βαιούλη](#),  
Γεωργία Παναγιώτου  
Τμήμα Ψυχολογίας



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Presentation of Project Concepts (Training Soft Skills in HE) by Prof. Panayiotou, at UCY Graduate School Interdisciplinary Forum, May 2023. **The event was attended by >50 HE faculty, instructors and graduate students.**

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# Εγκάρσιες δεξιότητες στο πλαίσιο του μαθήματος ΨΥΧ123

[Incorporating soft skills training into  
Psychology Electives: An application  
to the Psychology of Motivation course]

Μάριος Θεοδώρου, Έλενα Κωνσταντίνου, Μαρία  
Παντελή, Γεωργία Παναγιώτου

Τμήμα Ψυχολογίας

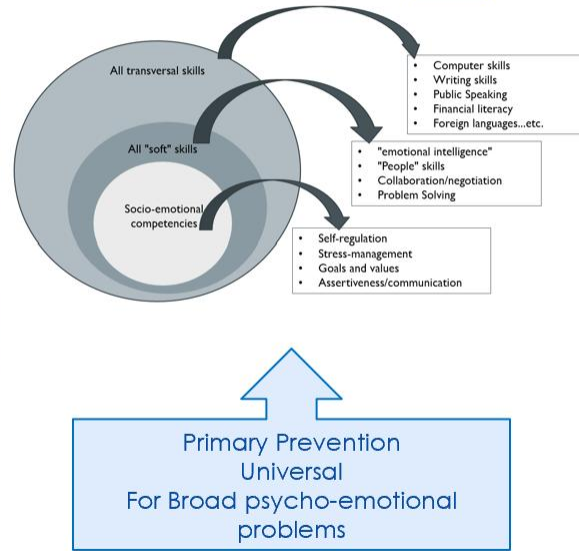
Με χρηματοδότηση από ΚΕΔΙΜΑ: Διδακτικές  
Επινοήσεις



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Presentation of Project Concepts (incorporating Soft Skills training in existing course curricula) by Prof. Panayiotou, at UCY Center of Teaching and Learning Day Conference, 3 May 2023, on Teaching Innovations. **The event was attended by >60 HE faculty, instructors and administrators.**

# Prevention of social/emotional dysfunction through life skills education



Presentation of Project Concepts (Soft Skills training as prevention of mental health problems) by Prof. Panayiotou, at NEOPRISM-C Horizon 2020 ITN project's closing conference panel discussion on Prevention, June 2 2023. **This international event was attended by >80 HE faculty, instructors and students across Europe.**

The Panel Discussion Abstract was also published in a book of Abstracts from the conference in the European Journal of Psychology Open, an official journal of the European Federation of Psychology Associations, **totaling over 36000 members.**

## How do we implement skills training?

- ▶ 2 ERASMUS+ to examine needs, various ways of implementation, and of making training as inclusive as possible at the level of higher education

Level UP

With the support of the Erasmus+ Programme of the European Union



MASH-UP



European Journal of Psychology

Open

Volume 82, Issue 3

November 2023

Pages 95-141

ARTICLE

The *Neo-PRISM-C* Final Conference

- Presentation of Project Concepts (Soft Skills training as educational innovation) by Prof. Panayiotou, at, 9<sup>th</sup> Innovation & Entrepreneurship Forum (IEF2024) November 28<sup>th</sup>, 2024 at UCY an event attended by >150 HE academics, business administrators, innovation experts, and researchers.



**SMARTyouth: Comprehensive Socioemotional Skills Training for Wellbeing and Prevention in Higher Education** Level UP

Marios Theodorou<sup>1,2</sup>, Potheini Vaiouli<sup>1</sup>, Thekla Konstantinou<sup>1</sup>, Georgia Panayiotou<sup>1</sup>  
<sup>1</sup>University of Cyprus, <sup>2</sup>Frederick University

**A comprehensive training program for young people**

SMARTyouth fits into the growing wellness/self-development, skills-training market. It is a solution to the urgent need to address rising youth difficulties in socio-emotional adaptation, linked to mental health concerns (Acharya, 2018), and the skill mismatch between Higher Education and the pragmatic needs of the industry and modern societies, as identified by the UN and EU. It includes a multi-level, modular program of transversal self-awareness and self-regulation skills for self-help in higher education applications.

**SMARTyouth fits into the growing wellness/self-development, skills-training market. It is a solution to the urgent need to address rising youth difficulties in socio-emotional adaptation, linked to mental health concerns (Acharya, 2018), and the skill mismatch between Higher Education and the pragmatic needs of the industry and modern societies, as identified by the UN and EU. It includes a multi-level, modular program of transversal self-awareness and self-regulation skills for self-help or Higher education applications.**

**Components of Research Results**

- Life skills 101 course guidebook informed by consultations with industry and HE
- Train-the-trainer instructions for application in diverse courses
- Lesson/workshop science-based content and evidence-based experiential exercises
- 8 Sets of practice/experiential exercises in traditional and music informed format
- A digital app to prompt student practice and guide through a menu of exercises
- A digital platform with background information and trainer materials

**Skills taught**

Self-regulation	Height & unbridled thinking	Communication skills
Emotion recognition and regulation	Values and goals	Critical Thinking & Problem solving
Planning	Adaptability & Flexibility	

Financed by the European Union, The European Union has supported the development of this programme through grants from a combination of programmes and initiatives, including Horizon Europe, Horizon Digital Europe, Erasmus+ and the Erasmus+ Programme of the European Union.

Projects hosted by:

A flexible, modular (expandable), personalized program that can be implemented as a self-development tool, as a skills curriculum in HE, as an upskilling program for industry employees, by NGOs and government services. It can be offered at 2 levels, a) as an introductory HE course b) as intensive modules, with experiential practice, for work and at home. Learners select modules that fit their needs and exercises from an extensive menu, in verbal, or music-informed format.

