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# Evaluation of 4<sup>th</sup> PH-ELIM Training Concept „Self – Regulation“

7<sup>th</sup> Coordination meeting  
March, 2018, Hall in Tirol



# Goals of this presentation

- an overview of the concept of self - regulation and how we implemented it in the training
- results of the evaluation of the concept “self-regulation” which was used in the trainings in Debrecen and Athens



# Concept of self-regulation

**Self-regulation** is based on the key assumption that people desire to control the events that affect their lives (Schunk, 2012).

Self-regulation encompasses **three phases**: forethought, performance control, and self-reflection (Schunk, 2012).

# Procedure



## 1. Forethought

At the beginning of the first day of the training, participants were asked to describe their previous experiences with the training topic, their motivation to participate, and their personal learning goals.

## 2. Performance control

At the end of each training day, the participants were asked to reflect on their personal progress in reaching their personal learning objectives.

## 3. Self – Reflection

Within two weeks after the training, participants were asked to deliver a written self-reflection (of 2 – 3 pages)



# Questions on self-reflection

Which knowledge did you already have on the training topic before the training?

Which was your motivation to participate in the training and what were your personal learning objectives?

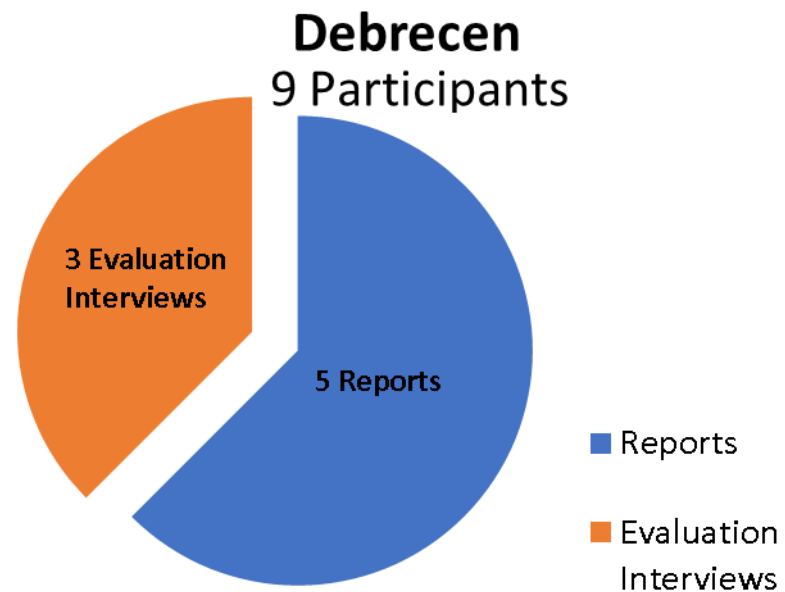
How was your learning process during the training? Where did you have difficulties, and why? Could you connect the training to knowledge you already had before the training?

How did you make progress towards your personal learning objectives during the training? Did you reach your learning objectives at the end? If not, why not?

How do you want to apply what you have learned to your professional context? Can you make use of the new knowledge that you have obtained?

Do you plan to pursue further trainings in this area?

# Evaluation Self- Regulation Concept





# Interview guide - Questions

1. Have you worked with the learning method „Self-reflection“ before?
2. Is the concept sufficiently understandable?
3. Are the goals that should be reached comprehensible for you?
4. Do you think that these methods are appropriate for this training in the context of Train-the-Trainer in the PH-ELIM Project?
5. Can you imagine using this method in your lectures yourself?
6. Would you recommend using it in the next training?
7. What should we change? Do you have any suggestions?



# First Results - Classes

**Previous Experience**

**Understandable Concept**

**Objectives of The Concept**

**Transfer Opportunity**

**Appropriate Method**



# Results



## Previous Experience

- ✓ Mostly of them have never heard of this learning method before. Only one had used this kind of learning method before.

## Understandable Concept

- ✓ For all of them the concept was understandable  
„Yes, it was completely understandable for me“  
„It is really interesting and it was understandable“



# Results

## Objectives of The Concept

- ✓ „Self reflection concept gave the ability to understand my strengths, weaknesses, values, goals and recognize their impact on others“ (4)

## Appropriate Method

- ✓ „Yes it could be used of different kind of trainings“
- ✓ „Yes, I think that this method are appropriate for the mentioned training“

## Transfer Opportunity

- ✓ „Yes definitely I could be used – especially for students“
- ✓ „The children with I work are too young. But I will try it maybe next year an the university with students“.



# Poster Presentation at the conference MIE 2018 in April

**“International collaboration to advance  
teaching competencies of academic staff in  
Montenegro ”**

Renate NANTSCHÉV, Petra KNAUP, John MANTAS, Orsolya VARGA, Ivana  
OGNJANOVIC and Elske AMMENWERTH