MIGRANTECH
Newsletter

FOCUS ON :
E-MODULES CREATION IN BELGIUM

40 E-MODULES : that is the principal objective of the Migrantech project! The e-modules have a duration of 3 hours each and are directed to the learning and developing of transversal competences for the employment of migrants and refugees. We divided the work into the 4 partners. So Familles du Monde asbl created 10 of them. Here's a closer look to their methodology and the content of their modules.

METHODOLOGY

The subject of the modules where chosen by the experience of the organisation. In the case of Familles du Monde asbl, our expertise is in the field of migration, mental health and soft skills.

After deciding the topics of the modules in October 2021, Familles du Monde started a long period of research. It is important, when creating a course, to be informed in detail on the subject of the course.

The members of the team subscribed to other online modules and to online courses on how to create e-modules. They had sessions at the library, they used online university library or books they had in their possession.

Then, they structured the information. They started writing the content. They structured the content again. They corrected the way of writing to make it easy to translate and easy to understand for everybody. They created self-evaluation questionaries. They also had sessions together to learn how to use the platform. They uploaded the content and started creating images, schemes, etc to make it more attractive and understandable. Finally, they had different sessions of verification and correction of the last details, in preparation to the testing phase!

Familles du Monde has worked on several ways :
- individually
- by pair on distance (two phones and a shared document!)
- by pair presentially
- in larger groups

@FAMILLES DU MONDE a.s.b.l.

ADAPTATION PROCESS 1 :

What is mental health? How can I evaluate my mental health?
Let's start by understanding what self-esteem is and what our emotions are!
This module is the first one if a series of 5! We'll go into a journey of discovering ourselves, becoming aware of our adaptation process in a migration process.

MINDFULNESS AT WORK :

I am feeling stressed about the future and can't stop thinking about the past. How can I handle it? This e-module will introduce you to Mindfulness, a type of technique that helps you coping with stress and emotions in any context or environment. You will understand your emotions, stress and receive some coping tools/strategies!

ADAPTATION PROCESS 2 :

This 2nd module will give you access to keyconcepts! Those will enable you to deepen the subject of mental health at work in the context of migration.
We will talk about stress, migration, the migration process, ...
This journey to understand yourself enables you to understand and improve your mental health at work!

TEAMWORK 1 :

We hear a lot about the importance and the advantages of teamwork, but we don't always know what it means! In this first module we will take a journey through the basic concepts and basic elements of teamwork : how to construct trust, deal with conflict, responsability, engagement and managing to achieve the results. Teamwork has to be constructed from the roots!

ADAPTATION PROCESS 3 :

Now, what is the adaptation process ? What does that imply? How is it related to mental health ?
The different aspects and parts of this process, such as family, culture, social status, integrity, etc. are defined in this modules. And you'll also get some strategies to face the difficulties that may come!

TEAMWORK 2 :

After the basics, the details : what is leadership? What does it mean? What does make a leader a leader? And about the other members : which roles do exist in a team? We also see the different steps of teamwork, identifying the key-elements and learning how to improve them and go to the next step. Finally, we see different tools to evaluate teamwork, before evaluating our own abilities and identifying the points to improve!

ADAPTATION PROCESS 4 :

The adaptation process has 12 characteristics.
But what are those? How are they present in our daily life or at work?
We will first look at them from a migrant point of view. "I'm grateful to be here, but still, I'm not happy", why do I feel so? How does my identity change and why? What are the impacts on my children, the next generation? And a lot more...

CRITICAL THINKING :

Critical thinking is a very large concept. In this module, we try to understand it as a tool and an ability to improve the accuracy of our way of working. We develop two main methods to learn being critical when receiving information, preparing our job, interacting with people, or when resolving problems. Again, a self-evaluation is proposed to situate yourself in this basic skill and to identify the weak points.

ADAPTATION PROCESS 5 :

Who would have thought that this process and this characteristics also concern the ones who didn't move ?
How do those characteristics apply to people who didn't move? Is it different from the migrants?
We remember this aspect of migration : it concerns as much migrants as no-migrants. Each point of view has the same value. This e-module concludes the series on the adaptation process and mental health!

LOGICAL THINKING :

Just like the above, we have a large and complex skill. So what does logical thinking mean? Which different types are there? What are the different ways of structuring logical thinking? And then : the problem tree : how does it work? What are the steps to use this technique? The whole module addresses basic concepts and commented exercices, explaining the steps to take when doing logical thinking tests.