- Mention of Project Concepts (Soft Skills training as intervention of wellbeing) by Prof. Panayiotou, at, European Year of Youth day event, November 23, 2022, Limassol Cyprus an **event attended by >1000 young people, educators and policymakers.**

**10:30-11:15**  
**Discussions**

**Mental health and Wellbeing**

What does it mean, best practice for improvement and support  
*Languages: Greek/English*

Panelists:

● **Dr. Georgia Panayiotou**  
Professor of Clinical Psychology,  
University of Cyprus

● **Anna Maria Papadopoulou**  
Health Psychologist and  
Systemic Psychotherapist

● **Nektarios Alexandrou**  
Founder of GDA Sports

Παρεμβατικά  
ερευνητικά  
προγράμματα  
δεξιοτήτων  
διαχείρισης  
συναισθημάτων

- *Ταξίδι στον εαυτό μου:* Για εφήβους με υψηλό ρίσκο για ψυχικές παθήσεις και εθισμό
- **Level up** Εκπαίδευση ψυχοσυναισθηματικών δεξιοτήτων σε φοιτητές <https://level-up-project.eu/>
- *Mash-up & HEI:* Εκπαίδευση ψυχοσυναισθηματικών δεξιοτήτων σε φοιτητές με διαφορετικές μαθησιακές ικανότητες
- **URGAME-C:** Μελέτη και παρέμβαση για άτομα με εθισμό στον τζόγο



<https://ucyweb.ucy.ac.cy/psychophysiology/el/>

<https://ucyweb.ucy.ac.cy/dir/el/component/comprofiler/userprofile/georgiap>

Συναισθήματα και Ψυχική Υγεία:  
Πηγή ενημέρωσης για μακροχρόνια  
ευεξία

Γεωργία Παναγιώτου  
Καθηγήτρια Κλινικής Ψυχολογίας  
Τμήμα Ψυχολογίας και Κέντρο Εφαρμοσμένης Νευροεπιστήμης  
Πανεπιστήμιο Κύπρου

**EUROPEAN  
YEAR OF YOUTH**

**Programme**

A full day of interactive workshops, discussions, access to European networks and funding programmes, career and skill-building and job opportunities.

**23 November 2022**  
**10:00-16:30**

Carob Mills,  
Limassol, Cyprus



European  
networks and  
programmes

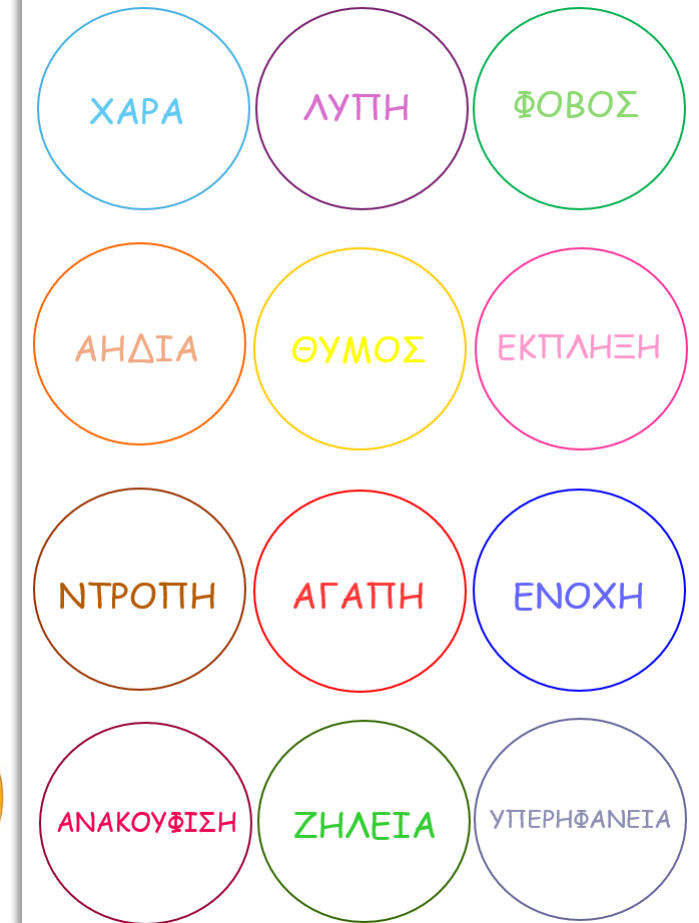
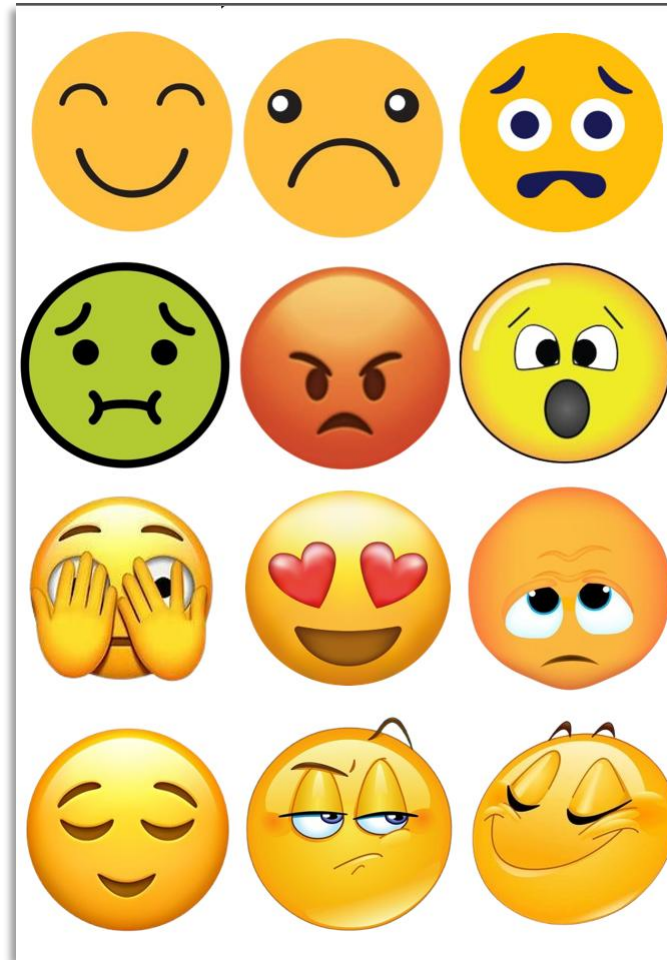


Presentation of Project Concepts (Soft Skills for health and wellbeing) by Prof. Panayiotou, at Free University (layperson presentations by UCY faculty) in collaboration with Polis Chrysochous Municipality, Polis, Cyprus, February 6 2025, an **event attended by >40 laypeople from the community.**





