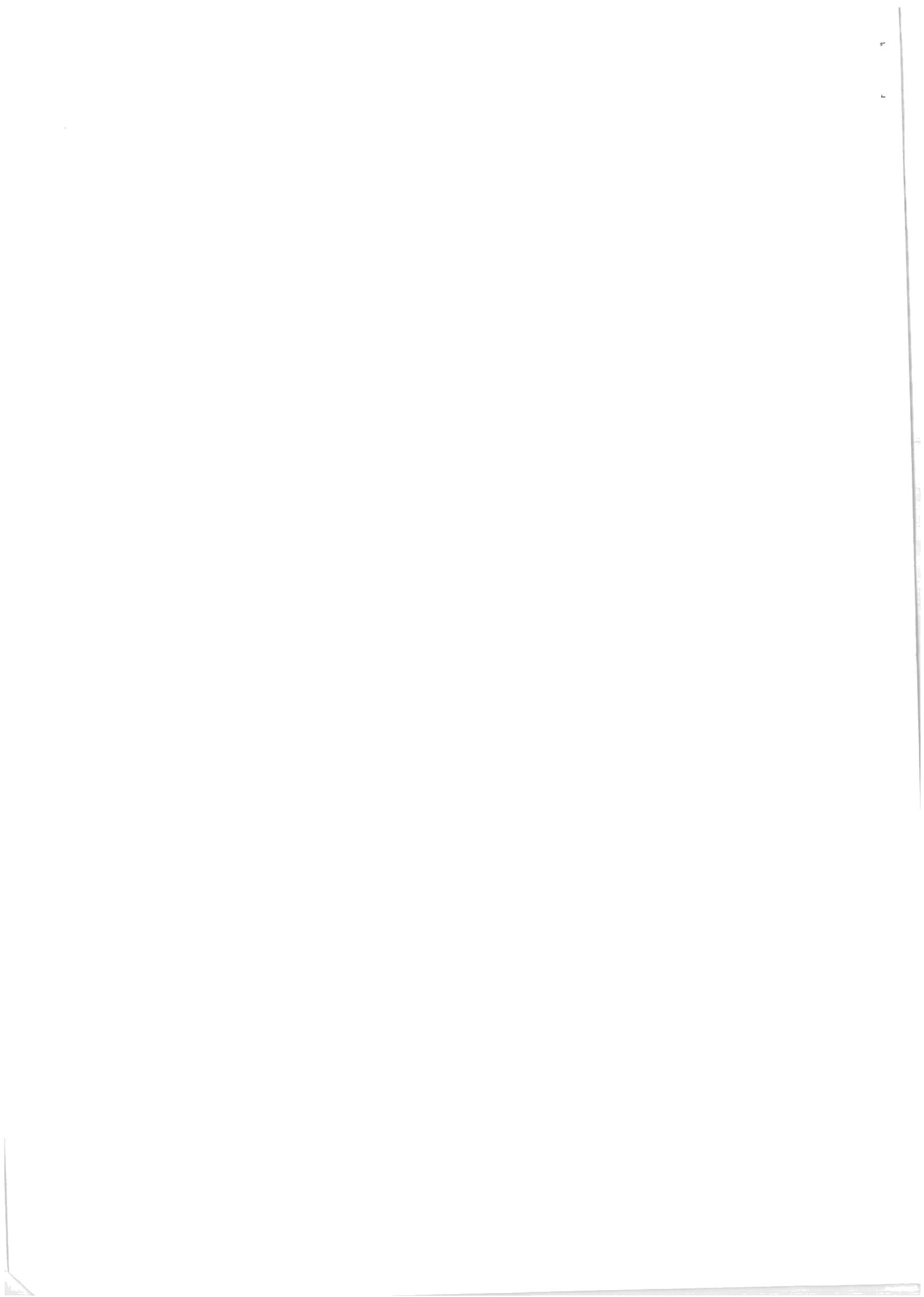
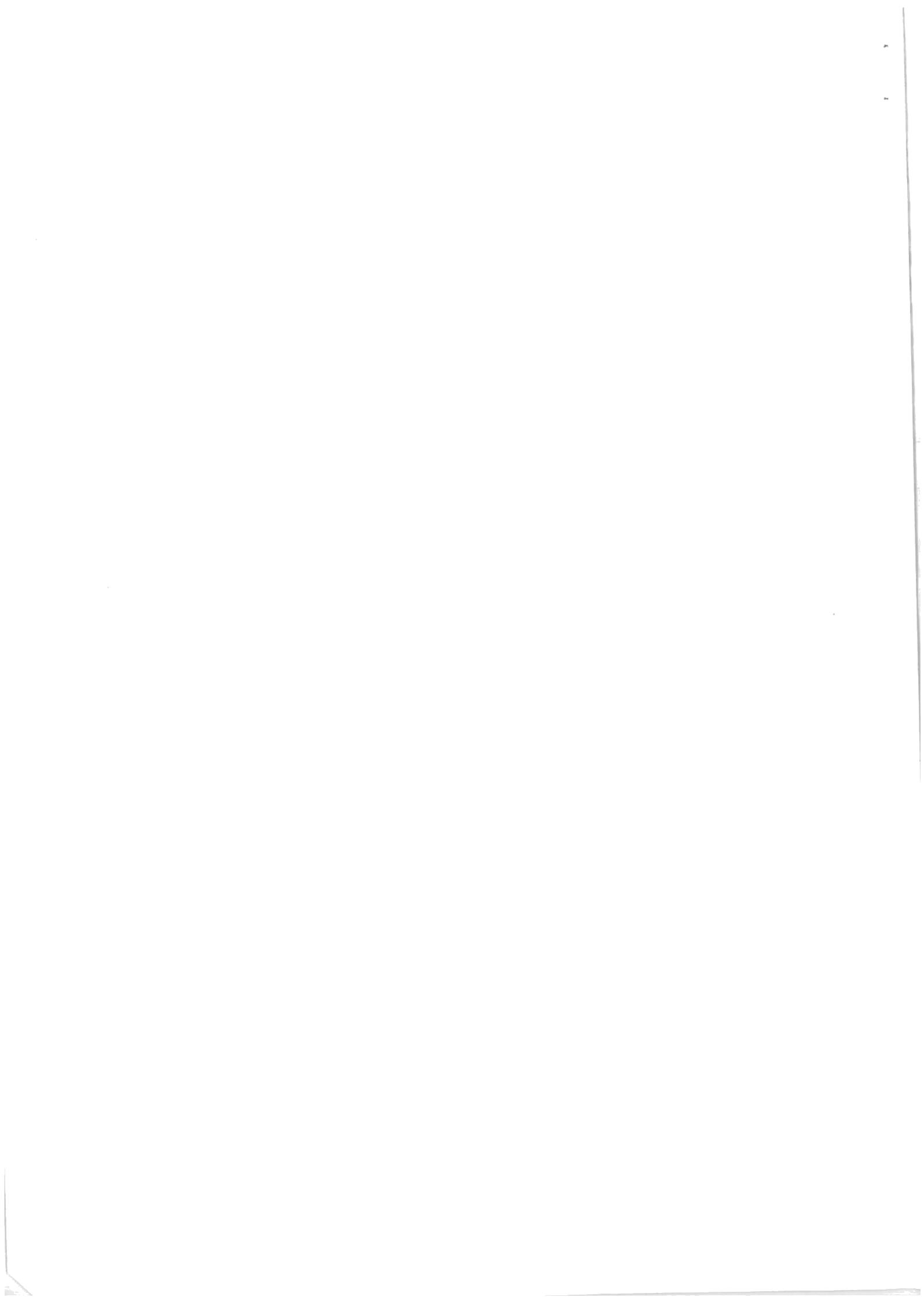


ESEC training course

Please, mark...		1	2	3	4
		completely agree	rather agree than disagree	rather disagree than agree	disagree
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations		+		
1.2.	e-learning units meet my actual needs and interests			+	
1.3.	I received enough information on how to manage online materials			+	
1.4.	E-learning units were effective	+			
1.5.	Online learning has been organized to be really effective			+	
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical		+		
2.1.2.	Learning goals have been reached	+			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests			+	
2.2.2.	Online materials motived me to deepen some topics of the course	+			
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary				+
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced		+		
2.3.1.2	Theoretical notions were accompanied by practical examples		+		
2.3.1.3	I agree with the participatory training course approach	+			
2.1.1.4	I am satisfied to learn in a participatory environment	+			
2.1.1.5	Participatory approach facilitated and stimulated my learning		+		
2.3.2.	Collaboration				



2.3.2.1	In online learning, individual and pair/group work was well-balanced		+		
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees		+		
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs	+			
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	+			
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active		+		
2.3.4.2	Trainers were friendly, open to give advise		+		
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs			+	
3.2.	Quality of online materials	+			
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility		+		
4.2.	Design of online materials met my needs and interests			+	
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured			+	
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education			+	
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies		+		
6.2.	I received prompt and effective support from trainees	+			
6.3.	A training session has been organized in order to use the online materials and software	+			
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect		+		
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	+			
8.	Evaluation dimension				
8.1.	My learning progress has been			+	

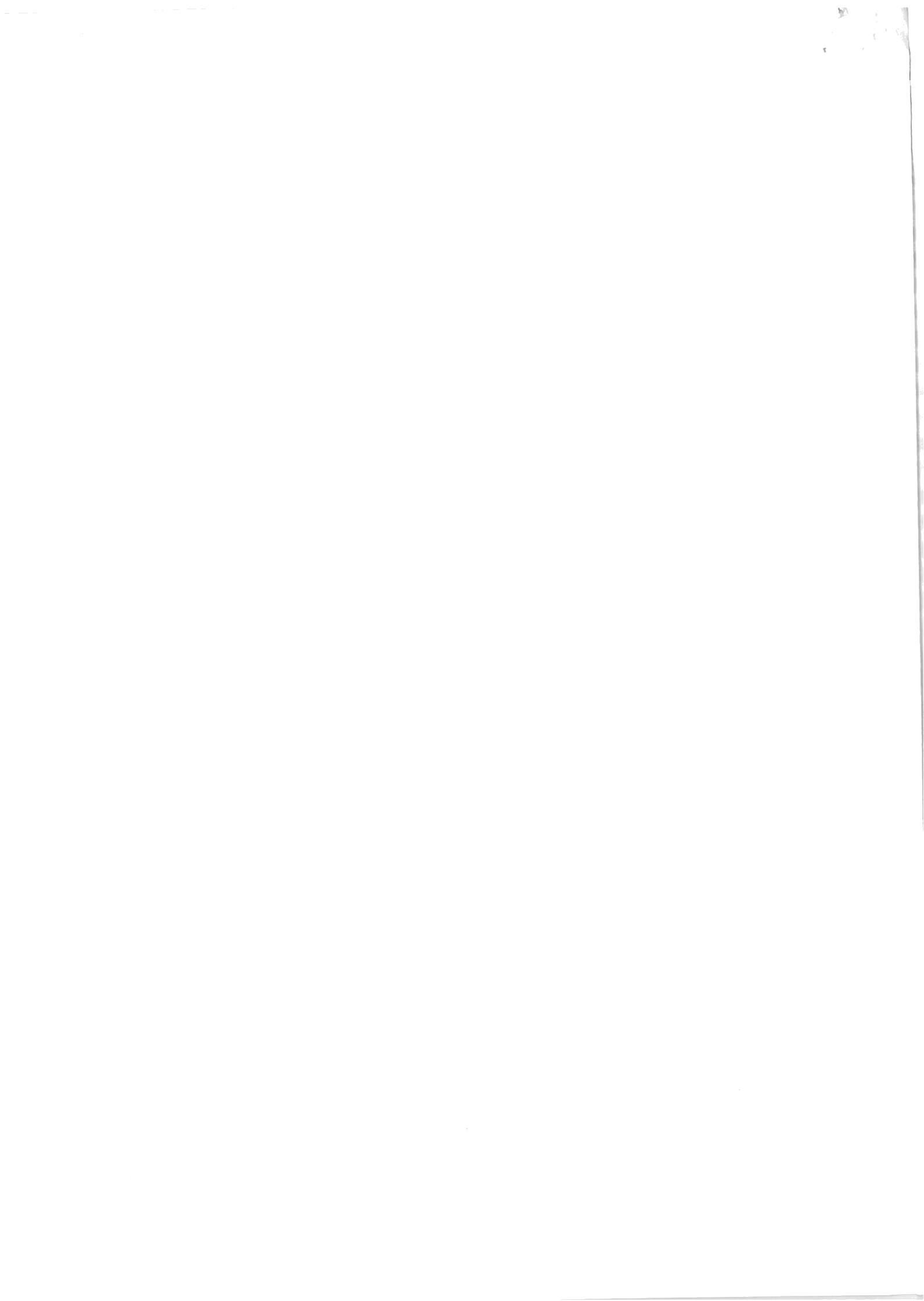


	evaluated				
8.2.	I received a regular feedback on my learning progress	+			
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>			in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication				
8.3.1.1	<i>skill to communicate in different situations</i>			B	G
8.3.1.	<i>skill to search, gather, process and analyse information</i>			L	B
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>			G	H
8.3.2.	computer and internet skills				
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>			B	G
8.3.3.	learning to learn			G	H
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>			G	H
8.3.3.2	<i>skill to plan and organize own studies</i>				
8.3.3.3	<i>skill to learn independently</i>			G	H
8.3.3.4	<i>skill to evaluate own work</i>			G	H
8.3.3.5	<i>skill to look for advice, information and support</i>			G	H
8.3.4.	social			B	G
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>			B	G
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>			L	B
8.3.4.3	<i>skill to overcome stress</i>			G	H
8.3.5.	initiative			L	B
8.3.5.1	<i>skill to work independently and in a team</i>			G	H
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>			G	H
8.3.5.3	<i>skill to identify and evaluate risks</i>			G	H
9.3.5.4	<i>skill to express oneself in a creative way</i>			G	H
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>			G	H

I would like to give you a brief information about me. My name is Olesia Mulova. I am an lawyer by education in Ukraine. But I decided to start to work of education in Poland. I have been working as a teacher assistant in a in a bilingual preschool for 2 years. I am currently working with 5-6 y.o. age group. I love my new occupation. I have a big pleasure by working with children, helping them in growing up and in getting knowledge.

