

Executive Functions & Self-regulated Learning in the Classroom

6 Days Course*

Porto City¹, Portugal

Language used for the training: English

Target Group: Educators, Teachers, Headteachers and other Participants interested in the topics.

Description: This course is designed to provide educators with an understanding of **executive functions**, which are the mental processes that enable students to plan, focus attention, remember instructions, and juggle multiple tasks successfully. These functions are crucial for students' academic performance and overall behavior in the classroom. Participants will also explore various strategies to support the development of **self-regulated learning** skills in students. Self-regulated learning involves students taking control of their learning process by setting goals, monitoring their progress, and reflecting on their outcomes. Self-regulated learning fosters independence and responsibility in students regarding their education and academic success. The development of executive functions that integrate self-regulation can be developed through practical activities, specific teaching strategies, and an environment that encourages reflection and self-assessment. Essentially, the course aims to equip educators with the tools and techniques necessary to help students develop these skills, leading to improved academic performance and behavior in the classroom. The course is designed to be very practical, demonstrative, and interactive. The trainers are enthusiastic educational agents, namely teachers with broad experience and actively involved in the subjects of the course 21st Century Skills.

Learning Outcomes:

- Understand what executive functions are.
- Participants will gain a thorough understanding of the core components of executive functions, how they are organised and developed in childhood.
- Teachers will reflect on the impact on student learning and behavior.
- Educators will learn to assess students' executive functioning skills using various tools and methods.
- Teachers will be equipped with practical strategies to enhance students' executive functions and self-regulation skills.
- Participants will understand the importance of self-regulated learning and how to teach these skills to students.
- Educators will be able to design classroom environments that facilitate the development and optimisation of EF in educational contexts
- Through case studies and hands-on activities, participants will apply the concepts learned to real-world classroom scenarios.
- Teachers will learn to engage with parents and colleagues to support students' executive functions and self-regulated learning.
- Participants will explore digital tools that can support classroom activities.
- Educators will discuss social, linguistic, and cultural issues to better support diverse student populations and create inclusive classroom environments.

These outcomes aim to empower educators with the knowledge and skills to support their students' executive functions development, as thus, their cognitive and emotional domains.

Venue: Hotel Ibis Porto São João

There is a special price for course participants.

Contact us at email info@21knowledge.pt.



¹ Recent Tourism and Sustainability Accolades: [Green Flag Award](#) / [Europe's Leading City Break Destination 2023](#) / [Europe's Leading Seaside Metropolitan Destination 2024](#).

COURSE AGENDA

(Updates to this agenda will be published before the start of the course)

1st day, Monday

	Cultural Activities
14h00 / 21h00	1st Session <ul style="list-style-type: none"> • Course Welcome. • Introduction to the course content, agenda, and learning outcomes. • Icebreaker activities to help participants get to know one another. • Presentations by participants on their schools and experiences. • Different countries, different cultures within the same Europe: Different students' goals? • About the Portuguese Education System – a few guidelines for the workshops. • The importance of executive functions & self-regulated learning. Trainer: José Miguel Sousa , Educational Expert
	Group Dinner

2nd day, TUESDAY

09h00 / 12h00	2nd Session Understanding Executive Functions: A Conceptual Overview. <ul style="list-style-type: none"> • What are executive functions? • The core components of executive functions. • The development of executive functions in childhood. The Impact of Executive Functions on Learning and Behavior. <ul style="list-style-type: none"> • How executive functions influence academic performance. • The link between executive functions and social-emotional skills. • Common challenges faced by students with weak executive functions. Trainer: Isabel Catarina Martins , PhD
13h00 / 16h00	3rd Session Assessing Executive Functions. <ul style="list-style-type: none"> • Tools and Methods for Assessing Executive Functions. <ul style="list-style-type: none"> ○ Formal assessments: standardized. ○ Informal assessment: observation checklists and classroom-based activities. ○ The importance of a multi-faceted approach to assessment. Trainer: Isabel Catarina Martins , PhD
	Porto City Walking Tour & Porto Wine Tasting