Presentation of Project Concepts (Soft Skills for health and wellbeing) by Prof. Panayiotou, at Free University (layperson presentations by UCY faculty) in collaboration with Paralimni Municipality, Paralimni, Cyprus, January 23 2025, **event attended by >30 laypeople from the community.**



UCY team participated in **European Researchers' Night** (Cyprus) as part of the Center of Applied Neuroscience (the MASH UP hosting unit at UCY) booth, with an activity demonstrating socio-emotional skills to children and parents, that focused on emotion recognition. Children practiced matching emojis to emotion words in a playful activity. **Event attended by >2000 parents and children from the community.**



» ΝΕΥΡΟΕΠΙΣΤΗΜΗ

# Μουσική και ψυχοκοινωνική ανάπτυξη στην τριτοβάθμια εκπαίδευση

**Η** επιτυχία της τριτοβάθμιας εκπαίδευσης ως αποτελεσματικού μαθησιακού περιβάλλοντος βασίζεται στη δημιουργία ενός πλαισίου χωρίς αποκλεισμούς, το οποίο προωθεί ευκαιρίες πολύπλευρης μάθησης. Κατά συνέπεια, η εξασφάλιση πρόσβασης στην τριτοβάθμια εκπαίδευση αποτελεί προτεραιότητα της εκπαιδευτικής πολιτικής των περισσότερων χωρών ως πυλώνας κάθε δημοκρατικής κοινωνίας. Στο πλαίσιο αυτό, σημαντικός στόχος της τριτοβάθμιας εκπαίδευσης είναι η παροχή εξειδικευμένων γνώσεων και δεξιοτήτων, όχι μόνο σε επιστημονικό και τεχνικό επίπεδο, αλλά και η συστηματική παροχή στήριξης και εκπαίδευσης για την



των δρων **Ποθεινής Βαιούλη\***



και **Μάριου Θεοδώρου\*\***

ανάπτυξη των κοινωνικοσυναισθηματικών δεξιοτήτων των φοιτητών. Συγκεκριμένα, οι δεξιότητες κοινωνικοσυναισθηματικής μάθησης (socio-emotional learning/SEL) θεωρούνται θεμελιώδεις δεξιότητες ανάπτυξης, αφού συνδέονται με την ικανότητα του κάθε ατόμου να λαμβάνει αποφάσεις, να συνεργάζεται, και να διαχειρίζεται και να επικοινωνεί αποτελεσματικά τα συναισθήματά του. Οι δεξιότητες αυτές αποτελούν



**Παρ' όλα αυτά, τέτοια προγράμματα φαίνεται πως δεν έχουν την ίδια αποτελεσματικότητα σε φοιτητές με διαφορετικότητα**

σημαντικό σημείο αναφοράς τόσο στο εργασιακό περιβάλλον όσο και άλλους τομείς της καθημερινότητας του ατόμου, που συνδέονται με την υγεία, την ευεξία και την ενεργή πολιτότητα.

Επιστημονικά πεδία, όπως η ψυχολογία και η επιστήμη της συμπεριφοράς έχουν ασχοληθεί εκτενώς με την ανάπτυξη εκπαιδευτικού υλικού και εργαλείων για την ενσωμάτωση των κοινωνικοσυναισθηματικών δεξιοτήτων σε εκπαιδευτικά πλαίσια και έχουν καταδείξει θετικά αποτελέσματα. Παρ' όλα αυτά, τέτοια προγράμματα φαίνεται πως δεν έχουν την ίδια αποτελεσματικότητα σε φοιτητές με διαφορετικότητα (για παράδειγμα φοιτητές με μαθησιακές δυσκολίες και άλλες νευροαναπτυξιακές διαταραχές), ενδεχομένως επει-

δή τα συγκεκριμένα προγράμματα βασίζονται σε παραδοσιακές διδακτικές μεθοδολογίες με έμφαση στον προφορικό και γραπτό λόγο. Παράλληλα, μελέτες υποδεικνύουν τη δυνατότητα ενσωμάτωσης και χρήσης της μουσικής σε παρεμβάσεις με στόχο την ανάπτυξη κοινωνικοσυναισθηματικών δεξιοτήτων των φοιτητών. Βασική αρχή αυτών των μουσικών και μουσικοθεραπευτικών προσεγγίσεων είναι πως η μουσική και η κοινωνική συναισθηματική μάθηση αλληλοσυμπληρώνονται. Η ενασχόληση με τη μουσική και η μουσική ακρόαση αποτελούν συχνά κοινό τόπο στην καθημερινότητα των φοιτητών και συνδέονται με την έκφραση και ρύθμιση των συναισθημάτων τους, τη βελτίωση της

διάθεσής τους, και την κοινωνικοποίησή τους, και τις ικανότητες συγκέντρωσης. Επιπλέον, η μουσική είναι προσίτη και ευρέως προσβάσιμη ενασχόληση που ενισχύει τη δημιουργικότητα και την έκφραση συναισθημάτων στην καθημερινότητα των φοιτητών.

Στο παραπάνω ζήτημα αποσκοπεί να συνεισφέρει το ευρωπαϊκό Έργο Erasmus+ KA2 (Χρηματοδότης: ΙΔΕΠ Διά Βίου Μάθησης) με τίτλο Multimodal Approach for Social-emotional learning in HEI (MASH-up n' HEI) στο οποίο στοχεύουμε να αξιολογήσουμε την αποτελεσματικότητα ενός προγράμματος κοινωνικοσυναισθηματικής ανάπτυξης για φοιτητές πανεπιστημίου πολλαπλών ικανοτήτων, το οποίο συμπεριλαμβάνει σειρά από συναντήσεις που περιλαμβάνουν μουσική μεθοδολογία σε ομάδες για τους συμμετέχοντες φοιτητές. Το έργο πραγματοποιείται από κοινοπραξία οργανισμών από 4 χώρες της Ευρωπαϊκής Ένωσης (Κύπρος, Ολλανδία, Ουγγαρία και Ελλάδα) υπό την επίβλεψη της δρος Γεωργίας Παναγιώτου, καθηγήτριας Κλινικής Ψυχολογίας στο Τμήμα Ψυχολογίας του Πανεπιστημίου Κύπρου. Το έργο αυτό θα μας επιτρέψει να προωθήσουμε εξειδικευμένες υποστηρικτικές δράσεις και ισότιμες ευκαιρίες ψυχοκοινωνικής εκπαίδευσης στην τριτοβάθμια εκπαίδευση με απώτερο στόχο την πολύπλευρη ανάπτυξη των φοιτητών και την ισότιμη συμμετοχή τους στη σύγχρονη κοινωνία της γνώσης.