ESEC training course

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations		yes		
1.2	e-learning units meet my actual needs and interests	yes			
1.3	I received enough information on how to manage online materials		yes		
1.4	E-learning units were effective	yes			
1.5	Online learning has been organized to be really effective	yes			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	yes			
2.1.2.	Learning goals have been reached	yes			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests	yes			
2.2.2.	Online materials motived me to deepen some topics of the course		yes		
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary	yes			
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced	yes			
2.3.1.2	Theoretical notions were accompanied by practical examples	yes			
2.3.1.3	I agree with the participatory training course approach	yes			
2.1.1.4	I am satisfied to learn in a participatory environment	yes			
2.1.1.5	Participatory approach facilitated and stimulated my learning	yes			
2.3.2.	Collaboration				



2.3.2.1	In online learning, individual and pair/group work was well-balanced		yes		
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees	yes			
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs	yes			
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	yes			
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	yes			
2.3.4.2	Trainers were friendly, open to give advise	yes			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs	yes			
3.2.	Quality of online materials	yes			
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	yes			
4.2.	Design of online materials met my needs and interests		yes		
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured		yes		
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	yes			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	yes			
6.2.	I received prompt and effective support from trainees	yes			
6.3.	A training session has been organized in order to use the online materials and software		yes		
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect	yes			
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	yes			
8.	Evaluation dimension				
8.1.	My learning progress has been				

	evaluated	yes		
8.2.	I received a regular feedback on my learning progress	yes		
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>		in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication		G	H
8.3.1.1	<i>skill to communicate in different situations</i>		G	H
8.3.1.	<i>skill to search, gather, process and analyse information</i>		G	H
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>		G	G
8.3.2.	computer and internet skills		H	H
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>		H	H
8.3.3.	learning to learn		H	H
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>		G	G
8.3.3.2	<i>skill to plan and organize own studies</i>		G	H
8.3.3.3	<i>skill to learn independently</i>		H	H
8.3.3.4	<i>skill to evaluate own work</i>		G	H
8.3.3.5	<i>skill to look for advice, information and support</i>		G	H
8.3.4.	social		H	H
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>		G	H
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>		H	H
8.3.4.3	<i>skill to overcome stress</i>		B	H
8.3.5.	initiative		G	H
8.3.5.1	<i>skill to work independently and in a team</i>		G	H
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>		B	H
8.3.5.3	<i>skill to identify and evaluate risks</i>		B	G
9.3.5.4	<i>skill to express oneself in a creative way</i>		G	H
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>		G	G

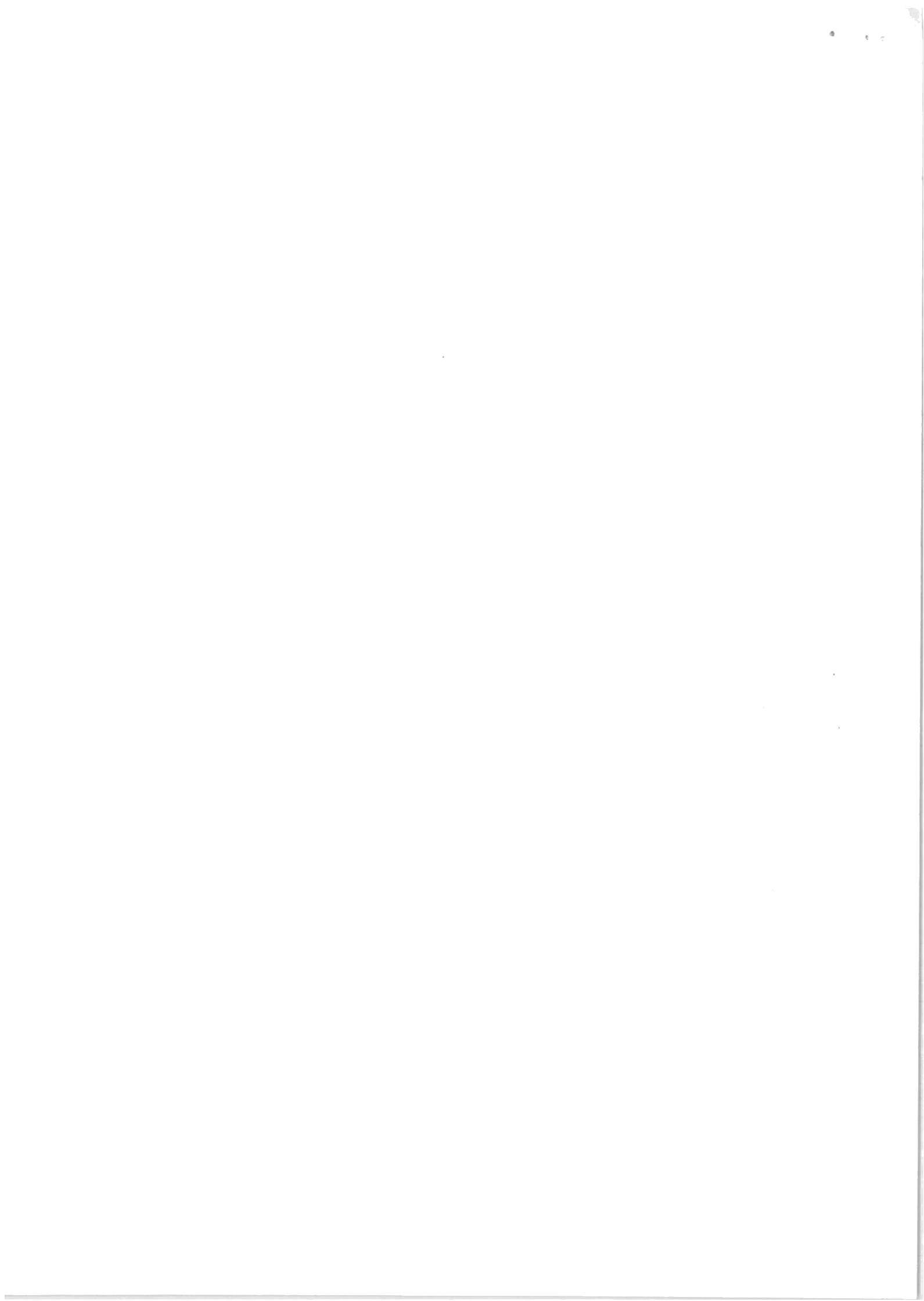
ESEC training course

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	V			
1.2.	e-learning units meet my actual needs and interests	V			
1.3.	I received enough information on how to manage online materials	V			
1.4.	E-learning units were effective	V			
1.5.	Online learning has been organized to be really effective	V			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	V			
2.1.2.	Learning goals have been reached	V			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests	V			
2.2.2.	Online materials motived me to deepen some topics of the course		V		
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary	V			
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced		V		
2.3.1.2	Theoretical notions were accompanied by practical examples		V		
2.3.1.3	I agree with the participatory training course approach		V		
2.1.1.4	I am satisfied to learn in a participatory environment		V		
2.1.1.5	Participatory approach facilitated and stimulated my learning		V		
2.3.2.	Collaboration				



2.3.2.1	In online learning, individual and pair/group work was well-balanced	V			
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees	V			
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs		V		
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience			V	
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	V			
2.3.4.2	Trainers were friendly, open to give advise	V			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs	V			
3.2.	Quality of online materials	V			
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	V			
4.2.	Design of online materials met my needs and interests	V			
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured	V			
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	V			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	V			
6.2.	I received prompt and effective support from trainees	V			
6.3.	A training session has been organized in order to use the online materials and software	V			
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect	V			
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	V			
8.	Evaluation dimension				
8.1.	My learning progress has been	V			

	evaluated				
8.2.	I received a regular feedback on my learning progress		V		
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>			in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication			G	G
8.3.1.1	<i>skill to communicate in different situations</i>			B	G
8.3.1.	<i>skill to search, gather, process and analyse information</i>			H	H
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>			H	H
8.3.2.	computer and internet skills			H	H
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>			H	H
8.3.3.	learning to learn				
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>			G	G
8.3.3.2	<i>skill to plan and organize own studies</i>			G	G
8.3.3.3	<i>skill to learn independently</i>			H	H
8.3.3.4	<i>skill to evaluate own work</i>			G	G
8.3.3.5	<i>skill to look for advice, information and support</i>			B	G
8.3.4.	social			G	G
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>			G	G
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>			G	G
8.3.4.3	<i>skill to overcome stress</i>			B	G
8.3.5.	initiative			G	G
8.3.5.1	<i>skill to work independently and in a team</i>			G	G
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>			G	G
8.3.5.3	<i>skill to identify and evaluate risks</i>			G	G
9.3.5.4	<i>skill to express oneself in a creative way</i>			G	G
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>			G	G



p. le. Polkova


ESEC training course

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations		X		
1.2.	e-learning units meet my actual needs and interests	X			
1.3.	I received enough information on how to manage online materials	X			
1.4.	E-learning units were effective		X		
1.5.	Online learning has been organized to be really effective		X		
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	X			
2.1.2.	Learning goals have been reached		X		
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests		X		
2.2.2.	Online materials motivated me to deepen some topics of the course	X			
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary		X		
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced			X	
2.3.1.2	Theoretical notions were accompanied by practical examples		X		
2.3.1.3	I agree with the participatory training course approach			X	
2.1.1.4	I am satisfied to learn in a participatory environment		X		
2.1.1.5	Participatory approach facilitated and stimulated my learning		X		
2.3.2.	Collaboration				

2.3.2.1	In online learning, individual and pair/group work was well-balanced		x		
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees		x		
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs		x		
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience		x		
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active		X		
2.3.4.2	Trainers were friendly, open to give advise	X			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs		X		
3.2.	Quality of online materials		X		
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	X			
4.2.	Design of online materials met my needs and interests		X		
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured		X		
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education		X		
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies		X		
6.2.	I received prompt and effective support from trainees		X		
6.3.	A training session has been organized in order to use the online materials and software	X			
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect		X		
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation		X		
8.	Evaluation dimension				
8.1.	My learning progress has been		x		

	evaluated				
8.2.	I received a regular feedback on my learning progress			X	
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>			in the beginning of the courses	in the end* of the courses
8.3.1.	verbal and written communication			L	G
8.3.1.1	<i>skill to communicate in different situations</i>			N	B
8.3.1.	<i>skill to search, gather, process and analyse information</i>			L	B
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>			L	B
8.3.2.	computer and internet skills			L	G
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>			L	B
8.3.3.	learning to learn			L	B
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>			N	B
8.3.3.2	<i>skill to plan and organize own studies</i>			N	G
8.3.3.3	<i>skill to learn independently</i>			N	G
8.3.3.4	<i>skill to evaluate own work</i>			L	G
8.3.3.5	<i>skill to look for advice, information and support</i>			L	G
8.3.4.	social			L	G
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>			L	G
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>			L	G
8.3.4.3	<i>skill to overcome stress</i>			N	G
8.3.5.	initiative			L	G
8.3.5.1	<i>skill to work independently and in a team</i>			L	G
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>			N	G
8.3.5.3	<i>skill to identify and evaluate risks</i>			L	G
9.3.5.4	<i>skill to express oneself in a creative way</i>			L	B
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>			N	B

Dr. Ewe V. Betousky
 (77)

ESEC training course

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	x			
1.2.	e-learning units meet my actual needs and interests	x			
1.3.	I received enough information on how to manage online materials	x			
1.4.	E-learning units were effective	x			
1.5.	Online learning has been organized to be really effective	x			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	x			
2.1.2.	Learning goals have been reached	x			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests		x		
2.2.2.	Online materials motived me to deepen some topics of the course		x		
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary		x		
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced		x		
2.3.1.2	Theoretical notions were accompanied by practical examples		x		
2.3.1.3	I agree with the participatory training course approach		x		
2.1.1.4	I am satisfied to learn in a participatory environment		x		
2.1.1.5	Participatory approach facilitated and stimulated my learning		x		
2.3.2.	Collaboration				

2.3.2.1	In online learning, individual and pair/group work was well-balanced	x			
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees				
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs	x			
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	x			
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	x			
2.3.4.2	Trainers were friendly, open to give advise	x			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs	x			
3.2.	Quality of online materials	x			
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	x			
4.2.	Design of online materials met my needs and interests	x			
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured	x			
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	x			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	x			
6.2.	I received prompt and effective support from trainees	x			
6.3.	A training session has been organized in order to use the online materials and software	x			
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect		x		
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	x			
8.	Evaluation dimension				
8.1.	My learning progress has been	x			

	evaluated			
8.2.	I received a regular feedback on my learning progress		x	
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>			in the beginning of the courses in the end of the courses
8.3.1.	verbal and written communication		b	
8.3.1.1	<i>skill to communicate in different situations</i>		b	g
8.3.1.	<i>skill to search, gather, process and analyse information</i>		b	g
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>		b	g
8.3.2.	computer and internet skills		b	g
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>		b	g
8.3.3.	learning to learn		b	g
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>		b	g
8.3.3.2	<i>skill to plan and organize own studies</i>		b	g
8.3.3.3	<i>skill to learn independently</i>		b	g
8.3.3.4	<i>skill to evaluate own work</i>		b	g
8.3.3.5	<i>skill to look for advice, information and support</i>		b	g
8.3.4.	social		b	g
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>			g
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>		b	g
8.3.4.3	<i>skill to overcome stress</i>		b	g
8.3.5.	initiative		b	g
8.3.5.1	<i>skill to work independently and in a team</i>		b	g
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>		b	g
8.3.5.3	<i>skill to identify and evaluate risks</i>		b	g
9.3.5.4	<i>skill to express oneself in a creative way</i>		b	g
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>		b	g

