

# **FLOURISH in Adversity!**

## **ERASMUS MUNDUS:**

### **Resilience in Educational Contexts**

**Tassos MATSOPOULOS, Ph.D.**  
**Associate Professor of School Psychology**  
**University of Crete, Greece**  
**Certified School Psychologist in USA, Greece &**  
**Cyprus.**  
**President of Hellenic Association of School**  
**Psychology (HASP).**





# European Philosophy

- ✓ Behind Erasmus+ programmes & Mobilities in Europe
- ✓ Erasmus Mundus Joint Programs/Masters



# Background of Erasmus Mundus-Master Degree in Resilience

- ❖ **ENRETE Erasmus 2016-2018**
- ❖ **Collaborative writing of Master's Modules with European partners**
- ❖ **Evaluation of Modules and Improvement.**



# Sept 28, 2023 Launching of Erasmus Mundus Resilience in Educational Contexts

ΕΝΑΡΚΤΗΡΙΑ ΠΑΡΟΥΣΙΑΣΗ (LAUNCH)  
ΤΟΥ ΔΙΕΘΝΟΥΣ ΜΕΤΑΠΤΥΧΙΑΚΟΥ ΠΡΟΓΡΑΜΜΑΤΟΣ  
του Πανεπιστημίου Κρήτης

## ERASMUS MUNDUS JOINT MASTER FLOURISH PROJECT

RESILIENCE IN EDUCATIONAL CONTEXTS  
ΨΥΧΙΚΗ ΑΝΘΕΚΤΙΚΟΤΗΤΑ ΣΕ ΕΚΠΑΙΔΕΥΤΙΚΑ ΠΛΑΙΣΙΑ

**28** ΣΕΠΤΕΜΒΡΙΟΥ  
ΠΕΜΠΤΗ  
18.30-20.30

Αμφιθέατρο Δ7  
ΠΑΝΕΠΙΣΤΗΜΙΟΥΠΟΛΗ ΓΑΛΛΟΥ  
ΡΕΘΥΜΝΟ ΚΡΗΤΗΣ

**ΠΡΟΓΡΑΜΜΑ**  
18:30-19:00 Χαιρετισμοί

**Α' ΜΕΡΟΣ**  
Παρουσίαση του Erasmus Mundus Joint Master- FLOURISH  
(Resilience In Educational Contexts)-  
Ψυχική Ανθεκτικότητα στα Εκπαιδευτικά Πλαίσια  
19:00-19:45 **Carmel Cefal**, University of Malta (Coordinator)  
**Adina Colomelschi**, Stefan cel Mare University at Suceava, Romania  
**celeste simoes**, University of Lisbon, Portugal

**Β' ΜΕΡΟΣ**  
19:45-20:15 Ψυχική Ανθεκτικότητα και οι Εφαρμογές της στην Εκπαίδευση  
**Αναστάσιος Μισοπούλας**, Επιστημονικός Υπεύθυνος FLOURISH  
Erasmus Mundus Joint Master Degree, Πανεπιστήμιο Κρήτης  
**Σοφία Τριλιβα**, Μέλος της διεπιστημονικής Επιτροπής FLOURISH  
ΠΚ & Διδάσκουσα στο Διεθνές ΠΜΣ, Πανεπιστήμιο Κρήτης  
20:15-20:30 Διάλογος, Ερωτήσεις - Απαντήσεις

**Οργάνωση: Μονάδα Σχολικής Ψυχολογίας, ΠΤΠΕ & ΚΕΜΕ Πανεπιστημίου Κρήτης**



# Resilience in Educational Contexts (120 ECTS)

*Courses, internship experiences and dissertation*

- ✓ University of Malta (Coordinator)
- ✓ University of Crete (Greece)
- ✓ University of Lisbon (Portugal)
- ✓ Stefan Cel Mare University Suceava, (Romania)
- 3 Mobilities of students
- 4 Cohort of students with fellowships (2023-2028)
- Unique Masters in domain of expertise and in the delivery mode (mobilities, multiple faculty from Full partners and associate parteners and summer school).

# Rethymno, Crete, GREECE!





## Associate Partners

❖ University of Pretoria, South Africa

❖ Dalhousie University, Canada

❖ Rijeka University, Croatia

❖ European Training Center of School Psychology (Holland).

❖ Orebro University, Sweden



## Plan of Study

- Semester 1 Malta
- Semester 2 Greece (Associate Partners-University of Lisbon, Orebro University, University of Pretoria, Dalhousie University).