**\*Εδίκων επιστήμωνων έρευνας (Συνυπεύθυνοι έργου MASH-up n' HEI) Κέντρο Εφαρμοσμένης Νευροεπιστήμης, Πανεπιστήμιο Κύπρου**

Music and socio-emotional learning in Higher Education". Potheni Vaiouli & Marios Theodorou. Article published in Politis newspaper (In Greek). **Politis is one of the most widely circulating daily newspapers in Cyprus.**

<https://onlineconferenceformusictherapy.com>



Potheini Vaiouli,  
Ph.D.

Music for Inclusion  
and Social-Emotional  
Learning in Higher  
Education.




The online conference for music therapy (OCMT) took place on 3-4 February 2023. The focus of this international conference was on the reflection, connection and innovation of music therapy practices within a global community. The presentation centered around the multimodal socio-emotional learning (SEL) program with a specific focus on the music components and the possibilities for collaboration among music therapists and other health professionals (e.g. psychologists) in higher education. The presentation received positive feedback and there was a strong interest for access to the materials and the possibility for collaboration with other universities beyond the project's consortium.

# Chapter 12


## Theory-Guided Music-Based Program to Facilitate Inclusive Emotion Regulation Skills Development in University Students

**Potheini Vaiouli**

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**Marios Theodorou**

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*Frederick University, Cyprus & University of Cyprus, Cyprus*

**Georgia Panayiotou**

*University of Cyprus, Cyprus*

### ABSTRACT

*The success of Higher Education as an effective learning environment rests on establishing an inclusive context that promotes life-long learning opportunities. Psycho-social skills are considered fundamental competencies for youth development: crucial for individuals' academic achievement, mental health, and life success. Although universal skills development programs have produced promising findings, there are several challenges in effectively providing such services to the wide student population. There is growing literature indicating the potential of in-*

The book chapter “*Theory-Guided, Music-Based Program to Facilitate Inclusive Emotion Regulation Skills Development in University Students*” was published by IGI Global in 2024. This chapter presents the development of Mash UP in HEI program, a theory-driven, music-based program designed to support the development of emotion regulation skills among university students, with a focus on inclusivity and mental health promotion. The chapter discusses the integration of music interventions into higher education settings and emphasizes interdisciplinary collaboration between music therapists, educators, and mental health professionals. More information can be found at: <https://www.igi-global.com/chapter/theory-guided-music-based-program-to-facilitate-inclusive-emotion-regulation-skills-development-in-university-students/357323>.

DOI: 10.4018/979-8-3693-5325-7.ch012

Proposal for Oral presentation at European Congress of Psychology, July 2025, Paphos Cyprus has been accepted. **The event expects >2500 Participants**

**ECP 2025, 1 - 4 July 2025**  
19th European Congress of Psychology

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Submission #1113 accepted

March 7th, 2025

Dear Georgia Panayiotou,

Thank you for your submission to ECP 2025. On behalf of the Scientific Committee, we are pleased to inform you that your submission entitled *Developing socioemotional skills in Higher Education: Insights from the MASH-UP 'n' HEI program on the usefulness of multimodal delivery approaches*. has been accepted as Oral Presentation (15 minutes).

The provisional scientific programme will be published on the conference website(<https://ecp2025.eu/>) in due course. This will include the day and time of your presentation. Please bear in mind that your presentation may be scheduled at any time between Wednesday 2nd and Friday 4th of July. Due to the large number of submissions, individual requests for presentations on specific days or times will not be considered unless there are exceptional circumstances.

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- Music in the Hall event, January 16 2025, UCY, Cyprus. Music improvisations, in public HE space, to encourage participation, communication and expression. Event open to MASH UP consortium, and all UCY community, while light snacks were served.
  - Professional Musician: Ms. Natassa Hadjandreou
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- Relevant posts on social media accounts of the Clinical Psychology and Psychophysiology Lab of The Center of Applied Neuroscience, that hosts the project
- 



**CLINICAL PSYCHOLOGY AND PSYCHOPH...** @CLI... · Jun 1, 2024

Thanks to University of Crete for hosting our [mashup-hei.eu](https://mashup-hei.eu) project's very successful TtT event and transnational meeting on soft skills development in higher education!





# PANEPISTIMIO KRITIS

Dissemination activities

## Another aspect of education: Tools and skills beyond knowledge

- As part of the dissemination activities of the European project Mash UP in HEI, Dr. Panagiota Dimitropoulou, Assistant Professor of Educational Psychology at the Department of Psychology, University of Crete, participated as a speaker in the public event titled “A Different Perspective on Education: Tools and Skills Beyond Knowledge”, organized within the framework of the “University in Society” Lecture Series. In her talk, titled “Cultivating Soft Skills in Education: From Primary School to University”, she emphasized the critical role of social and emotional competencies throughout the educational journey. Her presentation highlighted how such skills support students’ personal development, enhance their ability to make responsible decisions, build healthy interpersonal relationships, and ultimately empower them in both their academic and professional lives.

[Press Release](#)



ΠΑΝΕΠΙΣΤΗΜΙΟ ΚΡΗΤΗΣ  
ΣΧΟΛΗ ΚΟΙΝΩΝΙΚΩΝ ΕΠΙΣΤΗΜΩΝ

Οργάνωση & Διοίκηση ▾ | Τμήματα ▾ | Σπουδές ▾ | Εργαστήρια-Υποδομές ▾ | Έρευνες για τη Σχολή ▾ | Οδηγοί ▾ | Δράσεις δημοσιότητας ▾ | Νέα-Ανακοινώσεις ▾

### Μια άλλη όψη της εκπαίδευσης: εφόδια και δεξιότητες πέρα από τις γνώσεις

Ανακοινώσεις, Ομιλίες



Στο πλαίσιο του Κύκλου Ομιλιών για το ευρύ κοινό «Το Πανεπιστήμιο στην Κοινωνία», θα πραγματοποιηθούν φέτος τέσσερις συναντήσεις με γενική θεματική «Εκπαίδευση και δεξιότητες στην ψηφιακή εποχή», σε συνεργασία με τη Διεύθυνση Πρωτοβάθμιας Εκπαίδευσης Ρεθύμνου, τη Διεύθυνση Δευτεροβάθμιας Εκπαίδευσης Ρεθύμνου και τα σχολεία.

