



ARCHIMEDES



Reflection diary for guidance professionals

Academia learning mobility
2020 in Estonia

Write your name,
country and
institution



Dear Academia participant

This is your personal diary to support your learning during the Academia exchange. We believe, this gives you the opportunity to reflect on the experience during this experimental journey. You are welcome to download the diary and fill it either electronically or on paper.

Enjoy the exciting adventure and learning!

On behalf of the Estonian Academia hosts, Kristel Ainsalu, Estonian PES and Margit Rammo, Euroguidance Estonia

See more:

www.euroguidance.eu

[Lifelong Guidance in Estonia 2020](#)



"In every port in the world, at least two Estonians can be found."

Ernest Hemingway



"Reflection is one of the most underused yet powerful tools for success."

Richard Carlson

PHASE I: e-Academia 18th – 21st May
Individual preparation
 before the first session on May 18th

To be able to use our joint session on-line effectively, we ask you to have some individual preparation before the first session.

1. Please assess the level of your expected learning outcomes in the Moodle. You are welcome to map the results of your self-assessment in the table as well and add some more.

2. Please read in advance the main information source about career guidance and provision, the [Lifelong Guidance in Estonia 2020](#), and see two short videos up-loaded in the Moodle. You are welcome to take notes.

Learning outcomes	Please assess the level of your learning outcomes!	
	low	high
I have an overview on lifelong guidance in Estonia.	1	5
I understand the transition to and from higher education, including challenges.	1	5
I have knowledge about service provision by PES for different target groups.	1	5
I have an understanding about learning in multicultural environment.	1	5
I am able to practice professional language and participate in discussions.	1	5
I have a wide professional network at international level.	1	5
I am able to learn from distance using different ICT solutions.	1	5
	1	5

3. Please read the discussion questions for theme 1 on next page and prepare to share your experience.

Most interesting aspects of Estonian career guidance for me are:



The main challenges, developments and practices I would like to share:



PHASE I: e-Academia 18th – 21st May
Theme 1: Education and lifelong guidance in Estonia
on May 18th at 10 AM CET

If you are asked to write an article about the session, what would you share? Write the possible messages you would focus on.

During the first on-line session we will mainly focus on life-long guidance systems and practices in our countries. You are welcome to take an active role on-line and make notes below on the most exciting observations and knowledge.

Discussion: Main challenges, developments and practices:

1. What is different in your country compared to Estonia?
2. What has changed in your work regarding the current situation in the world/your country?
3. How has your organization/ sector / government responded to the "new reality"?
4. What are the biggest challenges for you personally, in your work?
5. Please share, one promising solution / tool / approach you have tried out in your work as a guidance professional.

3 main ideas to take with me:

1

2

3



The most interesting discoveries for me are...



Main differences between countries



I would like to know more about.



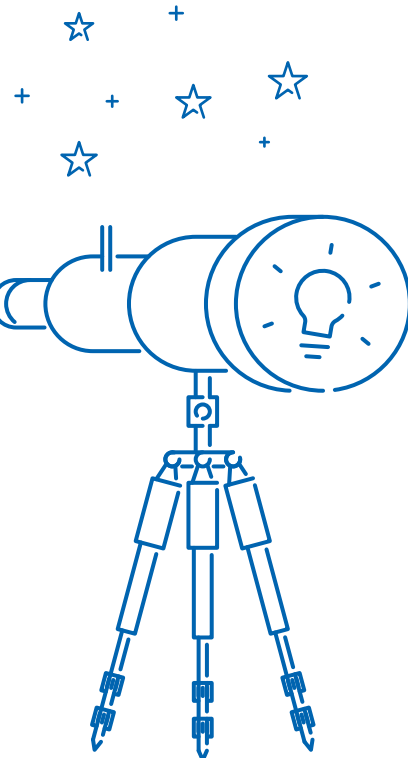
PHASE I: e-Academia 18th – 21st May
Theme 2: Transition to and from higher education
on May 19th at 10 AM CET

If you are asked to write an article about the session, what would you share? Write the possible messages you would focus on.