**Our motto: FLOURISH in Adversity!**

- Semester 3 Portugal or Romania
- Semester 4 Master Thesis

## **Semester 2-University of Crete, Greece**

- 1.Contextual and Systemic Process in Resilience Enhancement: Classroom and School Climates.(10 ECTS)-Systemic approach**
- 2. Research Methods in Resilience in Education. (10 ECTS)**
- 3. Working with Parents and Professionals in Enhancing Resilience. (5 ECTS)**
- 4. Selective Topics in Resilience and Applications in Education (Elective) (5ECTS)**
- 5. Prevention Programs for Vulnerable Young children (Elective) (5 ECTS)**

**Greek faculty with contributions from colleagues from Canada, South Africa, Portugal and Sweden.**



## **First Cohort 2023-2025**




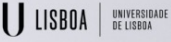
**18 students (Australia, USA, Asia, Africa, Europe, Central and Latin America)**

**Just finished Spring 2024 at the University of Crete, Greece**

**2<sup>nd</sup> Cohort starts in Malta in October 2024**

# Dalhousie University-Associate Partner

The poster features a central photograph of Professor Michael Ungar, a man with glasses and a beard, wearing a light-colored button-down shirt, with his arms crossed. The photo is set against a circular background with yellow sunburst rays. The overall design is clean and professional, with a color palette of white, grey, and yellow.

## ERASMUS MUNDUS JOINT MASTER FLOURISH PROJECT

ERASMUS MUNDUS FLOURISH Final Farewell  
LECTURE SERIES • SEMESTER 2  
UNIVERSITY OF CRETE, GREECE


**«Diagnosing» Resilience:  
Seeing the Positives in  
Young People Even  
When there are Serious  
Problems**

**Professor Michael Ungar, Ph.D.**  
Canada Research Chair in Child,  
Family and Community Resilience  
Director, Resilience Research Centre  
Professor of Social Work,  
Dalhousie University, Canada

**23** MAY  
THURSDAY  
17.00- 19.00 pm

(AUDITORIUM Δ7) - Αμφιθέατρο Δ7  
UNIVERSITY OF CRETE, GALLOU CAMPUS, RETHYMNO, CRETE, GREECE.

**Organization:** School Psychology Lab/Research Unit, Dept. of Preschool Education  
& University of Crete Research Center (UCRC) with the Faculty of UOC **FLOURISH**  
Erasmus Mundus Joint Master Program. Director: Anastassios **Matsopoulos**, Ph.D.





# Studio for Podcast with 2 FLOURISH students



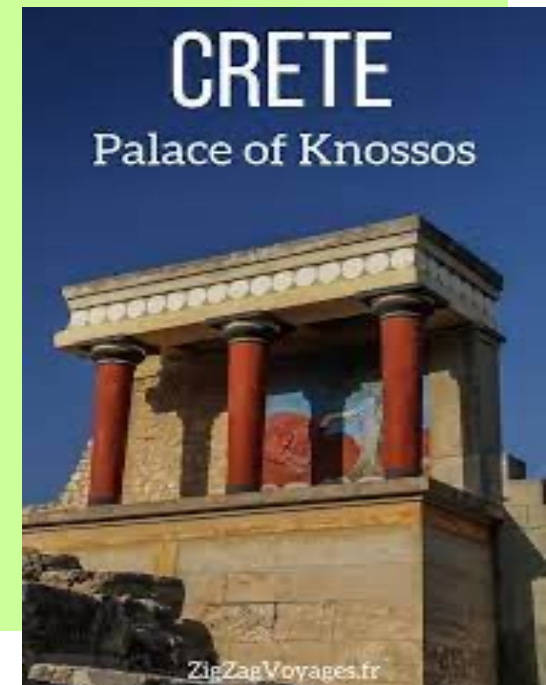
# The FLOURISH Consortium in Crete, Greece April 2024





## Wholistic Educational & Cultural Experience

- ✓ Cultural experiences with visits in archaeological and historical sites such as the Arkadi monastery, the site of Minoan civilization (Knossos) and possibly to Athens (Acropolis).
- ✓ Educational and language experience inside the University and in school community.
- Plans for interactions with  
Greek student groups in different  
Departments Education &  
Psychology as well as with other  
Erasmus students.



# Sound bite from FLOURISH Pod cast



erasmus.mp3

# University of Pretoria: Qualitative Approach in Studying Resilience

- ✓ Professor Linda Theron's contribution
- ✓ 1<sup>st</sup> Semester and 2<sup>nd</sup> semester FLOURISH lectures
- ✓ Innovative research in SA and Center for the Study of Resilience



# Lessons & Challenges learned from FLOURISH

## Flourish in Adversity!

- ✓ We have challenges & resilience in action
- ✓ Plurality of ideas and instructors. Enriching experience but a challenge as well.