ESEC training course

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	✓			
1.2.	e-learning units meet my actual needs and interests	✓			
1.3.	I received enough information on how to manage online materials	✓			
1.4.	E-learning units were effective	✓			
1.5.	Online learning has been organized to be really effective	✓			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	✓			
2.1.2.	Learning goals have been reached	✓			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests	✓			
2.2.2.	Online materials motivated me to deepen some topics of the course		✓		
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary		✓		
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced	✓			
2.3.1.2	Theoretical notions were accompanied by practical examples	✓			
2.3.1.3	I agree with the participatory training course approach	✓			
2.1.1.4	I am satisfied to learn in a participatory environment	✓			
2.1.1.5	Participatory approach facilitated and stimulated my learning	✓			
2.3.2.	Collaboration				

2.3.2.1	In online learning, individual and pair/group work was well-balanced	✓			
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees		✓		
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs		✓		
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	✓			
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	✓			
2.3.4.2	Trainers were friendly, open to give advise	✓			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs	✓			
3.2.	Quality of online materials		✓		
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	✓			
4.2.	Design of online materials met my needs and interests	✓			
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured	✓			
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	✓			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	✓			
6.2.	I received prompt and effective support from trainees		✓		
6.3.	A training session has been organized in order to use the online materials and software		✓		
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect	✓			
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation		✓		
8.	Evaluation dimension				
8.1.	My learning progress has been				

	evaluated				
8.2.	I received a regular feedback on my learning progress	✓			
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>			in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication			B	H
8.3.1.1	<i>skill to communicate in different situations</i>			L	G
8.3.1.	<i>skill to search, gather, process and analyse information</i>			L	H
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>			L	G
8.3.2.	computer and internet skills			B	G
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>			B	H
8.3.3.	learning to learn			L	H
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>			B	H
8.3.3.2	<i>skill to plan and organize own studies</i>			B	H
8.3.3.3	<i>skill to learn independently</i>			G	H
8.3.3.4	<i>skill to evaluate own work</i>			B	H
8.3.3.5	<i>skill to look for advice, information and support</i>			L	H
8.3.4.	social			L	H
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>			B	H
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>			L	H
8.3.4.3	<i>skill to overcome stress</i>			B	H
8.3.5.	initiative			B	H
8.3.5.1	<i>skill to work independently and in a team</i>			B	G
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>			L	H
8.3.5.3	<i>skill to identify and evaluate risks</i>			B	H
9.3.5.4	<i>skill to express oneself in a creative way</i>			B	G
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>			L	H

ESEC training course

f. V. Todorovska
 (13)

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	X			
1.2.	e-learning units meet my actual needs and interests		X		
1.3.	I received enough information on how to manage online materials	X			
1.4.	E-learning units were effective	X			
1.5.	Online learning has been organized to be really effective	X			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	X			
2.1.2.	Learning goals have been reached	X			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests		X		
2.2.2.	Online materials motived me to deepen some topics of the course	X			
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary	X			
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced		X		
2.3.1.2	Theoretical notions were accompanied by practical examples		X		
2.3.1.3	I agree with the participatory training course approach		X		
2.1.1.4	I am satisfied to learn in a participatory environment		X		
2.1.1.5	Participatory approach facilitated and stimulated my learning		X		
2.3.2.	Collaboration				

2.3.2.1	In online learning, individual and pair/group work was well-balanced		X		
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees			X	
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs		X		
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience		X		
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active		X		
2.3.4.2	Trainers were friendly, open to give advise		X		
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs		X		
3.2.	Quality of online materials		X		
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility		X		
4.2.	Design of online materials met my needs and interests		X		
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured		X		
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education		X		
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies		X		
6.2.	I received prompt and effective support from trainees		X		
6.3.	A training session has been organized in order to use the online materials and software		X		
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect		X		
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	X			
8.	Evaluation dimension				
8.1.	My learning progress has been		X		

	evaluated				
8.2.	I received a regular feedback on my learning progress		X		
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>			in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication			B	B
8.3.1.1	<i>skill to communicate in different situations</i>			B	B
8.3.1.	<i>skill to search, gather, process and analyse information</i>			B	G
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>			G	G
8.3.2.	computer and internet skills			G	G
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>			G	G
8.3.3.	learning to learn			B	B
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>			B	B
8.3.3.2	<i>skill to plan and organize own studies</i>			G	G
8.3.3.3	<i>skill to learn independently</i>			G	G
8.3.3.4	<i>skill to evaluate own work</i>			G	G
8.3.3.5	<i>skill to look for advice, information and support</i>			G	G
8.3.4.	social			G	G
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>			B	B
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>			H	H
8.3.4.3	<i>skill to overcome stress</i>			G	G
8.3.5.	initiative			G	G
8.3.5.1	<i>skill to work independently and in a team</i>			G	G
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>			G	G
8.3.5.3	<i>skill to identify and evaluate risks</i>			G	G
9.3.5.4	<i>skill to express oneself in a creative way</i>			G	G
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>			B	B

ESEC training course

Justyna
Maniewin
⑤

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	x			
1.2.	e-learning units meet my actual needs and interests	x			
1.3.	I received enough information on how to manage online materials	x			
1.4.	E-learning units were effective	x			
1.5.	Online learning has been organized to be really effective	x			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	x			
2.1.2.	Learning goals have been reached	x			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests	x			
2.2.2.	Online materials motivated me to deepen some topics of the course	x			
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary	x			
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced		x		
2.3.1.2	Theoretical notions were accompanied by practical examples	x			
2.3.1.3	I agree with the participatory training course approach	x			
2.1.1.4	I am satisfied to learn in a participatory environment	x			
2.1.1.5	Participatory approach facilitated and stimulated my learning	x			
2.3.2.	Collaboration				

2.3.2.1	In online learning, individual and pair/group work was well-balanced	x			
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees	x			
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs	x			
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	x			
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	x			
2.3.4.2	Trainers were friendly, open to give advise	x			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs	x			
3.2.	Quality of online materials	x			
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility		x		
4.2.	Design of online materials met my needs and interests	x			
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured	x			
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	x			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	x			
6.2.	I received prompt and effective support from trainees	x			
6.3.	A training session has been organized in order to use the online materials and software	x			
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect	x			
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	x			
8.	Evaluation dimension				
8.1.	My learning progress has been	x			

	evaluated			
8.2.	I received a regular feedback on my learning progress	x		
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>		in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication			
8.3.1.1	<i>skill to communicate in different situations</i>		b	g
8.3.1.	<i>skill to search, gather, process and analyse information</i>		b	g
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>		g	g
8.3.2.	computer and internet skills			
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>		g	g
8.3.3.	learning to learn			
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>		g	g
8.3.3.2	<i>skill to plan and organize own studies</i>		g	g
8.3.3.3	<i>skill to learn independently</i>		g	h
8.3.3.4	<i>skill to evaluate own work</i>		g	h
8.3.3.5	<i>skill to look for advice, information and support</i>		g	h
8.3.4.	social			
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>		g	g
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>		g	g
8.3.4.3	<i>skill to overcome stress</i>		g	g
8.3.5.	initiative			
8.3.5.1	<i>skill to work independently and in a team</i>		g	h
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>		g	h
8.3.5.3	<i>skill to identify and evaluate risks</i>		b	b
9.3.5.4	<i>skill to express oneself in a creative way</i>		h	h
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>		b	g

ESEC training course

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	X			
1.2.	e-learning units meet my actual needs and interests	X			
1.3.	I received enough information on how to manage online materials	X			
1.4.	E-learning units were effective	X			
1.5.	Online learning has been organized to be really effective	X			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	X			
2.1.2.	Learning goals have been reached	X			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests	X			
2.2.2.	Online materials motivated me to deepen some topics of the course	X			
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary	X			
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced	X			
2.3.1.2	Theoretical notions were accompanied by practical examples	X			
2.3.1.3	I agree with the participatory training course approach	X			
2.1.1.4	I am satisfied to learn in a participatory environment	X			
2.1.1.5	Participatory approach facilitated and stimulated my learning	X			
2.3.2.	Collaboration				

2.3.2.1	In online learning, individual and pair/group work was well-balanced	X			
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees	X			
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs	X			
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	X			
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	X			
2.3.4.2	Trainers were friendly, open to give advise	X			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs	X			
3.2.	Quality of online materials	X			
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	X			
4.2.	Design of online materials met my needs and interests	X			
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured	X			
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	X			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	X			
6.2.	I received prompt and effective support from trainees	X			
6.3.	A training session has been organized in order to use the online materials and software	X			
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect	X			
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	X			
8.	Evaluation dimension				
8.1.	My learning progress has been	X			

	evaluated				
8.2.	I received a regular feedback on my learning progress	X			
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>			in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication			B	B
8.3.1.1	<i>skill to communicate in different situations</i>			B	G
8.3.1.	<i>skill to search, gather, process and analyse information</i>			B	G
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>			B	G
8.3.2.	computer and internet skills			B	G
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>			B	G
8.3.3.	learning to learn			B	G
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>			B	G
8.3.3.2	<i>skill to plan and organize own studies</i>			B	G
8.3.3.3	<i>skill to learn independently</i>			B	G
8.3.3.4	<i>skill to evaluate own work</i>			B	G
8.3.3.5	<i>skill to look for advice, information and support</i>			B	G
8.3.4.	social			B	G
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>			B	G
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>			B	G
8.3.4.3	<i>skill to overcome stress</i>			B	G
8.3.5.	initiative			B	G
8.3.5.1	<i>skill to work independently and in a team</i>			B	G
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>			B	G
8.3.5.3	<i>skill to identify and evaluate risks</i>			B	G
9.3.5.4	<i>skill to express oneself in a creative way</i>			B	G
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>			B	G

Patrycja Yachimczuk

4

ESEC training course

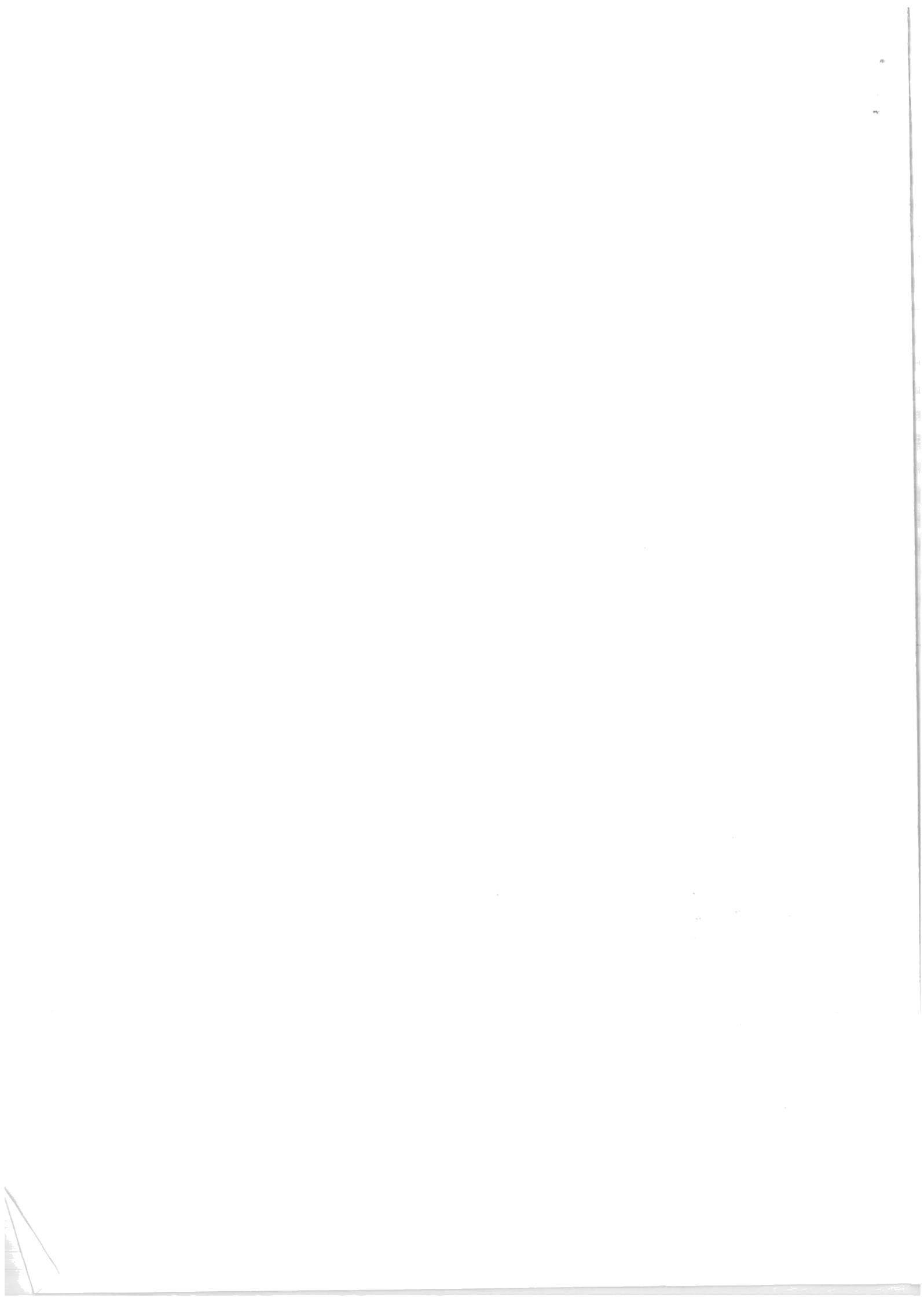
Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	yes			
1.2.	e-learning units meet my actual needs and interests	yes			
1.3.	I received enough information on how to manage online materials	yes			
1.4.	E-learning units were effective	yes			
1.5.	Online learning has been organized to be really effective	yes			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical		yes		
2.1.2.	Learning goals have been reached	yes			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests	yes			
2.2.2.	Online materials motivated me to deepen some topics of the course		yes		
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary	yes			
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced	yes			
2.3.1.2	Theoretical notions were accompanied by practical examples	yes			
2.3.1.3	I agree with the participatory training course approach	yes			
2.1.1.4	I am satisfied to learn in a participatory environment	yes			
2.1.1.5	Participatory approach facilitated and stimulated my learning	yes			
2.3.2.	Collaboration				