During the second on-line session we will mainly focus on career guidance in higher education. You are welcome to take an active role on-line and make notes below on the most exciting observations and knowledge.

3 main ideas to take with me:

First idea



Second idea

Third idea

The most interesting discoveries for me are...

I would like to know more about.



PHASE I: e-Academia 18th – 21st May
Theme 3: Guidance provision in PES
on May 20th at 10 AM CET

If you are asked to write an article about the session, what would you share? Write the possible messages you would focus on.

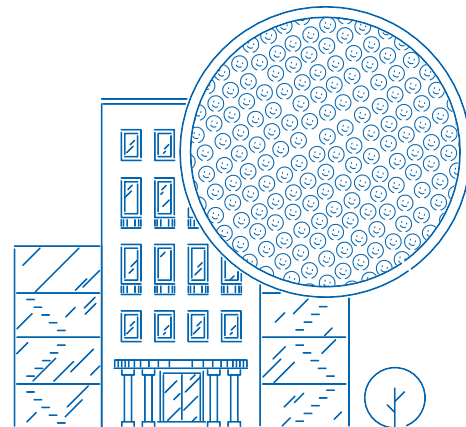
During the third on-line session we will mainly focus on career guidance in employment sector. You are welcome to take an active role on-line and make notes below on the most exciting observations and knowledge.

3 main ideas to take with me:

First idea

Second idea

Third idea



The most interesting discoveries for me are...



I would like to know more about.