Η δεύτερη συνάντηση θα πραγματοποιηθεί τη **Δευτέρα 11 Δεκεμβρίου**, ώρα **18:30**, στο **Σπίτι του Πολιτισμού**, στο Ρέθυμνο, με θέμα «**Μια άλλη όψη της εκπαίδευσης: εφόδια και δεξιότητες πέρα από τις γνώσεις**».

Ομιλήτριες:

**Δημητροπούλου Παναγιώτα**, Επίκουρη Καθηγήτρια Εκπαιδευτικής Ψυχολογίας, Τμήμα Ψυχολογίας, Πανεπιστήμιο Κρήτης.

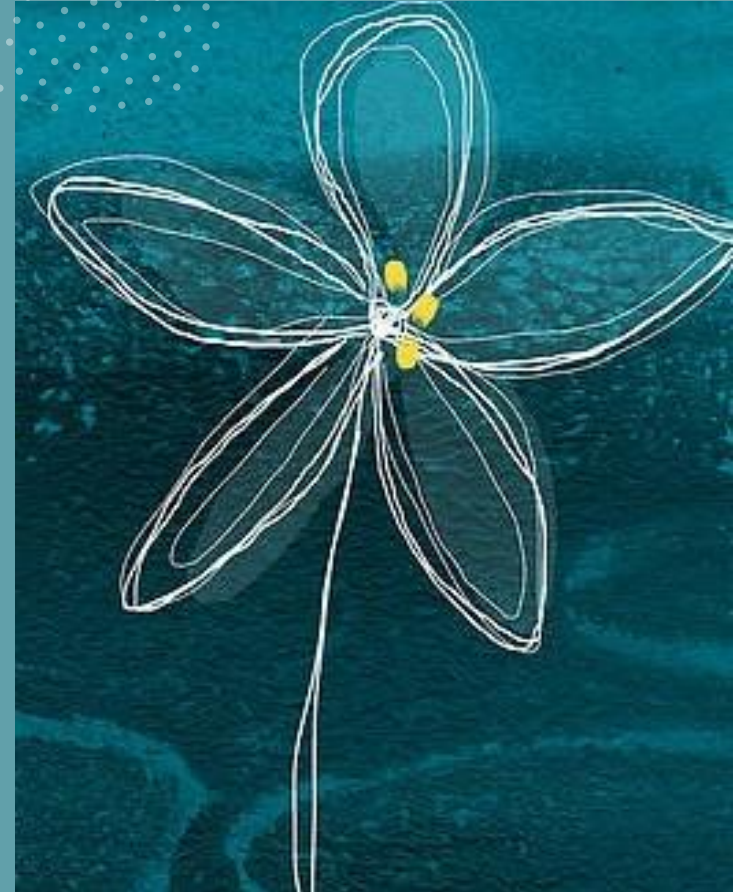
**Αχλαδά Αποστολία**, Μέλος Ε.Δι.Π., Τμήμα Κοινωνιολογίας, Πανεπιστήμιο Κρήτης.

COVID19

# Another aspect of education: Tools and skills beyond knowledge

## The development of soft skills in education: from Primary School to University

Panagiota Dimitropoulou, Assistant Professor, Department  
of Psychology, University of Crete  
House of Culture, Rethymno 12/11/23



# Promotion of the event in the local press (1)



Ρέθεμνος

17.5°C  
Ρέθυμνο

ΑΓΓΕΛΙΕΣ

ΑΤΖΕΝΤΑ

ΜΕΝΟΥ

ΡΕΘΥΜΝΟ 07.12.2023 • 10:01

**«Μια άλλη όψη της εκπαίδευσης: εφόδια και δεξιότητες πέρα από τις γνώσεις»**



Ρέθεμνος Newsroom



11

ΔΕΚΕΜΒΡΙΟΥ  
ΔΕΥΤΕΡΑ  
18:30-21:30

ΣΠΙΤΙ ΤΟΥ ΠΟΛΙΤΙΣΜΟΥ  
ΡΕΘΥΜΝΟ

ΟΜΙΛΗΤΡΙΕΣ

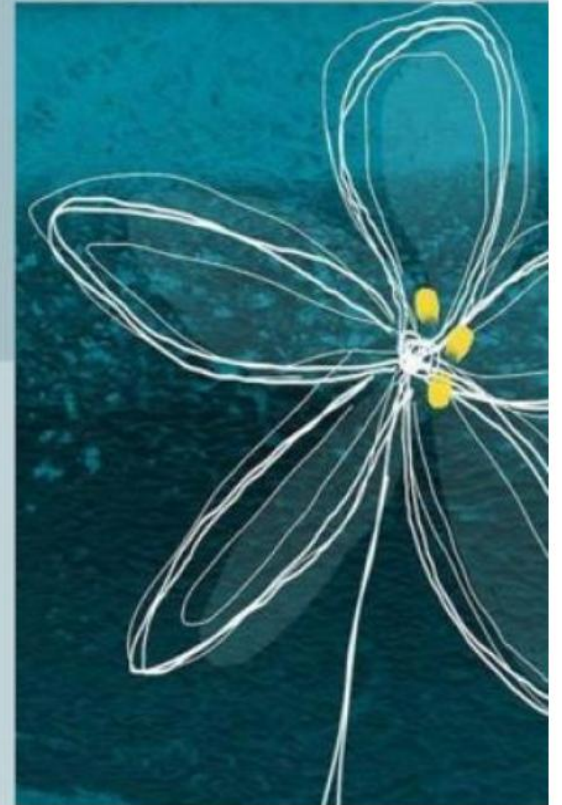
**ΔΗΜΗΤΡΟΠΟΥΛΟΥ ΠΑΝΑΓΙΩΤΑ**

Επίκουρη Καθηγήτρια Εκπαιδευτικής Ψυχολογίας  
Τμήμα Ψυχολογίας, Πανεπιστήμιο Κρήτης

**ΑΧΛΑΔΑ ΑΠΟΣΤΟΛΙΑ**

Μέλος Ε.ΔΙ.Π.

