

Skills for the Future: A European Student Development Seminar	
Timetable	Activities
DAY 1 - 24th November	
16:00-17:00	Welcome & Icebreakers, presentation of course structure and main requirements
17:00-18:30	Skills for the Future: What Will Matter in 2025 and Beyond – mgr Aleksandra Penza
20:00	Welcome dinner and integration
DAY 2 - 25th November	
9:00-11:00	Stress Management Toolkit – dr Agnieszka Mościcka Teske
11:00-11:30	coffee break
11:30-13:30	Your Professional Profile: CV, Personal Branding & LinkedIn – mgr Aleksandra Penza
13:30-14:30	Lunch
14:30- 17:00	Focused Mind: Strategies for Better Concentration and Mindfulness – mgr Ola Gutkowska Maciejuk
17:00-17:30	daily evaluation
DAY 3 - 26th November	
9:00-11:00	Brain-Based Learning Strategies, Memory Techniques – dr Aleksandra Dopierała
11:00-11:30	coffee break
11:30-13:30	Motivation that Lasts, How to Create SMART Goals – mgr Gabriela Sorsa
13:30-14:30	Lunch
14:30-17:00	AI Tools for Smarter Studying – dr Paweł Kowalski (online)
17:00-17:30	daily evaluation
DAY 4 - 27th November	
9:00-11:00	European Mobility and First Job in European Job Market – dr Tomasz Lewandowski
11:00-11:30	coffee break
11:30-14:00	Know Your Rights: Student Work in Europe, Legal Scenarios & Case Studies – dr Tomasz Lewandowski
14:00-15:00	lunch
15:00-17:30	Communication & Feedback, Teamwork Across Cultures – mgr Gabriela Sorsa
17:30-18:30	Seminar Evaluation