3rd day, WEDNESDAY

09h00 / 12h00	4th Session Strategies for Enhancing Executive Functions. <ul style="list-style-type: none"> • Practical Strategies for Developing Executive Functions. • Creating a Supportive Classroom Environment. • Collaboration and Inclusion supporting Diverse Learners Trainer: Isabel Catarina Martins , PhD
13h00 / 15h00	5th Session Executive Functions & Self-regulated Learning: Good Practices Trainer: Isabel Catarina Martins , PhD

4th day, THURSDAY, 30.01.2025

09h00 / 12h00	<p>6th Session Self-regulated Learning.</p> <ul style="list-style-type: none"> • Further understand the concept of self-regulated learning (SRL) and its impact on learners. • Train and develop a conceptual understanding of SRL key elements (e.g., metacognition, motivation, agency, and resource management) and strategies for teaching and developing SRL. <p>Trainer: Pedro Rosário, PhD</p>
09h00 / 12h00	<p>7th Session Self-regulated Learning.</p> <ul style="list-style-type: none"> • Understand how students explore and understand themselves as learners and meet their challenges. Discuss the educators' role in promoting self-regulation. • Discuss how to promote self-regulated learning strategies: lessons learned. • Interventions in class to promote SRL: a story-tool research line. <p>Trainer: Pedro Rosário, PhD</p>

5th day, FRIDAY – [COIMBRA](#) (Outside Porto)

08h30 / 12h00	<p>8th Session</p> <ul style="list-style-type: none"> • Workshop at TUMO Coimbra Learning Center: Activities that contribute to promoting executive functions & self-regulated learning in classroom. <p>Trainer: Learning Center Staff.</p>
	Light lunch at Minerva Teacher Training Centre
13h30 / 16h30	<p>9th Session Workshop: Digital Tools to Students' Differentiated Assessment.</p> <ul style="list-style-type: none"> • Introduction to Differentiated Assessment. • Digital Tools for Differentiated Process. • Hands-On Practice. <p>Trainer: Nuno Simões, expert in digital tools. Digital Ambassador at Minerva Teachers Training Centre</p>
	Coimbra City Walking Tour

6th day, SATURDAY, 01.02.2025

09h00 / 14h00	<p>10th Session Brainstorming:</p> <ul style="list-style-type: none"> • Sharing experiences from the week. • Sharing the learning outcomes from the week. • Learning from experience: reflection and discussion on the planning conducted. <p>Closing Session:</p> <ul style="list-style-type: none"> • Validation of learning outcomes. • Final course feedback and evaluation. • Certification, follow-up, and networking. <p>Trainers: Trainer: José Miguel Sousa & Isabel Catarina Martins</p>
	Free time

Participants must bring a mobile device, such as a smartphone or tablet.

About Porto City



<https://portolover.com>

Costs (All costs can be supported with a grant under Key Action 1 of the Erasmus+).

Course Fees: 480€ for a 6-day course (80€ per day)

Extra Costs: 80€ per participant (Includes: Transfers to Coimbra; Porto Wine Tasting & Porto City Walking Tour; Coffee Breaks; 1 lunch; 1 Group Dinner).

All participants will receive a **Training Certificate**. If necessary, other documents requested by participants will be completed, such as the Europass Mobility.

*The course is 6 days, but as it is designed by modules - we can accept participants for less or more days.

How to apply for the course?

Register form at www.21knowledge.pt

or

Contact us by email: info@21knowledge.pt

or

By landline +351 232407135

or

By WhatsApp +351 924406405



Information updated at www.21knowledge.pt

Check for 21Knowledge Courses in Madeira Island: www.21knowledge.pt

Why choose 21 Knowledge courses in Madeira Island?



Video made by one of the participants in the course "Teaching in a 21st Century School", Madeira Island, October 2019.



Report on local TV about the courses with interviews with participants.



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