Τμήμα Κοινωνιολογίας, Πανεπιστήμιο Κρήτης



[https://www.rethemnosnews.gr/rethymno/694772\\_mia-alli-opsi-tis-ekpaideysis-efodia-kai-dexiotites-pera-apo-tis-gnoseis](https://www.rethemnosnews.gr/rethymno/694772_mia-alli-opsi-tis-ekpaideysis-efodia-kai-dexiotites-pera-apo-tis-gnoseis)

# Promotion of the event in the local press (2)

- <https://e-paideia.org/2023/12/08/mia-alli-opsi-tis-ekpaideysis-efodia-ka/>

Μια άλλη όψη της εκπαίδευσης: εφόδια και δεξιότητες πέρα από τις γνώσεις

Δεκ 8, 2023 | Επιμορφώσεις & Συνέδρια

ΤΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΣΤΗΝ ΚΟΙΝΩΝΙΑ

ΜΙΑ ΑΛΛΗ ΟΨΗ ΤΗΣ ΕΚΠΑΙΔΕΥΣΗΣ:  
ΕΦΟΔΙΑ ΚΑΙ ΔΕΞΙΟΤΗΤΕΣ ΠΕΡΑ ΑΠΟ  
ΤΙΣ ΓΝΩΣΕΙΣ

**11** ΔΕΚΕΜΒΡΙΟΥ  
ΔΕΥΤΕΡΑ  
18:30-21:30

**ΣΠΙΤΙ ΤΟΥ ΠΟΛΙΤΙΣΜΟΥ  
ΡΕΘΥΜΝΟ**

**ΟΜΙΛΗΤΡΙΕΣ**

**ΔΗΜΗΤΡΟΠΟΥΛΟΥ ΠΑΝΑΓΙΩΤΑ**  
Επίκουρη Καθηγήτρια Εκπαιδευτικής Ψυχολογίας  
Τμήμα Ψυχολογίας, Πανεπιστήμιο Κρήτης

**ΑΧΛΑΔΑ ΑΠΟΣΤΟΛΙΑ**  
Μέλος Ε.Δι.Π.  
Τμήμα Κοινωνιολογίας, Πανεπιστήμιο Κρήτης

**ΣΥΝΤΟΝΙΣΜΟΣ-ΣΧΟΛΙΑΣΜΟΣ**

**ΚΑΡΒΟΥΝΗΣ ΛΑΜΠΡΟΣ**  
Διευθυντής Πρωτοβάθμιας



# Promotion of the event in the local press (3)



The screenshot shows the website www.rethnea.gr, which is the website of Rethymno Youth (Ρεθιμνιώτικα Νεα). The page features a navigation menu with categories like ΡΕΘΥΜΝΟ, ΚΡΗΤΗ, ΕΛΛΑΔΑ, ΠΑΙΔΕΙΑ, ΑΘΛΗΤΙΚΑ, ΤΟΥΡΙΣΜΟΣ, ΑΦΙΕΡΩΜΑΤΑ, ΑΤΖΕΝΤΑ ΕΚΔΗΛΩΣΕΩΝ, ΠΟΛΙΤΙΣΜΟΣ, and ΣΥΝΕΡΓΑΤΕΣ. The main article is titled «Μια άλλη όψη της εκπαίδευσης: εφόδια και δεξιότητες πέρα από τις γνώσεις» (Another view of education: skills and competencies beyond knowledge). The article is part of a cycle of seminars titled «ΤΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΣΤΗΝ ΚΟΙΝΩΝΙΑ» (The University in Society). The article is dated 07/12/2023 and is in the category of Παιδεία (Education). The article content includes a large graphic with the following text: «ΤΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΣΤΗΝ ΚΟΙΝΩΝΙΑ ΜΙΑ ΑΛΛΗ ΟΨΗ ΤΗΣ ΕΚΠΑΙΔΕΥΣΗΣ: ΕΦΟΔΙΑ ΚΑΙ ΔΕΞΙΟΤΗΤΕΣ ΠΕΡΑ ΑΠΟ ΤΙΣ ΓΝΩΣΕΙΣ». The event is scheduled for 11 ΔΕΚΕΜΒΡΙΟΥ ΔΕΥΤΕΡΑ 18:30-21:30 at the ΣΠΙΤΙ ΤΟΥ ΠΟΛΙΤΙΣΜΟΥ ΡΕΘΥΜΝΟ. To the right of the main article, there are several smaller news items with images and titles, such as «Απεργιακή συγκέντρωση την Πέμπτη για την Εργατική Πρωτομαγιά», «Τιμήθηκε η Ιδρυτική πρόεδρος του Ομίλου «ΕΡΩΦΙΛΗ» Βαββάρα Σκαρβέλη», «Δύο σπουδαστές της ΣΑΕΚ Ρεθύμνου προκρίθηκαν στον τελικό γύρο του γαστρονομικού διαγωνισμού «Brioche με άρωμα Κρήτης»», and «Εκδόσεις, ιστορία και κριτική της λογοτεχνίας».

<https://rethnea.gr/mia-alli-opsi-tis-ekpaideysis-efodia-dexiotites-pera/>

# 7th Panhellenic Conference on Developmental Psychology, Athens 17-20/10/ 2024

## ΑΙΘΟΥΣΑ Α.5

### ΠΡΟΣΚΕΚΛΗΜΕΝΟ ΣΥΜΠΟΣΙΟ 11 | Συμπόσιο Κλάδου Σχολικής Ψυχολογίας

Σύγχρονες εκπαιδευτικές και ψυχοκοινωνικές προκλήσεις και αναζητήσεις που επηρεάζουν στη μάθηση και την ανάπτυξη

ΟΡΓΑΝΩΤΡΙΑ/ΠΡΟΕΔΡΟΣ: Παναγιώτα Δημητροπούλου, Πανεπιστήμιο Κρήτης

ΣΥΖΗΤΗΤΡΙΑ: Φαίη Αντωνίου, Εθνικών και Καποδιστριακών Πανεπιστημίων Αθηνών

Συμπερίληψη μαθητών/τριών με ειδικές εκπαιδευτικές ανάγκες ή/και αναπηρία. Προκλήσεις και προοπτικές  
Αριάντα Φιλιππάτου, Αικατερίνη Λαμπροπούλου, Εθνικών και Καποδιστριακών Πανεπιστημίων Αθηνών