2.3.2.1	In online learning, individual and pair/group work was well-balanced		yes		
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees	yes			
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs	yes			
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	yes			
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	yes			
2.3.4.2	Trainers were friendly, open to give advise	yes			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs	yes			
3.2.	Quality of online materials	yes			
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	yes			
4.2.	Design of online materials met my needs and interests		yes		
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured		yes		
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	yes			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	yes			
6.2.	I received prompt and effective support from trainees	yes			
6.3.	A training session has been organized in order to use the online materials and software		yes		
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect	yes			
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	yes			
8.	Evaluation dimension				
8.1.	My learning progress has been				

	evaluated	yes		
8.2.	I received a regular feedback on my learning progress	yes		
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>		in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication		G	H
8.3.1.1	<i>skill to communicate in different situations</i>		G	H
8.3.1.	<i>skill to search, gather, process and analyse information</i>		G	H
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>		G	G
8.3.2.	computer and internet skills		H	H
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>		H	H
8.3.3.	learning to learn		H	H
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>		G	G
8.3.3.2	<i>skill to plan and organize own studies</i>		G	H
8.3.3.3	<i>skill to learn independently</i>		H	H
8.3.3.4	<i>skill to evaluate own work</i>		G	H
8.3.3.5	<i>skill to look for advice, information and support</i>		G	H
8.3.4.	social		H	H
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>		G	H
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>		H	H
8.3.4.3	<i>skill to overcome stress</i>		B	H
8.3.5.	initiative		G	H
8.3.5.1	<i>skill to work independently and in a team</i>		G	H
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>		B	H
8.3.5.3	<i>skill to identify and evaluate risks</i>		B	G
9.3.5.4	<i>skill to express oneself in a creative way</i>		G	H
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>		G	G

2.3.2.1	In online learning, individual and pair/group work was well-balanced		+		
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees		+		
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs		+		
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience		+		
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active		+		
2.3.4.2	Trainers were friendly, open to give advise		+		
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs		+		
3.2.	Quality of online materials		+		
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility		+		
4.2.	Design of online materials met my needs and interests		+		
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured		+		
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education		+		
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies		+		
6.2.	I received prompt and effective support from trainees		+		
6.3.	A training session has been organized in order to use the online materials and software		+		
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect		+		
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation		+		
8.	Evaluation dimension				
8.1.	My learning progress has been		+		

	evaluated				
8.2.	I received a regular feedback on my learning progress			+	
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>			in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication			G	G
8.3.1.1	<i>skill to communicate in different situations</i>			G	G
8.3.1.	<i>skill to search, gather, process and analyse information</i>			G	G
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>			G	G
8.3.2.	computer and internet skills			G	G
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>			G	G
8.3.3.	learning to learn			G	G
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>			G	G
8.3.3.2	<i>skill to plan and organize own studies</i>			G	G
8.3.3.3	<i>skill to learn independently</i>			G	G
8.3.3.4	<i>skill to evaluate own work</i>			G	G
8.3.3.5	<i>skill to look for advice, information and support</i>			G	G
8.3.4.	social			G	G
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>			G	G
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>			G	G
8.3.4.3	<i>skill to overcome stress</i>			G	G
8.3.5.	initiative			G	G
8.3.5.1	<i>skill to work independently and in a team</i>			G	G
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>			G	G
8.3.5.3	<i>skill to identify and evaluate risks</i>			G	G
9.3.5.4	<i>skill to express oneself in a creative way</i>			G	G
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>			G	G



ESEC training course

P. Petryga Jasinski
18

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	yes			
1.2.	e-learning units meet my actual needs and interests	yes			
1.3.	I received enough information on how to manage online materials	yes			
1.4.	E-learning units were effective	yes			
1.5.	Online learning has been organized to be really effective	yes			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical		yes		
2.1.2.	Learning goals have been reached	yes			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests	yes			
2.2.2.	Online materials motived me to deepen some topics of the course		yes		
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary	yes			
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced	yes			
2.3.1.2	Theoretical notions were accompanied by practical examples	yes			
2.3.1.3	I agree with the participatory training course approach	yes			
2.1.1.4	I am satisfied to learn in a participatory environment	yes			
2.1.1.5	Participatory approach facilitated and stimulated my learning	yes			
2.3.2.	Collaboration				

2.3.2.1	In online learning, individual and pair/group work was well-balanced		yes		
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees	yes			
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs	yes			
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	yes			
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	yes			
2.3.4.2	Trainers were friendly, open to give advise	yes			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs	yes			
3.2.	Quality of online materials	yes			
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	yes			
4.2.	Design of online materials met my needs and interests		yes		
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured		yes		
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	yes			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	yes			
6.2.	I received prompt and effective support from trainees	yes			
6.3.	A training session has been organized in order to use the online materials and software		yes		
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect	yes			
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	yes			
8.	Evaluation dimension				
8.1.	My learning progress has been				

	evaluated	yes		
8.2.	I received a regular feedback on my learning progress	yes		
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>		in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication		G	H
8.3.1.1	<i>skill to communicate in different situations</i>		G	H
8.3.1.	<i>skill to search, gather, process and analyse information</i>		G	H
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>		G	G
8.3.2.	computer and internet skills		H	H
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>		H	H
8.3.3.	learning to learn		H	H
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>		G	G
8.3.3.2	<i>skill to plan and organize own studies</i>		G	H
8.3.3.3	<i>skill to learn independently</i>		H	H
8.3.3.4	<i>skill to evaluate own work</i>		G	H
8.3.3.5	<i>skill to look for advice, information and support</i>		G	H
8.3.4.	social		H	H
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>		G	H
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>		H	H
8.3.4.3	<i>skill to overcome stress</i>		B	H
8.3.5.	initiative		G	H
8.3.5.1	<i>skill to work independently and in a team</i>		G	H
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>		B	H
8.3.5.3	<i>skill to identify and evaluate risks</i>		B	G
9.3.5.4	<i>skill to express oneself in a creative way</i>		G	H
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>		G	G

ESEC training course

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	X			
1.2.	e-learning units meet my actual needs and interests		X		
1.3.	I received enough information on how to manage online materials	X			
1.4.	E-learning units were effective		X		
1.5.	Online learning has been organized to be really effective	X			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	X			
2.1.2.	Learning goals have been reached	X			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests		X		
2.2.2.	Online materials motivated me to deepen some topics of the course	X			
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary		X		
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced	X			
2.3.1.2	Theoretical notions were accompanied by practical examples	X			
2.3.1.3	I agree with the participatory training course approach	X			
2.1.1.4	I am satisfied to learn in a participatory environment	X			
2.1.1.5	Participatory approach facilitated and stimulated my learning	X			
2.3.2.	Collaboration				

2.3.2.1	In online learning, individual and pair/group work was well-balanced	X			
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees	X			
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs		X		
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	X			
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	X			
2.3.4.2	Trainers were friendly, open to give advise	X			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs		X		
3.2.	Quality of online materials		X		
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility		X		
4.2.	Design of online materials met my needs and interests		X		
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured	X			
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education		X		
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	X			
6.2.	I received prompt and effective support from trainees		X		
6.3.	A training session has been organized in order to use the online materials and software	X			
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect	X			
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	X			
8.	Evaluation dimension				
8.1.	My learning progress has been	X			

	evaluated			
8.2.	I received a regular feedback on my learning progress	X		
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>		in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication		G	G
8.3.1.1	<i>skill to communicate in different situations</i>		G	H
8.3.1.	<i>skill to search, gather, process and analyse information</i>		G	H
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>		H	H
8.3.2.	computer and internet skills		H	H
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>		H	H
8.3.3.	learning to learn		G	H
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>		G	H
8.3.3.2	<i>skill to plan and organize own studies</i>		G	H
8.3.3.3	<i>skill to learn independently</i>		G	H
8.3.3.4	<i>skill to evaluate own work</i>		G	H
8.3.3.5	<i>skill to look for advice, information and support</i>		G	H
8.3.4.	social		G	H
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>		G	H
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>		G	H
8.3.4.3	<i>skill to overcome stress</i>		G	G
8.3.5.	initiative		G	H
8.3.5.1	<i>skill to work independently and in a team</i>		G	H
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>		G	H
8.3.5.3	<i>skill to identify and evaluate risks</i>		G	H
9.3.5.4	<i>skill to express oneself in a creative way</i>		G	H
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>		G	H

ESEC training course

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	X			
1.2.	e-learning units meet my actual needs and interests	X			
1.3.	I received enough information on how to manage online materials	X			
1.4.	E-learning units were effective		X		
1.5.	Online learning has been organized to be really effective	X			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	X			
2.1.2.	Learning goals have been reached	X			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests	X			
2.2.2.	Online materials motived me to deepen some topics of the course	X			
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary		X		
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced	X			
2.3.1.2	Theoretical notions were accompanied by practical examples	X			
2.3.1.3	I agree with the participatory training course approach	X			
2.1.1.4	I am satisfied to learn in a participatory environment	X			
2.1.1.5	Participatory approach facilitated and stimulated my learning	X			
2.3.2.	Collaboration				

2.3.2.1	In online learning, individual and pair/group work was well-balanced	X			
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees	X			
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs		X		
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience		X		
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	X			
2.3.4.2	Trainers were friendly, open to give advise	X			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs		X		
3.2.	Quality of online materials		X		
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility		X		
4.2.	Design of online materials met my needs and interests		X		
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured	X			
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education		X		
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	X			
6.2.	I received prompt and effective support from trainees		X		
6.3.	A training session has been organized in order to use the online materials and software	X			
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect	X			
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	X			
8.	Evaluation dimension				
8.1.	My learning progress has been	X			

	evaluated			
8.2.	I received a regular feedback on my learning progress	X		
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>		in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication		G	G
8.3.1.1	<i>skill to communicate in different situations</i>		G	H
8.3.1.	<i>skill to search, gather, process and analyse information</i>		G	H
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>		H	H
8.3.2.	computer and internet skills		H	H
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>		H	H
8.3.3.	learning to learn		G	H
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>		G	H
8.3.3.2	<i>skill to plan and organize own studies</i>		G	H
8.3.3.3	<i>skill to learn independently</i>		G	H
8.3.3.4	<i>skill to evaluate own work</i>		G	H
8.3.3.5	<i>skill to look for advice, information and support</i>		G	H
8.3.4.	social		G	H
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>		G	
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>		G	H
8.3.4.3	<i>skill to overcome stress</i>		G	G
8.3.5.	initiative		G	H
8.3.5.1	<i>skill to work independently and in a team</i>		G	H
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>		G	H
8.3.5.3	<i>skill to identify and evaluate risks</i>		G	H
9.3.5.4	<i>skill to express oneself in a creative way</i>		G	H
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>		G	H

