



Erasmus+

According to recent studies it is clear that in order to help adult people to acquire new skills trainers should consider that adult learners often have to cope with specific issues and challenges and should develop custom-tailored courses.

The project Sofia, funded under the Erasmus+ programme, key action Cooperation for innovation and the exchange of good practices, field Strategic Partnerships for vocational education and training, is primarily concerned with this topic.

With our newsletter we would like to inform you regularly about the progress and the continuance of the project.

„Sofia – Strategies to Strengthen Executive Functions in Adults“ started in September 2017.

Some adult people often lack the ability to hold information in mind for the purpose of completing a task, to shift from one situation to another and think in a flexible way, to plan and organise their works and manage current and future-oriented task demands and to ensure the emotional control.

For this purpose we set the goal to develop a handbook on the characteristics and the needs of the adults with executive function disorders, a toolkit of methods for developing/enhancing/improving executive functions in adult population and a program with specific techniques based on mindfulness and meditation.

SOFIA

Strategies to Strengthen Executive Functions in Adults

Sofia – Newsletter DECEMBER 2017

What happened till now?

In December 2017 the first project meeting with all European partners took place in Rzeszow, Poland. Schedule, goals and further procedures were discussed. The project group started to develop a questionnaire to identify the Executive Function Deficit of adults and a protocol for data collection.

The next meeting will take place in July 2018 in Trieste - Italy, where a first concept for the handbook on the characteristics and the needs of the adults with executive function disorders will be presented.

On the project website <http://danmar-computers.com.pl/sofia> you can follow our activities.

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