Η πρόκληση της μη συναινετικής διακίνησης ηλεκτρονικών μηνυμάτων σεξουαλικού περιεχομένου μεταξύ εφήβων: Ο ρόλος του σεξουαλικού ενδιαφέροντος  
Θάνος Τουλούμπης, Πανεπιστήμιο Αιγαίου

Απόψεις εκπαιδευτικών και μοντέλα παρέμβασης για τις ψυχοσυναισθηματικές επιπτώσεις της κλιματικής αλλαγής  
Παναγιώτα Δημητροπούλου, Πανεπιστήμιο Κρήτης  
Μαρία Μανισιάκου, Εθνικών και Καποδιστριακών Πανεπιστημίων Αθηνών  
Αθανάσιος Σφέτσος, Εθνικό Κέντρο Έρευνας Φυσικών Επιστημών «Δημόκριτος»

Προκλήσεις στην Τριτοβάθμια Εκπαίδευση: MASH-up n' HEI και καλλιέργεια ΚΣΔ σε φοιτητές με ή/και χωρίς δυσκολίες στη μάθηση  
Παναγιώτα Δημητροπούλου, Αλέξιος Αρβανίτης, Πανεπιστήμιο Κρήτης  
Άννα Τουλουμάκου, Πάντειο Πανεπιστήμιο  
Γεωργία Παναγιώτου, Πανεπιστήμιο Κύπρου  
Μάριος Θεοδώρου, Πανεπιστήμιο Frederick, Κύπρος

## Symposium of the School Psychology Division

### Contemporary Educational and Psychosocial Challenges and Adversities Affecting Learning and Development

**Symposium Chair:** Panagiota Dimitropoulou, Department of Psychology, University of Crete

#### Challenges in Higher Education:

#### MASH-up n' HEI and the Development of SEL in Students With and/or Without Learning Difficulties

- **Panagiota Dimitropoulou**, Department of Psychology, University of Crete
- **Anna Touloumakou**, Department of Psychology, Panteion University
- **Alexios Arvanitis**, Department of Psychology, University of Crete
- **Georgia Panayiotou**, Department of Psychology, University of Cyprus
- **Marios Theodorou**, Department of Psychology and Social Work, Frederick University



Oral presentation by  
UoC at European  
Congress of  
Psychology , July  
2025, Paphos Cyprus  
has been accepted.  
**The event expects  
>2500 Participants**

**ECP 2025, 1 - 4 Jul 2025**

19th European Congress of Psychology

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## Submission #1126 Received

20 Jan 2025 17:51 UTC

Dear Georgia Panayiotou,

you have been listed by Panagiota Dimitropoulou as one of the authors in a submission entitled *Empowering Students Through Social-Emotional Learning: Insights from the MASH-up n' HEI Program at the University of Crete* made to the ECP 2025 conference.

To gain access to this submission login to the conference dashboard at <https://www.easyacademia.org/ecp2025> with your georgiap@ucy.ac.cy email address.



## Symposium

Supporting the development of mental health competencies in youth: A symposium by the EFPA Board of Educational Affairs

*Ioulia Papageorgi, Iva Stuchlikova, Mirjana Beara Benjak, Panagiota Dimitropoulou, Lenka Sokolova, Helen Bakker*

Oral presentation by UoC at European Congress of Psychology , July 2025, Paphos Cyprus has been accepted. **The event expects >2500 Participants**

**Cultivating SEL skills in Higher Education through MASH-up n' HEI: The paradigm of the University of Crete**

Panagiota Dimitropoulou  
Alexis Arvanitis  
Georgia Panayiotou  
Marios Theodorou &  
Potheini Vaiouli



STICHTING VU



Dissemination activities

# PROSPERO registration of systematic review as part of R1

## **Systematic review and meta analysis on the efficacy of socio-emotional learning interventions in higher education students with learning difficulties**

*Elke Vlemincx, Renee Pullen, Maria Panteli, Marios Theodorou, Giorgia Panayiotou*

To enable PROSPERO to focus on COVID-19 submissions, this registration record has undergone basic automated checks for eligibility and is published exactly as submitted. PROSPERO has never provided peer review, and usual checking by the PROSPERO team does not endorse content. Therefore, automatically published records should be treated as any other PROSPERO registration. Further detail is provided [here](#).

### **Citation**

Elke Vlemincx, Renee Pullen, Maria Panteli, Marios Theodorou, Giorgia Panayiotou. Systematic review and meta analysis on the efficacy of socio-emotional learning interventions in higher education students with learning difficulties. PROSPERO 2024 Available from <https://www.crd.york.ac.uk/PROSPERO/view/CRD42022327835>

# Papers under submission (1)

## Experiences and Perceptions of Higher Education Students with a Soft Skills Workshop Focused on Self-Reflection to Enhance Self-Awareness: a Qualitative Study

Gabriela Cortez-Vázquez<sup>1,4\*</sup>, Marios Theodorou<sup>2,3</sup>, Georgia Panayiotou<sup>2</sup>,

Marianne Donker<sup>1</sup>, Marcel Adriaanse<sup>1,4</sup>, Raymond Ostelo<sup>1,5,6</sup>, Elke

Vlemincx<sup>1,4,5,7</sup>

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<sup>2</sup> Department of Psychology and Center for Applied Neuroscience, University of Cyprus, Nicosia, Cyprus

<sup>3</sup> Department of Psychology and Social Sciences, Frederick University, Limassol, Cyprus

<sup>4</sup> Amsterdam Public Health Research Institute, Amsterdam, The Netherlands

<sup>5</sup> Amsterdam Movement Sciences Research Institute, Amsterdam, The Netherlands

<sup>6</sup> Department of Epidemiology and Data Science, Amsterdam UMC location, Vrije Universiteit, Amsterdam, The Netherlands

<sup>7</sup> Health Psychology, KU Leuven, Leuven, Belgium

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Marcel Adriaanse  <https://orcid.org/0000-0002-5085-6662>