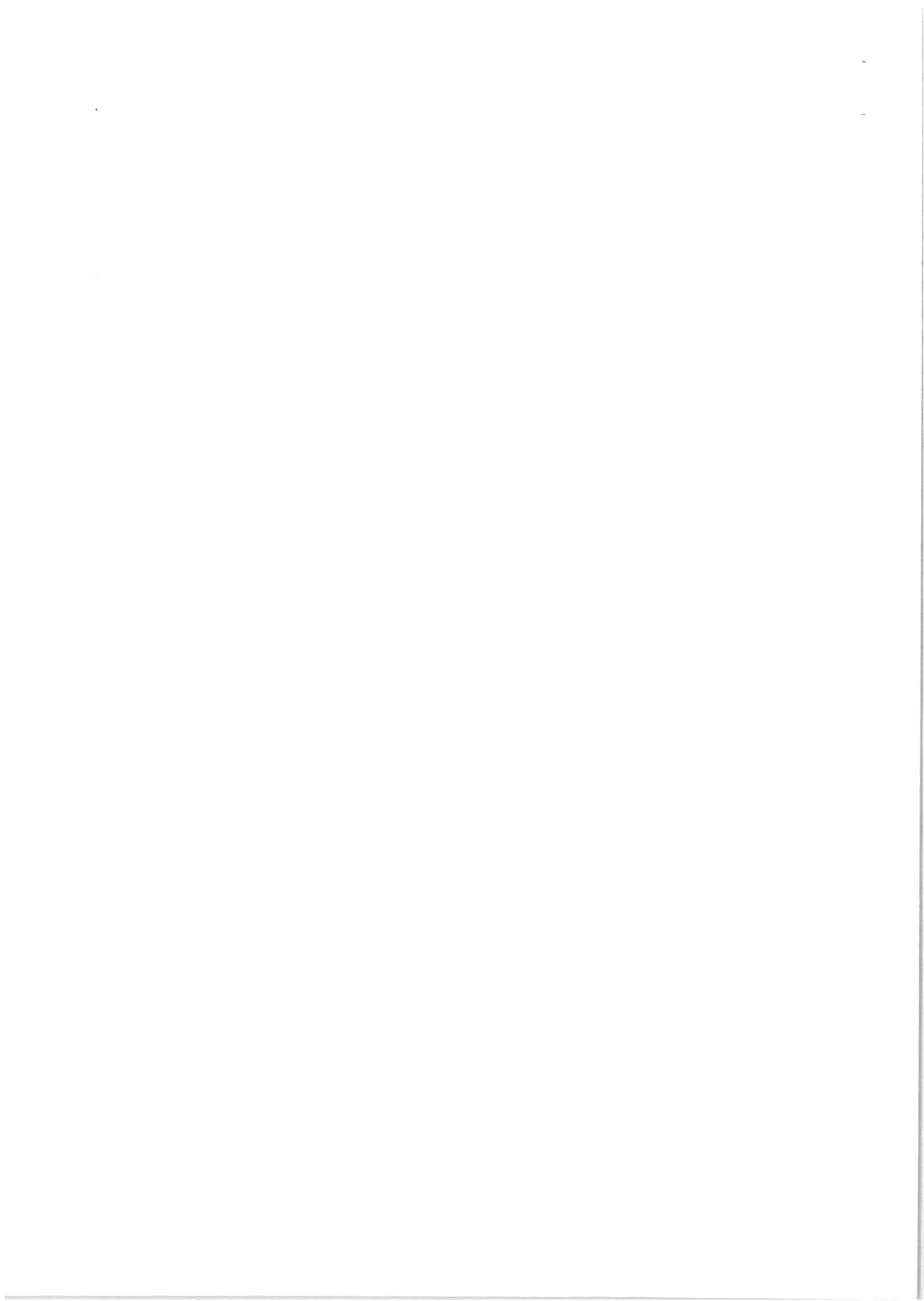
ESEC training course

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	X			
1.2.	e-learning units meet my actual needs and interests	X			
1.3.	I received enough information on how to manage online materials	X			
1.4.	E-learning units were effective	X			
1.5.	Online learning has been organized to be really effective	X			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	X			
2.1.2.	Learning goals have been reached	X			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests	X			
2.2.2.	Online materials motivated me to deepen some topics of the course	X			
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary	X			

2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced	X			
2.3.1.2	Theoretical notions were accompanied by practical examples	X			
2.3.1.3	I agree with the participatory training course approach	X			
2.1.1.4	I am satisfied to learn in a participatory environment	X			
2.1.1.5	Participatory approach facilitated and stimulated my learning	X			
2.3.2.	Collaboration				
2.3.2.1	In online learning, individual and pair/group work was well-balanced	X			
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees	X			
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs	X			
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	X			
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	X			
2.3.4.2	Trainers were friendly, open to give advise	X			

3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs	X			
3.2.	Quality of online materials	X			
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	X			
4.2.	Design of online materials met my needs and interests	X			
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured	X			
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	X			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	X			
6.2.	I received prompt and effective support from trainees				X
6.3.	A training session has been organized in order to use the online materials and software		X		
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect		X		
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation		X		
8.	Evaluation dimension				

8.1.	My learning progress has been evaluated	X		
8.2.	I received a regular feedback on my learning progress			X
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>		in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication		B	G
8.3.1.1	<i>skill to communicate in different situations</i>		L	G
8.3.1.	<i>skill to search, gather, process and analyse information</i>		G	G
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>		N	B
8.3.2.	computer and internet skills		B	G
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>		G	G
8.3.3.	learning to learn		B	G
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>		L	G
8.3.3.2	<i>skill to plan and organize own studies</i>		B	G
8.3.3.3	<i>skill to learn independently</i>		L	G
8.3.3.4	<i>skill to evaluate own work</i>		L	G
8.3.3.5	<i>skill to look for advice, information and support</i>		L	G
8.3.4.	social		L	G
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>		N	B
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>		B	G
8.3.4.3	<i>skill to overcome stress</i>		L	G



8.3.5.	initiative	L	G
8.3.5.1	<i>skill to work independently and in a team</i>	L	G
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>	L	G
8.3.5.3	<i>skill to identify and evaluate risks</i>	L	G
9.3.5.4	<i>skill to express oneself in a creative way</i>	L	G
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>	L	G

Joanna Karlenko

(14)

ESEC training course

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	X			
1.2.	e-learning units meet my actual needs and interests		X		
1.3.	I received enough information on how to manage online materials	X			
1.4.	E-learning units were effective		X		
1.5.	Online learning has been organized to be really effective		X		
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	X			
2.1.2.	Learning goals have been reached	X			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests		X		
2.2.2.	Online materials motived me to deepen some topics of the course		X		
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary		X		
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced	X			
2.3.1.2	Theoretical notions were accompanied by practical examples		X		
2.3.1.3	I agree with the participatory training course approach	X			
2.1.1.4	I am satisfied to learn in a participatory environment	X			
2.1.1.5	Participatory approach facilitated and stimulated my learning	X			

2.3.2.	Collaboration				
2.3.2.1	In online learning, individual and pair/group work was well-balanced		X		
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees				
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs	X			
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	X			
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active		X		
2.3.4.2	Trainers were friendly, open to give advise		X		
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs	X			
3.2.	Quality of online materials	X			
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	X			
4.2.	Design of online materials met my needs and interests		X		
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured	X			
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	X			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	X			
6.2.	I received prompt and effective support from trainees	X			
6.3.	A training session has been organized in order to use the online materials and software	X			
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect				
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	X			
8.	Evaluation dimension				

8.1.	My learning progress has been evaluated	X			
8.2.	I received a regular feedback on my learning progress	X			
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>			in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication			L	G
8.3.1.1	<i>skill to communicate in different situations</i>			N	G
8.3.1.	<i>skill to search, gather, process and analyse information</i>			B	G
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>			L	B
8.3.2.	computer and internet skills			G	G
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>			H	H
8.3.3.	learning to learn			B	G
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>			B	G
8.3.3.2	<i>skill to plan and organize own studies</i>			B	B
8.3.3.3	<i>skill to learn independently</i>			B	G
8.3.3.4	<i>skill to evaluate own work</i>			B	G
8.3.3.5	<i>skill to look for advice, information and support</i>			B	H
8.3.4.	social			L	G
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>			N	G
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>			B	G
8.3.4.3	<i>skill to overcome stress</i>			L	B
8.3.5.	initiative			B	B
8.3.5.1	<i>skill to work independently and in a team</i>			B	H
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>			L	G
8.3.5.3	<i>skill to identify and evaluate risks</i>			B	G
9.3.5.4	<i>skill to express oneself in a creative way</i>			L	G
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>			N	B

ESEC training course

Please, mark...	1	2	3	4
	<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1. Institutional dimension (context)				
1.1 Training course resources correspond to my expectations	V			
1.2 e-learning units meet my actual needs and interests	V			
1.3 I received enough information on how to manage online materials	V			
1.4 E-learning units were effective	V			
1.5 Online learning has been organized to be really effective	V			
2. Pedagogical dimension				
2.1. E-course content				
2.1.1. Content were precise, valid and topical	V			
2.1.2. Learning goals have been reached	V			
2.2. E-study materials				
2.2.1. Terms, language and examples used in online learning fit my abilities, needs and interests	V			
2.2.2. Online materials motived me to deepen some topics of the course	V			
2.2.3. Online materials were ease to use and well understandable; all sections had overview and summary	V			
2.3. Methodology				
2.3.1. Theory and practice				
2.3.1.1 Theory and practice were well balanced		V		
2.3.1.2 Theoretical notions were accompanied by practical examples	V			
2.3.1.3 I agree with the participatory training course approach	V			
2.1.1.4 I am satisfied to learn in a participatory environment	V			
2.1.1.5 Participatory approach facilitated and stimulated my learning	V			
2.3.2. Collaboration				

2.3.2.1	In online learning, individual and pair/group work was well-balanced	V			
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees		V		
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs	V			
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience		V		
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	V			
2.3.4.2	Trainers were friendly, open to give advise	V			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs	V			
3.2.	Quality of online materials	V			
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	V			
4.2.	Design of online materials met my needs and interests	V			
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured	V			
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	V			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	V			
6.2.	I received prompt and effective support from trainees	V			
6.3.	A training session has been organized in order to use the online materials and software	V			
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect	V			
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	V			
8.	Evaluation dimension				
8.1.	My learning progress has been	B			



	evaluated				
8.2.	I received a regular feedback on my learning progress				
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>			in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication				
8.3.1.1	<i>skill to communicate in different situations</i>		G		H
8.3.1.	<i>skill to search, gather, process and analyse information</i>				
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>				
8.3.2.	computer and internet skills				
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>				
8.3.3.	learning to learn				
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>				
8.3.3.2	<i>skill to plan and organize own studies</i>				
8.3.3.3	<i>skill to learn independently</i>				
8.3.3.4	<i>skill to evaluate own work</i>				
8.3.3.5	<i>skill to look for advice, information and support</i>		G		H
8.3.4.	social				
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>				
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>		G		H
8.3.4.3	<i>skill to overcome stress</i>				
8.3.5.	initiative				
8.3.5.1	<i>skill to work independently and in a team</i>		G		H
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>				
8.3.5.3	<i>skill to identify and evaluate risks</i>				
8.3.5.4	<i>skill to express oneself in a creative way</i>				
8.3.5.5	<i>skill to identify and implement social and economic opportunities</i>				

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	X			
1.2	e-learning units meet my actual needs and interests	X			
1.3	I received enough information on how to manage online materials	X			
1.4	E-learning units were effective	X			
1.5	Online learning has been organized to be really effective	X			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1	Content were precise, valid and topical	X			
2.1.2	Learning goals have been reached		X		
2.2.	E-study materials				
2.2.1	Terms, language and examples used in online learning fit my abilities, needs and interests		X		
2.2.2	Online materials motived me to deepen some topics of the course		X		
2.2.3	Online materials were ease to use and well understandable; all sections had overview and summary		X		
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced	X			
2.3.1.2	Theoretical notions were accompanied by practical examples	X			
2.3.1.3	I agree with the participatory training course approach	X			
2.1.1.4	I am satisfied to learn in a participatory environment		X		
2.1.1.5	Participatory approach facilitated and stimulated my learning		X		
2.3.2.	Collaboration				
2.3.2.1	In online learning, individual and pair/group work was well-balanced	X			
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees	X			
2.3.3.	Learning				

2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs	X			
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	X			
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	X			
2.3.4.2	Trainers were friendly, open to give advise	X			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs	X			
3.2.	Quality of online materials	X			
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	X			
4.2.	Design of online materials met my needs and interests	X			
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured	X			
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education		X		
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	X			
6.2.	I received prompt and effective support from trainees		X		
6.3.	A training session has been organized in order to use the online materials and software	X			
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect	X			
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation		X		
8.	Evaluation dimension				
8.1.	My learning progress has been evaluated	X			
8.2.	I received a regular feedback on my learning progress	X			
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>			in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication			B	G
8.3.1.1	<i>skill to communicate in different situations</i>			L	B
8.3.1.	<i>skill to search, gather, process and analyse information</i>			L	B
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical</i>			G	H

ESEC training course

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations		yes		
1.2.	e-learning units meet my actual needs and interests	yes			
1.3.	I received enough information on how to manage online materials		yes		
1.4.	E-learning units were effective	yes			
1.5.	Online learning has been organized to be really effective	yes			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	yes			
2.1.2.	Learning goals have been reached	yes			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests	yes			
2.2.2.	Online materials motived me to deepen some topics of the course		yes		
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary	yes			
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced	yes			
2.3.1.2	Theoretical notions were accompanied by practical examples	yes			
2.3.1.3	I agree with the participatory training course approach	yes			
2.1.1.4	I am satisfied to learn in a participatory environment	yes			
2.1.1.5	Participatory approach facilitated and stimulated my learning	yes			
2.3.2.	Collaboration				
2.3.2.1	In online learning, individual and		yes		

	pair/group work was well-balanced				
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees	yes			
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs	yes			
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	yes			
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	yes			
2.3.4.2	Trainers were friendly, open to give advise	yes			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs	yes			
3.2.	Quality of online materials	yes			
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	yes			
4.2.	Design of online materials met my needs and interests		yes		
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured		yes		
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	yes			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	yes			
6.2.	I received prompt and effective support from trainees	yes			
6.3.	A training session has been organized in order to use the online materials and software		yes		
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect	yes			
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	yes			
8.	Evaluation dimension				
8.1.	My learning progress has been evaluated	yes			

8.2.	I received a regular feedback on my learning progress	yes			
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>			in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication			G	H
8.3.1.1	<i>skill to communicate in different situations</i>			G	H
8.3.1.	<i>skill to search, gather, process and analyse information</i>			G	H
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>			G	G
8.3.2.	computer and internet skills			H	H
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>			H	H
8.3.3.	learning to learn			H	H
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>			G	G
8.3.3.2	<i>skill to plan and organize own studies</i>			G	H
8.3.3.3	<i>skill to learn independently</i>			H	H
8.3.3.4	<i>skill to evaluate own work</i>			G	H
8.3.3.5	<i>skill to look for advice, information and support</i>			G	H
8.3.4.	social			H	H
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>			G	H
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>			H	H
8.3.4.3	<i>skill to overcome stress</i>			B	H
8.3.5.	initiative			G	H
8.3.5.1	<i>skill to work independently and in a team</i>			G	H
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>			B	H
8.3.5.3	<i>skill to identify and evaluate risks</i>			B	G
9.3.5.4	<i>skill to express oneself in a creative way</i>			G	H
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>			G	G