**University of Crete: Greece**

**Our Pedagogical Philosophy FLOURISH**

**A. Connect Theory (1<sup>st</sup> semester) to Practice (school contexts) 2<sup>nd</sup> Semester**

**B. Critical thinking and reflection notes in most classes.**



## Lessons & Challenges learned from FLOURISH-2

- ✓ Present western view of resilience but discuss alternative new ways of thinking and asking research questions about resilience (Afrocentric, Asia/Australia centric)
- ✓ Try to avoid colonial philosophy in understanding phenomenon and research.
- ✓ Personal theory of Resilience-Understand different contexts and utilize literature to culturally modify strategies to promote resilience.
- ✓ Contextual Processes course we worked a lot on this goal. (17 different contexts)
- ✓ Prof Renos Papadopoulos (University of Essex) Adversity Activated Development- Work with refugees-2 Guest lectures.... Impact on students.

Adversity as opportunity for transformation to a new level of functioning.

## Lessons & Challenges-3...

**For instructors”**

- ✓ **Pedagogical challenge: Many different levels of knowledge and expertise in our first cohort of FLOURISH.**
- ✓ **Understand schools and their culture, record their needs to find out where Mental Health and Well-Being fits in because you start talking about resilience and applications in education.**

## Lessons & Challenges-4

- ✓ **Strategic goal: Create long term collaboration-consultation with different educational systems via research and other interventions.**
- ✓ **Understand the basic needs of school systems in different countries (e.g. corporal punishment in Asia and Africa) needs to bring some change in attitudes and policies in schools and families in basics before you talk about Mental Health.**
- ✓ **Policy issues at the national level**
- ✓ **On going process....**

# Power of Context-Systems

## Contextual processes

- ✓ Learn to “read” context well
- ✓ Design interventions based on this needs of students in specific context

**Multisystemic**

**Transdisciplinary**

**Cross cultural understanding of Resilience.**

Include community vs just school and family

FLOCKING paradigm?

“Flocking Together An Indigenous Psychology Theory of Resilience in South Africa (Prof. Liesel Ebersohn)

- ✓ Collective vs individual approach to resilience
- ✓ R2 Model (Resourced and Rugged) philosophy





# Apply FLOURISH Erasmus Mundus “ Resilience in Educational Contexts”in 2025

- ✓ For fellowships in 2026 academic year
- ✓ [www.flourishproject.mt](http://www.flourishproject.mt)

## Literature and Resilience-----Kazantzakis Quotes

### **ASCENT**

**Each individual personal struggle is the Ascent.**

**It's a pain staking process through which the individual tries to be transformed from a worm to a butterfly.**

## Travels and Dreams

**Throughout my life my greatest benefactors have been my travels and my dreams. Very few men, living or dead, have helped me in my struggles.”**

## Live your myth...

**This is true happiness: to have no ambition and to work like a horse as if you had every ambition. To live far from men, not to need them and yet to love them.**

**To have the stars above, the land to your left and the sea to your right and to realize of a sudden that in your heart, life has accomplished its final miracle: it has become a fairy tale.”**

**Nikos Kazantzakis, Zorba the Greek**

## Almond tree

**“I said to the almond tree, 'Sister, speak to me of God.' And the almond tree blossomed.”**

**—Nikos Kazantzakis, Report to Greco**

**You have the colors...**

**“You have your brush, you have your colors, you paint the paradise, then in you go.”**

**Nikos Kazantzakis**

# Hope

**“Man is able, and has the duty, to reach the furthest point on the road he has chosen. Only by means of hope can we attain what is beyond hope.”**

**Nikos Kazantzakis, Report to Greco**

## Time

**“Truly, everything in this world depended on time. Time ripened all. If you had time, you succeeded in working the human mud internally and turning it into spirit. Then you did not fear death. If you did not have time, you perished.”**

**Nikos Kazantzakis, [The Last Temptation of Christ](#)**



## Truth and Lies

**“What is truth? What is falsehood? Whatever gives wings to men, whatever produces great works and great souls and lifts up a man's height above the earth - that's true. Whatever clips off man's wings - that's false.”**

**Nikos Kazantzakis, [The Last Temptation of Christ](#)**

**Anastassios Matsopoulos, Ph.D.**

**Associate Professor of School Psychology**

**Director of School Psychology Lab**

**Director for University of Crete, Erasmus Mundus Joint Master**

**President of Hellenic Association of School Psychology (HASP)**

**Email [matsopoulos.global@gmail.com](mailto:matsopoulos.global@gmail.com), matsopoulos@uoc.gr**



**“My soul comes from better worlds and I have an incurable homesickness of the stars.”**

- END