Raymond Ostelo  <https://orcid.org/0000-0001-7679-7210>

Elke Vlemincx  <https://orcid.org/0000-0002-2652-2531>

# Papers under submission (2)

## Experiences of Dutch Higher Education Students and Lecturers with Mandatory and Elective Embedded Soft Skills Training: a Qualitative Analysis

Gabriela Cortez-Vázquez<sup>1,4\*</sup>, Marios Theodorou<sup>2,3</sup>, Georgia Panayiotou<sup>2</sup>,  
Marianne Donker<sup>1</sup>, Marcel Adriaanse<sup>1,4</sup>, Raymond Ostelo<sup>1,5,6</sup>, Elke  
Vlemincx<sup>1,4,5,7</sup>

<sup>1</sup> Department of Health Sciences, Vrije Universiteit Amsterdam, Amsterdam, The Netherlands

<sup>2</sup> Department of Psychology and Center for Applied Neuroscience, University of Cyprus, Nicosia, Cyprus

<sup>3</sup> Department of Psychology and Social Sciences, Frederick University, Limassol, Cyprus

<sup>4</sup> Amsterdam Public Health Research Institute, Amsterdam, The Netherlands

<sup>5</sup> Amsterdam Movement Sciences Research Institute, Amsterdam, The Netherlands

<sup>6</sup> Department of Epidemiology and Data Science, Amsterdam UMC location, Vrije Universiteit, Amsterdam, The Netherlands

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Elke Vlemincx  <https://orcid.org/0000-0002-2652-2531>

## Portfolio Senior Teaching Qualification

### A LEARNING PATH 'TRANSVERSAL SKILLS' FOR THE HEALTH SCIENCES BACHELOR

Elke Vlemincx  
Department of Health Sciences  
Vrije Universiteit Amsterdam

#### 2.2.2. WHAT WE HAVE LEARNED FROM PAST AND ONGOING (EDUCATION) RESEARCH PROJECTS

Several past and ongoing (education) research projects (LevelUP, MASH-up n'HEI, SkiHigh) have provided extensive information on how to best integrate personal development and transversal skills in HE curricula through systematic reviews, surveys, focus groups and co-creation workshops with stakeholders in HE (students, lecturers, career coaches, wellbeing office, study advisors, employers, HR professionals, academic experts in transversal skills). While these projects were transnational projects, I will focus here on the results pertaining to the data collected at VU specifically. The table below outlines which key questions were addressed in these projects, how and from whom information was gathered, and the associated appendix.

A synthesis of the findings of these projects leads to the following insights and action points for a transversal skills learning path.

1. Transversal skills priorities
2. Need for socio-emotional learning opportunities
3. Need for personalization
4. Need for safety and connection
5. Need for continuity
6. Balancing advantages and disadvantages of mandatory transversal skills education
7. Need for motivation
8. Need for inclusiveness

## Portfolio Senior Teaching Qualification- Internal Dissemination :

Building on insights from multiple projects, including Mashup 'n HEI, Dr. Vlemincx's STQ portfolio showcases the outcomes of an innovation initiative focused on integrating transversal skills education into the Bachelor of Health Sciences curriculum at Vrije Universiteit Amsterdam (VU). It highlights the critical role of personal development and soft skills in supporting student well-being, adaptability, and employability. The portfolio summarizes research findings, implementation strategies, and educational innovations aimed at embedding transversal skills learning paths within higher education programs. This work serves as a concrete example of translating project results into sustainable curriculum change and contributes to the broader goals of Mashup 'n HEI by promoting the institutional uptake of transversal competencies.

EOTVOS LORAND  
TUDOMANYEGYETEM

Dissemination activities

# Social Media presence on involved lab pages

## Zenei és Nyelvi Fejlődés Kutatócsoport - MILD LAB

Zenei és Nyelvi Fejlődés Kutatócsoport - MILD LAB  
Understanding how the human mind and language and music.

Επιστήμιο · Επιστήμονας

Hungary

[zenei-es-nyelvi-fejlodes-kutato csoport](#)

(0 κριτικές) ⓘ

[Δείτε όλες τις φωτογραφίες](#)



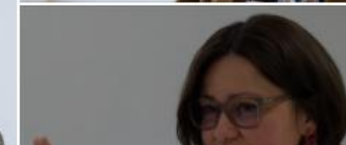
## Zenei és Nyelvi Fejlődés Kutatócsoport - MILD LAB

28 Φεβρουαρίου · 🌐

Egy sikeres workshopkal zártuk le a Mashup projektet, amelynek címe "A társas-érzelmi fejlesztése zeneterápiás módszerekkel" volt 🎵 Köszönjük mindenkinek a részvételét! A ezen a linken olvashattok részletesebben: <https://mashup-hei.eu/>

We closed out the Mashup project with a successful workshop this week, titled "Develop emotional skills through music therapy methods" 🎵 Thanks to everyone who participated! You can read about the project in more ... [Δείτε περισσότερα](#)

[Δείτε τη μετάφραση](#)







**Title of the project:** MASH-up n' HEI: Multimodal approach for Social-emotional learning in HEI

**Supported by:** European Commission

**Title of construction:** Erasmus+

**Project ID:** 2021-1-CY01-KA220-HED-000023329

**Period of the project:** 12.01.2021 – 11.30.2024.

**Amount:** 39 601 EUR

**Supervisor:** [Ferenc Honbolygó](#), Institute of Psychology

**Coordinating institution:** University of Cyprus

**Aim of the project:** Although, universal psychosocial skills trainings (e.g. cognitive behavioral/ CBT) have produced promising findings, their implementation demonstrates limited success in populations with diverse abilities (e.g. learning difficulties/LD), since learning capacity and executive functions are considered essential ingredients for program success. There is a growing literature indicating the potential of incorporating music as an effective medium for psychosocial training in people with LD. The purpose of the proposed project is twofold. Firstly, to develop a research informed multimodal psychosocial skills program (combining CBT+ music) and compare the results with a traditionally delivered CBT program in university students with and without LD. Secondly, to raise awareness on this innovative approach among relevant practitioners and encourage professional development. Project results will enable us to personalize and promote equitable opportunities of psychosocial skills training in HE.

Promotion on  
ELTE's Faculty  
of Education  
and  
Psychology  
Website