ESEC training course

Please, mark...		<i>1</i> <i>completely</i> <i>agree</i>	<i>2</i> <i>rather</i> <i>agree</i> <i>than</i> <i>disagree</i>	<i>3</i> <i>rather</i> <i>disagree</i> <i>than</i> <i>agree</i>	<i>4</i> <i>disagree</i>
1. Institutional dimension (context)					
1.1	Training course resources correspond to my expectations	+			
1.2.	e-learning units meet my actual needs and interests	+			
1.3.	I received enough information on how to manage online materials	+			
1.4.	E-learning units were effective	+			
1.5.	Online learning has been organized to be really effective	+			
2. Pedagogical dimension					
2.1. E-course content					
2.1.1.	Content were precise, valid and topical	+			
2.1.2.	Learning goals have been reached	+			
2.2. E-study materials					
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests		+		
2.2.2.	Online materials motived me to deepen some topics of the course	+			
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary		+		
2.3. Methodology					
2.3.1. Theory and practice					
2.3.1.1	Theory and practice were well balanced		+		
2.3.1.2	Theoretical notions were accompanied by practical examples		+		
2.3.1.3	I agree with the participatory training course approach	+			
2.1.1.4	I am satisfied to learn in a participatory environment	+			
2.1.1.5	Participatory approach facilitated and stimulated my learning	+			
2.3.2. Collaboration					
2.3.2.1	In online learning, individual and pair/group work was well-balanced		+		

2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees		+		
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs		+		
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience		+		
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active		+		
2.3.4.2	Trainers were friendly, open to give advise		+		
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs		+		
3.2.	Quality of online materials		+		
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility		+		
4.2.	Design of online materials met my needs and interests		+		
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured		+		
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education		+		
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies		+		
6.2.	I received prompt and effective support from trainees		+		
6.3.	A training session has been organized in order to use the online materials and software		+		
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect		+		
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation		+		
8.	Evaluation dimension				
8.1.	My learning progress has been evaluated		+		
8.2.	I received a regular feedback on my learning progress			+	

8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>	in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication	G	G
8.3.1.1	<i>skill to communicate in different situations</i>	G	G
8.3.1.	<i>skill to search, gather, process and analyse information</i>	G	G
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>	G	G
8.3.2.	computer and internet skills	G	G
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>	G	G
8.3.3.	learning to learn	G	G
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>	G	G
8.3.3.2	<i>skill to plan and organize own studies</i>	G	G
8.3.3.3	<i>skill to learn independently</i>	G	G
8.3.3.4	<i>skill to evaluate own work</i>	G	G
8.3.3.5	<i>skill to look for advice, information and support</i>	G	G
8.3.4.	social	G	G
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>	G	G
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>	G	G
8.3.4.3	<i>skill to overcome stress</i>	G	G
8.3.5.	initiative	G	G
8.3.5.1	<i>skill to work independently and in a team</i>	G	G
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>	G	G
8.3.5.3	<i>skill to identify and evaluate risks</i>	G	G
9.3.5.4	<i>skill to express oneself in a creative way</i>	G	G
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>	G	G

ESEC training course

Please, mark...		<i>1</i> <i>completely</i> <i>agree</i>	<i>2</i> <i>rather</i> <i>agree</i> <i>than</i> <i>disagree</i>	<i>3</i> <i>rather</i> <i>disagree</i> <i>than</i> <i>agree</i>	<i>4</i> <i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	yes			
1.2.	e-learning units meet my actual needs and interests	yes			
1.3.	I received enough information on how to manage online materials	yes			
1.4.	E-learning units were effective	yes			
1.5.	Online learning has been organized to be really effective	yes			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical		yes		
2.1.2.	Learning goals have been reached	yes			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests	yes			
2.2.2.	Online materials motived me to deepen some topics of the course		yes		
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary	yes			
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced	yes			
2.3.1.2	Theoretical notions were accompanied by practical examples	yes			
2.3.1.3	I agree with the participatory training course approach	yes			
2.1.1.4	I am satisfied to learn in a participatory environment	yes			
2.1.1.5	Participatory approach facilitated and stimulated my learning	yes			
2.3.2.	Collaboration				
2.3.2.1	In online learning, individual and pair/group work was well-balanced		yes		

2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees	yes			
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs	yes			
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	yes			
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	yes			
2.3.4.2	Trainers were friendly, open to give advise	yes			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs	yes			
3.2.	Quality of online materials	yes			
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	yes			
4.2.	Design of online materials met my needs and interests		yes		
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured		yes		
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	yes			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	yes			
6.2.	I received prompt and effective support from trainees	yes			
6.3.	A training session has been organized in order to use the online materials and software		yes		
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect	yes			
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	yes			
8.	Evaluation dimension				
8.1.	My learning progress has been evaluated	yes			

8.2.	I received a regular feedback on my learning progress	yes			
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>			in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication			G	H
8.3.1.1	<i>skill to communicate in different situations</i>			G	H
8.3.1.	<i>skill to search, gather, process and analyse information</i>			G	H
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>			G	G
8.3.2.	computer and internet skills			H	H
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>			H	H
8.3.3.	learning to learn			H	H
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>			G	G
8.3.3.2	<i>skill to plan and organize own studies</i>			G	H
8.3.3.3	<i>skill to learn independently</i>			H	H
8.3.3.4	<i>skill to evaluate own work</i>			G	H
8.3.3.5	<i>skill to look for advice, information and support</i>			G	H
8.3.4.	social			H	H
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>			G	H
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>			H	H
8.3.4.3	<i>skill to overcome stress</i>			B	H
8.3.5.	initiative			G	H
8.3.5.1	<i>skill to work independently and in a team</i>			G	H
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>			B	H
8.3.5.3	<i>skill to identify and evaluate risks</i>			B	G
9.3.5.4	<i>skill to express oneself in a creative way</i>			G	H
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>			G	G

ESEC training course

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	✓			
1.2.	e-learning units meet my actual needs and interests	✓			
1.3.	I received enough information on how to manage online materials	✓			
1.4.	E-learning units were effective	✓			
1.5.	Online learning has been organized to be really effective	✓			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	✓			
2.1.2.	Learning goals have been reached	✓			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests	✓			
2.2.2.	Online materials motivated me to deepen some topics of the course		✓		
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary		✓		
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced	✓			
2.3.1.2	Theoretical notions were accompanied by practical examples	✓			
2.3.1.3	I agree with the participatory training course approach	✓			
2.1.1.4	I am satisfied to learn in a participatory environment	✓			
2.1.1.5	Participatory approach facilitated and stimulated my learning	✓			
2.3.2.	Collaboration				
2.3.2.1	In online learning, individual and	✓			

	pair/group work was well-balanced				
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees		✓		
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs		✓		
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	✓			
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	✓			
2.3.4.2	Trainers were friendly, open to give advise	✓			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs	✓			
3.2.	Quality of online materials		✓		
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	✓			
4.2.	Design of online materials met my needs and interests	✓			
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured	✓			
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	✓			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	✓			
6.2.	I received prompt and effective support from trainees		✓		
6.3.	A training session has been organized in order to use the online materials and software		✓		
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect	✓			
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation		✓		
8.	Evaluation dimension				
8.1.	My learning progress has been evaluated				

8.2.	I received a regular feedback on my learning progress	✓			
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>			in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication			B	H
8.3.1.1	<i>skill to communicate in different situations</i>			L	G
8.3.1.	<i>skill to search, gather, process and analyse information</i>			L	H
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>			L	G
8.3.2.	computer and internet skills			B	G
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>			B	H
8.3.3.	learning to learn			L	H
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>			B	H
8.3.3.2	<i>skill to plan and organize own studies</i>			B	H
8.3.3.3	<i>skill to learn independently</i>			G	H
8.3.3.4	<i>skill to evaluate own work</i>			B	H
8.3.3.5	<i>skill to look for advice, information and support</i>			L	H
8.3.4.	social			L	H
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>			B	H
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>			L	H
8.3.4.3	<i>skill to overcome stress</i>			B	H
8.3.5.	initiative			B	H
8.3.5.1	<i>skill to work independently and in a team</i>			B	G
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>			L	H
8.3.5.3	<i>skill to identify and evaluate risks</i>			B	H
9.3.5.4	<i>skill to express oneself in a creative way</i>			B	G
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>			L	H

ESEC training course

Please, mark...		<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	X			
1.2.	e-learning units meet my actual needs and interests		X		
1.3.	I received enough information on how to manage online materials	X			
1.4.	E-learning units were effective		X		
1.5.	Online learning has been organized to be really effective		X		
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	X			
2.1.2.	Learning goals have been reached	X			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests		X		
2.2.2.	Online materials motived me to deepen some topics of the course		X		
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary		X		

2.3. Methodology					
2.3.1. Theory and practice					
2.3.1.1	Theory and practice were well balanced	X			
2.3.1.2	Theoretical notions were accompanied by practical examples		X		
2.3.1.3	I agree with the participatory training course approach	X			
2.1.1.4	I am satisfied to learn in a participatory environment	X			
2.1.1.5	Participatory approach facilitated and stimulated my learning	X			
2.3.2. Collaboration					
2.3.2.1	In online learning, individual and pair/group work was well-balanced		X		
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees				
2.3.3. Learning					
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs	X			
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	X			
2.3.4. Role of trainers and trainees					
2.3.4.1	Trainees were interested and active		X		
2.3.4.2	Trainers were friendly, open to give advise		X		
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs	X			
					1

3.2.	Quality of online materials	X			
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	X			
4.2.	Design of online materials met my needs and interests		X		
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured	X			
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	X			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	X			
6.2.	I received prompt and effective support from trainees	X			
6.3.	A training session has been organized in order to use the online materials and software	X			
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect				
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	X			
8.	Evaluation dimension				
8.1.	My learning progress has been evaluated	X			
8.2.	I received a regular feedback on my learning progress	X			
8.3.	Competencies			in the	in the end

	Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>	beginning of the courses	of the courses
8.3.1.	verbal and written communication	L	G
8.3.1.1	<i>skill to communicate in different situations</i>	N	G
8.3.1.	<i>skill to search, gather, process and analyse information</i>	B	G
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>	L	B
8.3.2.	computer and internet skills	G	G
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>	H	H
8.3.3.	learning to learn	B	G
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>	B	G
8.3.3.2	<i>skill to plan and organize own studies</i>	B	B
8.3.3.3	<i>skill to learn independently</i>	B	G
8.3.3.4	<i>skill to evaluate own work</i>	B	G
8.3.3.5	<i>skill to look for advice, information and support</i>	B	H
8.3.4.	social	L	G
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>	N	G
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>	B	G
8.3.4.3	<i>skill to overcome stress</i>	L	B
8.3.5.	initiative	B	B
8.3.5.1	<i>skill to work independently and in a team</i>	B	H
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>	L	G
8.3.5.3	<i>skill to identify and evaluate risks</i>	B	G
9.3.5.4	<i>skill to express oneself in a creative way</i>	L	G
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>	N	B

ESEC training course

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	X			
1.2.	e-learning units meet my actual needs and interests		X		
1.3.	I received enough information on how to manage online materials	X			
1.4.	E-learning units were effective		X		
1.5.	Online learning has been organized to be really effective	X			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	X			
2.1.2.	Learning goals have been reached	X			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests		X		
2.2.2.	Online materials motived me to deepen some topics of the course	X			
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary		X		
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced	X			
2.3.1.2	Theoretical notions were accompanied by practical examples	X			
2.3.1.3	I agree with the participatory training course approach	X			
2.1.1.4	I am satisfied to learn in a participatory environment	X			
2.1.1.5	Participatory approach facilitated and stimulated my learning	X			
2.3.2.	Collaboration				
2.3.2.1	In online learning, individual and pair/group work was well-balanced	X			

2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees	X			
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs		X		
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	X			
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	X			
2.3.4.2	Trainers were friendly, open to give advise	X			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs		X		
3.2.	Quality of online materials		X		
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility		X		
4.2.	Design of online materials met my needs and interests		X		
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured	X			
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education		X		
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	X			
6.2.	I received prompt and effective support from trainees		X		
6.3.	A training session has been organized in order to use the online materials and software	X			
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect	X			
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	X			
8.	Evaluation dimension				
8.1.	My learning progress has been evaluated	X			
8.2.	I received a regular feedback on my learning progress	X			

8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>	in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication	G	G
8.3.1.1	<i>skill to communicate in different situations</i>	G	H
8.3.1.	<i>skill to search, gather, process and analyse information</i>	G	H
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>	H	H
8.3.2.	computer and internet skills	H	H
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>	H	H
8.3.3.	learning to learn	G	H
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>	G	H
8.3.3.2	<i>skill to plan and organize own studies</i>	G	H
8.3.3.3	<i>skill to learn independently</i>	G	H
8.3.3.4	<i>skill to evaluate own work</i>	G	H
8.3.3.5	<i>skill to look for advice, information and support</i>	G	H
8.3.4.	social	G	H
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>	G	H
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>	G	H
8.3.4.3	<i>skill to overcome stress</i>	G	G
8.3.5.	initiative	G	H
8.3.5.1	<i>skill to work independently and in a team</i>	G	H
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>	G	H
8.3.5.3	<i>skill to identify and evaluate risks</i>	G	H
9.3.5.4	<i>skill to express oneself in a creative way</i>	G	H
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>	G	H