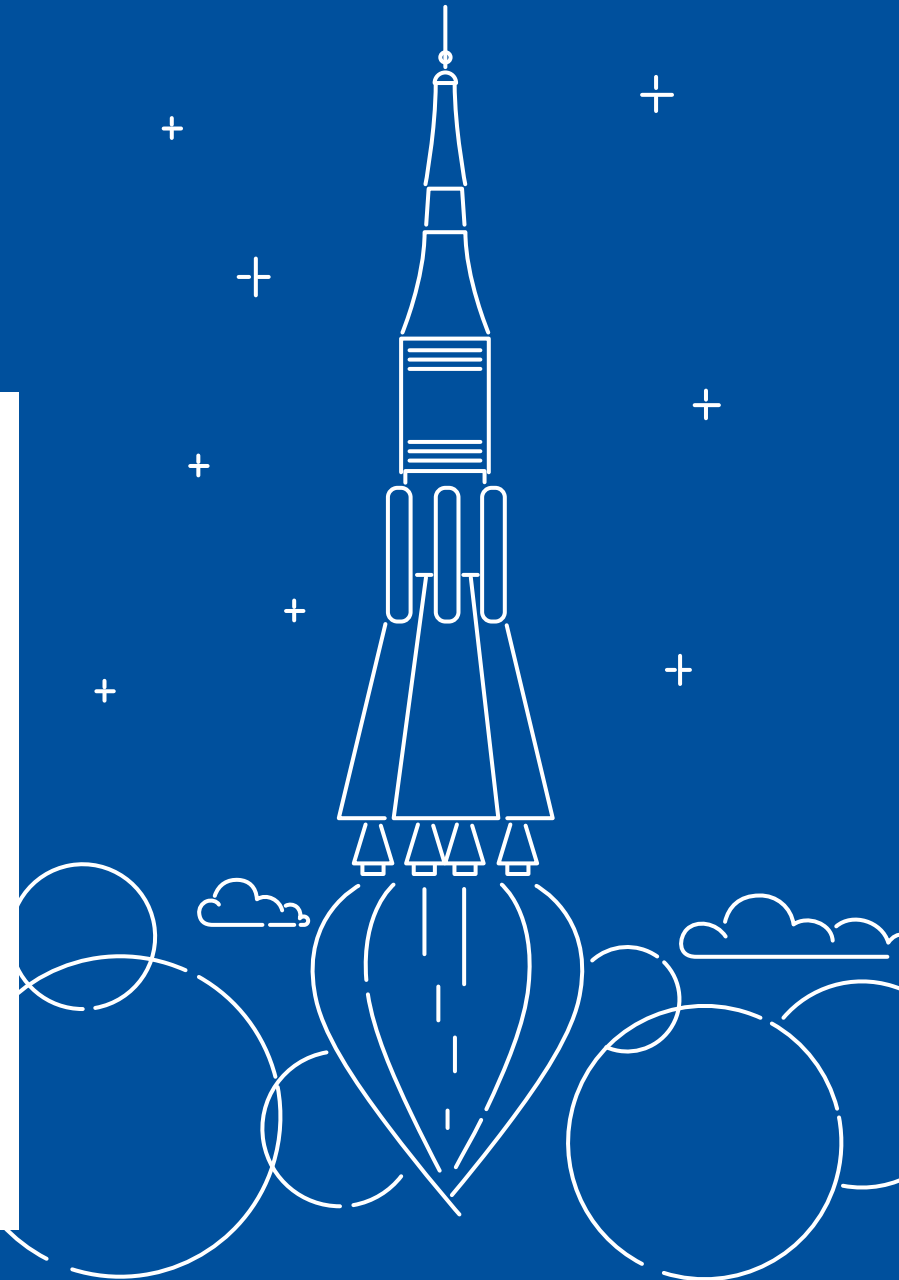
My practice

NB! Please find the more detailed guideline at TalTech Moodle!



The core idea of the Academia learning mobility is to provide guidance professionals an opportunity to exchange practices and learn from each other. Please be prepared to present at least one method or initiative from your practice (e.g., a useful digital tool, course, programme or any other approach you use with your clients), prepare a description and upload with the Moodle latest two weeks before the exchange in Estonia.

Practice I want to share to other participants will focus on...



PHASE II: Exchange in Estonia

Estonian Academia is an experiment this year. Instead of the tradition 4-days exchange visit we are organizing an innovative, so called blended learning mobility, where we started with an e-Academia in Spring to be followed by actual face-to-face learning mobility in Autumn. During the days in Estonia we would like to focus on job-shadowing in universities and public employment offices, and exchange of

practices from our countries that require practical review or hands-on testing on site. However, the new approach requires a step-by-step planning and thus we would like to discuss the details also with you, during the fourth on-line session in May 21st. You are welcome to take notes on your expectations, ideas and details below.

My main expectations



Important details about the phase II:



Job shadowing

My job-shadowing day was in:

My host(s):

If you are asked to write an article about the session, what would you share? Write the possible messages you would focus on.

Interesting practices I learned...



The most interesting discoveries for me are...



3 main ideas to take with me:

1

2

3



I would like to know more about.



Notes

This is a **free space** for you to take any other notes!
Be creative and bold - writing gives power to your thoughts and words!

"Reflective writing helps you learn from a particular practical experience."



Notes that made me to think:



Note that made me see the world different.



My super awesome note:



Visualise your note here!



My new professional network

One of the aims of the Academia learning mobility is to provide guidance professionals an opportunity to widen the professional network, to find new friends to turn to also after the actual Academia exchange and develop professional resources, including social contacts.



Name:

3 things we have in common or I would like to learn from him/her:

Contact info:

Name:

3 things we have in common or I would like to learn from him/her:

Contact info:

Name:

3 things we have in common or I would like to learn from him/her:

Contact info:

Name:

3 things we have in common or I would like to learn from him/her:

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Name:

3 things we have in common or I would like to learn from him/her:

Contact info:

Name:

3 things we have in common or I would like to learn from him/her:

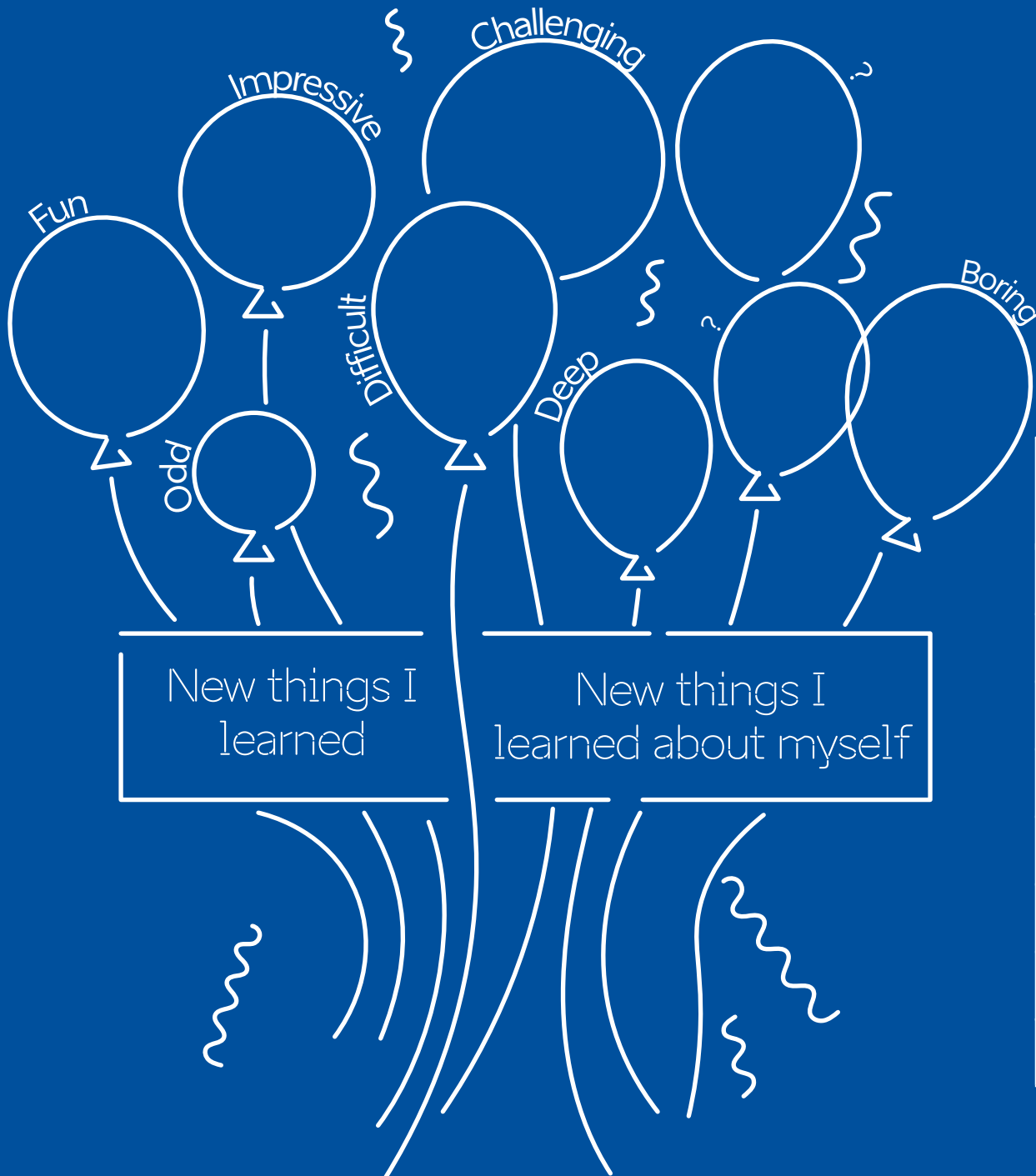
Contact info:

Estonia and Estonians

Make a list of 10 things/facts you knew about Estonia or Estonians before the Academia learning mobility (please do it without using back-up material!).



My balloons: This is what I found out during my Academia journey



The Estonian Academia learning mobility is coming to an end. It's time to evaluate what did we actually achieve. Please look again at the learning outcomes and assess your competencies in the Moodle environment, where we will see the anonymous results of the whole group. You are welcome to map your personal ratings also in the table below.

Learning outcomes	Please assess the level of your learning outcomes after Academia journey!		
	low		high
I have an overview on lifelong guidance in Estonia.	1		5
I understand the transition to and from higher education, including challenges.	1		5
I have knowledge about service provision by PES for different target groups.	1		5
I have an understanding about learning in multicultural environment.	1		5
I am able to practice professional language and participate in discussions.	1		5
I have a wide professional network at international level.	1		5
I am able to learn from distance using different ICT solutions.	1		5
	1		5