ESEC training course

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	X			
1.2.	e-learning units meet my actual needs and interests	X			
1.3.	I received enough information on how to manage online materials	X			
1.4.	E-learning units were effective	X			
1.5.	Online learning has been organized to be really effective	X			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	X			
2.1.2.	Learning goals have been reached	X			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests	X			
2.2.2.	Online materials motived me to deepen some topics of the course	X			
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary	X			
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced	X			
2.3.1.2	Theoretical notions were accompanied by practical examples	X			
2.3.1.3	I agree with the participatory training course approach	X			
2.1.1.4	I am satisfied to learn in a participatory environment	X			
2.1.1.5	Participatory approach facilitated and stimulated my learning	X			
2.3.2.	Collaboration				
2.3.2.1	In online learning, individual and	X			

	pair/group work was well-balanced				
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees	X			
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs	X			
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	X			
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	X			
2.3.4.2	Trainers were friendly, open to give advise	X			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs	X			
3.2.	Quality of online materials	X			
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	X			
4.2.	Design of online materials met my needs and interests	X			
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured	X			
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	X			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	X			
6.2.	I received prompt and effective support from trainees	X			
6.3.	A training session has been organized in order to use the online materials and software	X			
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect	X			
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	X			
8.	Evaluation dimension				
8.1.	My learning progress has been evaluated	X			

8.2.	I received a regular feedback on my learning progress	X			
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>			in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication			B	B
8.3.1.1	<i>skill to communicate in different situations</i>			B	G
8.3.1.	<i>skill to search, gather, process and analyse information</i>			B	G
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>			B	G
8.3.2.	computer and internet skills			B	G
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>			B	G
8.3.3.	learning to learn			B	G
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>			B	G
8.3.3.2	<i>skill to plan and organize own studies</i>			B	G
8.3.3.3	<i>skill to learn independently</i>			B	G
8.3.3.4	<i>skill to evaluate own work</i>			B	G
8.3.3.5	<i>skill to look for advice, information and support</i>			B	G
8.3.4.	social			B	G
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>			B	G
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>			B	G
8.3.4.3	<i>skill to overcome stress</i>			B	G
8.3.5.	initiative			B	G
8.3.5.1	<i>skill to work independently and in a team</i>			B	G
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>			B	G
8.3.5.3	<i>skill to identify and evaluate risks</i>			B	G
9.3.5.4	<i>skill to express oneself in a creative way</i>			B	G
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>			B	G

ESEC training course

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	X			
1.2.	e-learning units meet my actual needs and interests	X			
1.3.	I received enough information on how to manage online materials	X			
1.4.	E-learning units were effective	X			
1.5.	Online learning has been organized to be really effective	X			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	X			
2.1.2.	Learning goals have been reached	X			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests	X			
2.2.2.	Online materials motivated me to deepen some topics of the course	X			
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary	X			
2.3.	Methodology				

2.3.1. Theory and practice				
2.3.1.1	Theory and practice were well balanced	X		
2.3.1.2	Theoretical notions were accompanied by practical examples	X		
2.3.1.3	I agree with the participatory training course approach	X		
2.1.1.4	I am satisfied to learn in a participatory environment	X		
2.1.1.5	Participatory approach facilitated and stimulated my learning	X		
2.3.2. Collaboration				
2.3.2.1	In online learning, individual and pair/group work was well-balanced	X		
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees	X		
2.3.3. Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs	X		
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	X		
2.3.4. Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	X		
2.3.4.2	Trainers were friendly, open to give advise	X		
3. Technological dimension				

3.1.	Technology for online learning met my expectations and needs	X			
3.2.	Quality of online materials	X			
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	X			
4.2.	Design of online materials met my needs and interests	X			
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured	X			
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	X			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	X			
6.2.	I received prompt and effective support from trainees				X
6.3.	A training session has been organized in order to use the online materials and software		X		
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect		X		
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation		X		
8.	Evaluation dimension				
8.1.	My learning progress has been evaluated	X			
8.2.	I received a regular feedback on my learning progress			X	

8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>	in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication	B	G
8.3.1.1	<i>skill to communicate in different situations</i>	L	G
8.3.1.	<i>skill to search, gather, process and analyse information</i>	G	G
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>	N	B
8.3.2.	computer and internet skills	B	G
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>	G	G
8.3.3.	learning to learn	B	G
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>	L	G
8.3.3.2	<i>skill to plan and organize own studies</i>	B	G
8.3.3.3	<i>skill to learn independently</i>	L	G
8.3.3.4	<i>skill to evaluate own work</i>	L	G
8.3.3.5	<i>skill to look for advice, information and support</i>	L	G
8.3.4.	social	L	G
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>	N	B
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>	B	G
8.3.4.3	<i>skill to overcome stress</i>	L	G
8.3.5.	initiative	L	G
8.3.5.1	<i>skill to work independently and in a team</i>	L	G
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>	L	G

8.3.5.3	<i>skill to identify and evaluate risks</i>	L	G
9.3.5.4	<i>skill to express oneself in a creative way</i>	L	G
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>	L	G

ESEC training course

Please, mark...		<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations		x		
1.2.	e-learning units meet my actual needs and interests	x			
1.3.	I received enough information on how to manage online materials	x			
1.4.	E-learning units were effective		x		
1.5.	Online learning has been organized to be really effective		x		
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	x			
2.1.2.	Learning goals have been reached		x		
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests		x		
2.2.2.	Online materials motivated me to deepen some topics of the course	x			
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary		x		
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced			x	
2.3.1.2	Theoretical notions were accompanied by practical examples		x		
2.3.1.3	I agree with the participatory training course approach			x	
2.1.1.4	I am satisfied to learn in a participatory environment		x		
2.1.1.5	Participatory approach facilitated and stimulated my learning		x		
2.3.2.	Collaboration				
2.3.2.1	In online learning, individual and pair/group work was well-balanced		x		

2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees		x		
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs		x		
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience		x		
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active		X		
2.3.4.2	Trainers were friendly, open to give advise	X			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs		X		
3.2.	Quality of online materials		X		
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	X			
4.2.	Design of online materials met my needs and interests		X		
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured		X		
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education		X		
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies		X		
6.2.	I received prompt and effective support from trainees		X		
6.3.	A training session has been organized in order to use the online materials and software	X			
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect		X		
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation		X		
8.	Evaluation dimension				
8.1.	My learning progress has been evaluated		x		
8.2.	I received a regular feedback on my learning progress			X	

8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>	in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication	L	G
8.3.1.1	<i>skill to communicate in different situations</i>	N	B
8.3.1.	<i>skill to search, gather, process and analyse information</i>	L	B
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>	L	B
8.3.2.	computer and internet skills	L	G
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>	L	B
8.3.3.	learning to learn	L	B
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>	N	B
8.3.3.2	<i>skill to plan and organize own studies</i>	N	G
8.3.3.3	<i>skill to learn independently</i>	N	G
8.3.3.4	<i>skill to evaluate own work</i>	L	G
8.3.3.5	<i>skill to look for advice, information and support</i>	L	G
8.3.4.	social	L	G
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>	L	G
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>	L	G
8.3.4.3	<i>skill to overcome stress</i>	N	G
8.3.5.	initiative	L	G
8.3.5.1	<i>skill to work independently and in a team</i>	L	G
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>	N	G
8.3.5.3	<i>skill to identify and evaluate risks</i>	L	G
9.3.5.4	<i>skill to express oneself in a creative way</i>	L	B
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>	N	B

ESEC training course

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	V			
1.2.	e-learning units meet my actual needs and interests	V			
1.3.	I received enough information on how to manage online materials	V			
1.4.	E-learning units were effective	V			
1.5.	Online learning has been organized to be really effective	V			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	V			
2.1.2.	Learning goals have been reached	V			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests	V			
2.2.2.	Online materials motived me to deepen some topics of the course		V		
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary	V			
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced		V		
2.3.1.2	Theoretical notions were accompanied by practical examples		V		
2.3.1.3	I agree with the participatory training course approach		V		
2.1.1.4	I am satisfied to learn in a participatory environment		V		
2.1.1.5	Participatory approach facilitated and stimulated my learning		V		
2.3.2.	Collaboration				
2.3.2.1	In online learning, individual and	V			

	pair/group work was well-balanced				
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees	V			
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs		V		
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience			V	
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	V			
2.3.4.2	Trainers were friendly, open to give advise	V			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs	V			
3.2.	Quality of online materials	V			
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	V			
4.2.	Design of online materials met my needs and interests	V			
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured	V			
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	V			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	V			
6.2.	I received prompt and effective support from trainees	V			
6.3.	A training session has been organized in order to use the online materials and software	V			
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect	V			
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	V			
8.	Evaluation dimension				
8.1.	My learning progress has been evaluated	V			

8.2.	I received a regular feedback on my learning progress		V		
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>			in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication			G	G
8.3.1.1	<i>skill to communicate in different situations</i>			B	G
8.3.1.	<i>skill to search, gather, process and analyse information</i>			H	H
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>			H	H
8.3.2.	computer and internet skills			H	H
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>			H	H
8.3.3.	learning to learn				
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>			G	G
8.3.3.2	<i>skill to plan and organize own studies</i>			G	G
8.3.3.3	<i>skill to learn independently</i>			H	H
8.3.3.4	<i>skill to evaluate own work</i>			G	G
8.3.3.5	<i>skill to look for advice, information and support</i>			B	G
8.3.4.	social			G	G
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>			G	G
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>			G	G
8.3.4.3	<i>skill to overcome stress</i>			B	G
8.3.5.	initiative			G	G
8.3.5.1	<i>skill to work independently and in a team</i>			G	G
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>			G	G
8.3.5.3	<i>skill to identify and evaluate risks</i>			G	G
9.3.5.4	<i>skill to express oneself in a creative way</i>			G	G
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>			G	G

ESEC training course

Please, mark...		<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	x			
1.2.	e-learning units meet my actual needs and interests	x			
1.3.	I received enough information on how to manage online materials	x			
1.4.	E-learning units were effective	x			
1.5.	Online learning has been organized to be really effective	x			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	x			
2.1.2.	Learning goals have been reached	x			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests		x		
2.2.2.	Online materials motived me to deepen some topics of the course		x		
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary		x		
2.3.	Methodology				

2.3.1. Theory and practice					
2.3.1.1	Theory and practice were well balanced		x		
2.3.1.2	Theoretical notions were accompanied by practical examples		x		
2.3.1.3	I agree with the participatory training course approach		x		
2.1.1.4	I am satisfied to learn in a participatory environment		x		
2.1.1.5	Participatory approach facilitated and stimulated my learning		x		
2.3.2. Collaboration					
2.3.2.1	In online learning, individual and pair/group work was well-balanced	x			
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees				
2.3.3. Learning					
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs	x			
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience	x			
2.3.4. Role of trainers and trainees					
2.3.4.1	Trainees were interested and active	x			
2.3.4.2	Trainers were friendly, open to give advise	x			
3. Technological dimension					
3.1.	Technology for online learning met my expectations and needs	x			
3.2.	Quality of online materials	x			

4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	x			
4.2.	Design of online materials met my needs and interests	x			
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured	x			
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	x			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	x			
6.2.	I received prompt and effective support from trainees	x			
6.3.	A training session has been organized in order to use the online materials and software	x			
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect		x		
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	x			
8.	Evaluation dimension				
8.1.	My learning progress has been evaluated	x			
8.2.	I received a regular feedback on my learning progress		x		
8.3.	Competencies Please, evaluate your competencies and skills			in the beginning	in the end of the

	<i>N=none, L=low, B=basic, G=good, H=high</i>	of the courses	courses
8.3.1.	verbal and written communication	b	
8.3.1.1	<i>skill to communicate in different situations</i>	b	g
8.3.1.	<i>skill to search, gather, process and analyse information</i>	b	g
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>	b	g
8.3.2.	computer and internet skills	b	g
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>	b	g
8.3.3.	learning to learn	b	g
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>	b	g
8.3.3.2	<i>skill to plan and organize own studies</i>	b	g
8.3.3.3	<i>skill to learn independently</i>	b	g
8.3.3.4	<i>skill to evaluate own work</i>	b	g
8.3.3.5	<i>skill to look for advice, information and support</i>	b	g
8.3.4.	social	b	g
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>		g
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>	b	g
8.3.4.3	<i>skill to overcome stress</i>	b	g
8.3.5.	initiative	b	g
8.3.5.1	<i>skill to work independently and in a team</i>	b	g
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>	b	g
8.3.5.3	<i>skill to identify and evaluate risks</i>	b	g
9.3.5.4	<i>skill to express oneself in a creative way</i>	b	g
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>	b	g

ESEC training course

Please, mark...		1	2	3	4
		<i>completely agree</i>	<i>rather agree than disagree</i>	<i>rather disagree than agree</i>	<i>disagree</i>
1.	Institutional dimension (context)				
1.1	Training course resources correspond to my expectations	V			
1.2.	e-learning units meet my actual needs and interests	V			
1.3.	I received enough information on how to manage online materials	V			
1.4.	E-learning units were effective	V			
1.5.	Online learning has been organized to be really effective	V			
2.	Pedagogical dimension				
2.1.	E-course content				
2.1.1.	Content were precise, valid and topical	V			
2.1.2.	Learning goals have been reached	V			
2.2.	E-study materials				
2.2.1.	Terms, language and examples used in online learning fit my abilities, needs and interests	V			
2.2.2.	Online materials motived me to deepen some topics of the course	V			
2.2.3.	Online materials were ease to use and well understandable; all sections had overview and summary	V			
2.3.	Methodology				
2.3.1.	Theory and practice				
2.3.1.1	Theory and practice were well balanced		V		
2.3.1.2	Theoretical notions were accompanied by practical examples	V			
2.3.1.3	I agree with the participatory training course approach	V			
2.1.1.4	I am satisfied to learn in a participatory environment	V			
2.1.1.5	Participatory approach facilitated and stimulated my learning	V			
2.3.2.	Collaboration				
2.3.2.1	In online learning, individual and	V			

	pair/group work was well-balanced				
2.3.2.2	The training course atmosphere was creative and oriented to collaboration with trainers and trainees		V		
2.3.3.	Learning				
2.3.3.1	Online learning offered the opportunity to customize the learning process to my specific needs	V			
2.3.3.2	Training included practical activities and solution of practical tasks where I had the opportunity to use my own experience		V		
2.3.4.	Role of trainers and trainees				
2.3.4.1	Trainees were interested and active	V			
2.3.4.2	Trainers were friendly, open to give advise	V			
3.	Technological dimension				
3.1.	Technology for online learning met my expectations and needs	V			
3.2.	Quality of online materials	V			
4.	Interface design				
4.1.	Organization of online materials was effective and designed for usability and flexibility	V			
4.2.	Design of online materials met my needs and interests	V			
5.	Management dimension				
5.1.	Timely access to and exchange of information was ensured	V			
5.2.	I think that the online solutions adopted in the training course met the needs of a modern education	V			
6.	Resource support dimension				
6.1.	I had the possibility to learn accordingly with my exigencies	V			
6.2.	I received prompt and effective support from trainees	V			
6.3.	A training session has been organized in order to use the online materials and software	V			
7.	Ethical dimension				
7.1.	Trainers and trainees worked together with courtesy and respect	V			
7.2.	Legal issues (confidentiality, plagiarism, copyright etc.) are solved according to the legislation	V			
8.	Evaluation dimension				
8.1.	My learning progress has been evaluated	B			

8.2.	I received a regular feedback on my learning progress				
8.3.	Competencies Please, evaluate your competencies and skills <i>N=none, L=low, B=basic, G=good, H=high</i>			in the beginning of the courses	in the end of the courses
8.3.1.	verbal and written communication				
8.3.1.1	<i>skill to communicate in different situations</i>			G	H
8.3.1.	<i>skill to search, gather, process and analyse information</i>				
8.3.3.3	<i>skill to apply mathematical aids (calculator etc.) and technical tools in daily life and work</i>				
8.3.2.	computer and internet skills				
8.3.2.1	<i>skill to access Internet and use Internet resources (e-mail etc.)</i>				
8.3.3.	learning to learn				
8.3.3.1	<i>skill to improve basic skills in reading, writing, computing and ICT</i>				
8.3.3.2	<i>skill to plan and organize own studies</i>				
8.3.3.3	<i>skill to learn independently</i>				
8.3.3.4	<i>skill to evaluate own work</i>				
8.3.3.5	<i>skill to look for advice, information and support</i>			G	H
8.3.4.	social				
8.3.4.1	<i>skill to communicate on business issues according to situation and own needs in different surroundings</i>				
8.3.4.2	<i>skill to be tolerant, understanding, to trust</i>			G	H
8.3.4.3	<i>skill to overcome stress</i>				
8.3.5.	initiative				
8.3.5.1	<i>skill to work independently and in a team</i>			G	H
8.3.5.2	<i>skill to determine own strengths and weaknesses</i>				
8.3.5.3	<i>skill to identify and evaluate risks</i>				
9.3.5.4	<i>skill to express oneself in a creative way</i>				
9.3.5.5	<i>skill to identify and implement social and economic opportunities</i>				

1. Consider how the tools learned during the course can be useful for parents.

These tools can help parents feel that their children need them. That children would understand them and be able to share their emotions freely. It will also help in solving problems between family members

Parents can take part in the "Emotional interaction" classes on active listening.

They will develop emotional intelligence to be able to properly deal with different experiences.

They will learn to normalize the situation and emotions.

Emotional intelligence is to be aware of emotions, identify the associated feelings

to him, welcoming him and reflecting on his appropriateness and necessity.

Once the feeling is fully accepted, the energy can be shifted towards productive thoughts and actions.

3. Would you be able to teach these tools to parents facing disagreement with other family members or deal with a sense of anger due to unwanted social interactions outside?

Parents and the family of a child who has difficulties often do not know how to deal with it. Parents and family members generally facing a situation where a disabled child has difficulties are experiencing turbulence in emotions that change at different stages of acceptance and of their entire life as caregivers.

It is important that family members recognize their own feelings and know how to deal with them.

There are different ways to normalize feelings, some require time, others require control of emotions or organization to solve the problem that causes this feeling.

Another way is to give the next frame the situation and act according to the given frame.

You have to understand that changing the frame does not mean denying the perspective of the other person.

1. Reflect on how the tools that were learned during the course could be useful for the parents

The course can be useful for parents because they can learn to deal with emotions. Not only children have a problem with emotions. Adults often do not realize that they do not understand what they feel and what emotions accompany them. Therefore, this course is appropriate to realize that emotions accompany us in everyday life. Parents will be able to benefit from the "Emotional Interaction" class on active listening. They will develop emotional intelligence to be able to properly deal with different experiences. They will learn to normalize the situation and emotions. Emotional intelligence is to be aware of emotions, recognize the feeling associated with it, accept it and reflect on its significance and necessity.

2.2. Would you be able to teach those tools to parents facing discordance with other members of the family or to manage the feeling of anger because of undesired social outside interaction...

It is important for family members to recognize their own feelings, how to deal with them and to continue. To learn a more acceptable situation for family members. I think that I would be able to teach my parents how to face difficult situations, how to control emotions in hard times. This is not a simple task, because when we have a lot of negative emotions, we often hurt other people. There are different ways to normalize feelings, some require time, others require emotional or organizational control to solve the problem that causes this feeling. Another way is to give the next frame the situation and act according to the given frame. You have to understand that changing the frame does not mean denying the perspective of the other person.

Karina Piotrowska

Grupa A1

The project course on Emotional Interaction

2. Reflect on how the tools that were learned during the course could be useful for the parents.

For professionals, whose job is related to providing assistance in the development of other people and especially - supporting people with disabilities and their families, social competences and adequate skills for conducting conversations with people who are in a difficult situation - are important. Sometimes the parents of a child with a disability cannot find support or understanding in their society, which may make them feel alienated and left alone. We have an opportunity to help parents find themselves in their special situation. Thanks to the tools we have learned, we can create a space of trust with them. They can feel heard and understood, freely share their emotions, and do not have to pretend to anyone. If a teacher got some acceptance that situation positively affects the conversation thanks to which parents have an opportunity to deal with emotional turmoil. In this situation, parents may have a problem defining their emotions and naming them. Therefore, it is worth referring to the emotional awareness raising tool which consists in precise identification and transmission of emotions. This skill may be necessary to restore communication, it consists in sharing emotions, without affecting the course of the conversation, without judging. Another important tool is raising the level of emotional awareness, which will be useful for parents to face emotions such as anger. Normalization of feelings is also a useful tool to help someone accept and reconcile with feelings and situations. It consists in dispersing emotions or transforming them in a more acceptable way.

3. Would you be able to teach those tools to parents facing discordance with other members of the family or to manage the feeling of anger because of undesired social outside interaction.

Thanks to the course, it would be much easier for me to teach parents some tools that would be helpful in dealing with difficult emotions and, above all, in recognizing and accepting their emotions. Each of us feels different emotions in our lives. They are related to our reactions to everyday situations. Emotions come and go. They are not part of us, but a stage that we must go through at a given moment. Suppressing them in themselves, negating what we feel, is largely about negating ourselves. What we experience has a right to exist and there is no reason not to let it get outside. When we accept and express our emotions, we accept ourselves. The course extends my knowledge not only about emotions but also about how to listen actively and deal with unwanted emotions. The normalization mentioned in the first question would be a great way to show parents how they can work on their emotions to deal with difficult experiences. With the right work, they would have the opportunity to develop their emotional intelligence through which they will be able to

recognize their feelings, accept them and reflect on their relevance and necessity, and move towards productive thoughts and actions.

Emilia Szczepkowska

Nr albumu: 71221

These tools can help parents better understand their children.

Active listening - active listening communicates interest, respect, understanding and encourages child or partner to continue sharing information. Most behaviour issues are connection issues.

Effective communication is a two way proces where one party speaks in a way the other party understands what he is saying and responds appropriately. Communication is at the heart of parenting. Your child must understand what you are saying to him appriopriately. Good communication is essential for parent-child bonding and also for transmission of knowledge and wisdom that would make your child grow in maturity.

What you say should be clear and consistent while your child should feel loved and feel it is for her/his own good that you are speaking. Get close physically to your child while talking. Use your child's first name. Keep your instructions positive.

Communicate in a way that depicts respect. Always take into consideration your child's mood and choose when best to communicate. Be aware of the surrounding when talking so that your child would not be embarrassed.

Initiate conversation with your child by sharing on what is on your mind about an issue or by asking open-ended questions. Take seriously whatever scares or embarrasses him and try to allay his fears.

Showing that you are listening and understood - to practice active listening:

- 2.2. give your full attention to your child
- 2.3. make eye contact and stop other things you are doing
- 2.4. get down on your child's level
- 2.5. and reflect or repeat back what she is saying and what she may be feeling to make sure you understand

Encourage the speaker to share - This way of communication method help to reduce potential misunderstanding and encourage an open sharing that is more conducive to successful family parthership

Emotional intelligence - When you can manage your own emotional responses, you can become a better parent. Some of the most important emotional skills that apply to parenting include impulse control, empathy, and problem-solving. By working on your ability (and your partner's ability) in these areas, you can implement any number of parenting approaches. If you can't manage your own emotions, no parenting approaches can help you raise a happy, emotionally secure child.

Emotional awareness - Empathy, which gives you the ability to read your child's emotions and understand where she's coming from, can help you manage her behavior. If you attempt to understand your child, she/he responds with more useful information about what he/she's feeling, which she/he doesn't do if you try to control her behavior. Your child wants understanding and attention first — and solutions later.

Emotional validation - Validation helps kids to feel and express their emotions, develop a secure sense of self, gain confidence, feel more connected to their parents and have better relationships in adulthood. Validating a child means letting them share their thoughts and feelings without judging, criticizing, ridiculing or abandoning them. You let your child feel heard and understood. You convey that you love and accept them no matter what they're feeling or thinking.

Normalizing a feeling - When children are able to regulate their emotional responses, they become less vulnerable to the ongoing impact of stress. They are also more likely to have the emotional resources to maintain healthy friendships, and the capacity to focus and learn.

Perspective and perception - Parents can teach child to 'step back'.

This is a valuable skill for all kids and teens. Stepping back puts distance between them and their behaviour, enough to let them see the bigger picture, or parts of the picture that might be out of their close-up view. This is a great skill that will build empathy and strengthen that part of the brain that can look logically and rationally at a situation.

Families, schools, and communities have a profound influence upon children's ability to be persistent, overcome obstacles, and develop hope for their future. I can help parents see that they are their child's most important teachers, and that as role models they need to spend quality time teaching, training and exhibiting those habits and values they want their child to have. I will explain parents that children's emotional well-being contributes greatly to their social and intellectual development. So adults have can not deny children's feelings by saying things such as, "You shouldn't feel that way!" or "You'll be fine. Forget it." Negating

children's strong emotions can result in fearfulness, confusion, shame and resentment, which can interfere with their learning. When negative emotions are suppressed, they usually resurface and cause problems. Children who are taught to identify, express, and cope positively with their feelings develop useful life skills.

Human beings experience a variety of emotions that cannot be categorized as right or wrong. What is important is how children handle their feelings. Children learn by observing the significant others in their lives. Adults who honestly express their feelings in constructive ways foster children's emotional growth. When parents model self-understanding and emotional maturity, their children are more likely to do the same. I will explain emotional intelligence is the act of allowing our emotions to do as they were designed to do and use the information as a means to get to know about ourselves.

Social-emotional skills help us manage emotions, build healthy relationships, and show empathy and understanding.

This skills allow kids and adults alike to understand and recognize our thoughts and feelings in order to connect with others. They help us communicate and express ourselves in the appropriate way in different environments and with different people. For example, a child may see her friend is upset and ask if he is okay. Babies learn early social-emotional skills by parents consistently meeting their needs, providing a safe and healthy home, and modelling emotions through communication and play interactions. It is important for parents to nurture social-emotional skills so kids develop healthy relationships with friends and family members.

Wiktoria Tadajewska

THE PROGRAM Title: "Motivating parents self-care"

Final test questions:

1. What are the stressors parents of special needs children face? Stressors of parents of special needs children e.g. financial, time, management, social isolation, lack of sleep
2. What is the impact of the stressors faced by parents of special needs children? Parents of children with developmental, psychiatric or learning disorders are far more likely than others to experience anxiety, depression, insomnia, fatigue, marital problems
3. What are the main concerns of parents of special needs children? Lose touch with friends and activities outside the home, relationship break up
4. What needs to be done before addressing the self-care of parents of special needs children?
Needed conversation with a specialist, joining a support group
5. What are the goals for the self-care of parents of special needs children? Getting enough sleep every night, staying hydrated, getting

regular exercise, spending time away from children 6. What does the improvement of self-care of parents of special needs children entail. Feel appreciated experience greater physical and emotional health