



**Toolkit 1
Learning Unit 7**

Learning to learn: capitalize on your learning, understanding and profiting from experience

Post intervention

Developed by
University of Presov, Slovakia



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

L.U. 7 – Learning to learn: capitalize on your learning, understanding and profiting from experience



1. Cognition: the ability to recognize an urgent crisis situation

- Question: In a crisis situation, can you recognize situations that are important but can be put off from those that are urgent?

- Activity 1: Urgency



2. Emotions: understanding and working with emotions in a crisis situation

- Question: Do you understand your own and other people's emotions in a crisis situation?

- Activity 2: Emoticons



3. Motivation: awareness of the resources that motivate you

- Questions: Can you name the specific resources that motivate you in your work in a crisis situation?

- Activity 3: Resources



4. Clear communication

- Question: Can you communicate effectively and clearly in a crisis situation? Is this communication clear and distinct to other people in the crisis situation?

- Activity 4: Essential information



5. Load management in a crisis situation

- Question: Can you stay focused, composed and calm in a crisis situation?

- Activity 5: Stay focused

1. Cognition: the ability to recognize an urgent crisis situation



2. Emotions: understanding and working with emotions in a crisis situation

2. Do you understand your own and other people's emotions in a crisis situation?

No

Click here
Activity 2

Emoticons

Yes

Go the the next
question

**Motivation: awareness of
the resources that
motivate you**

3. Motivation: awareness of the resources that motivate you

3. Can you name the specific resources that motivate you in your work in a crisis situation?

No

Click here
Activity 3

Resources

Yes

Go to the next
Question

Clear communication

4. Clear communication

4 . Can you communicate effectively and clearly in a crisis situation? Is this communication clear and distinct to other people in the crisis situation?

No

Yes

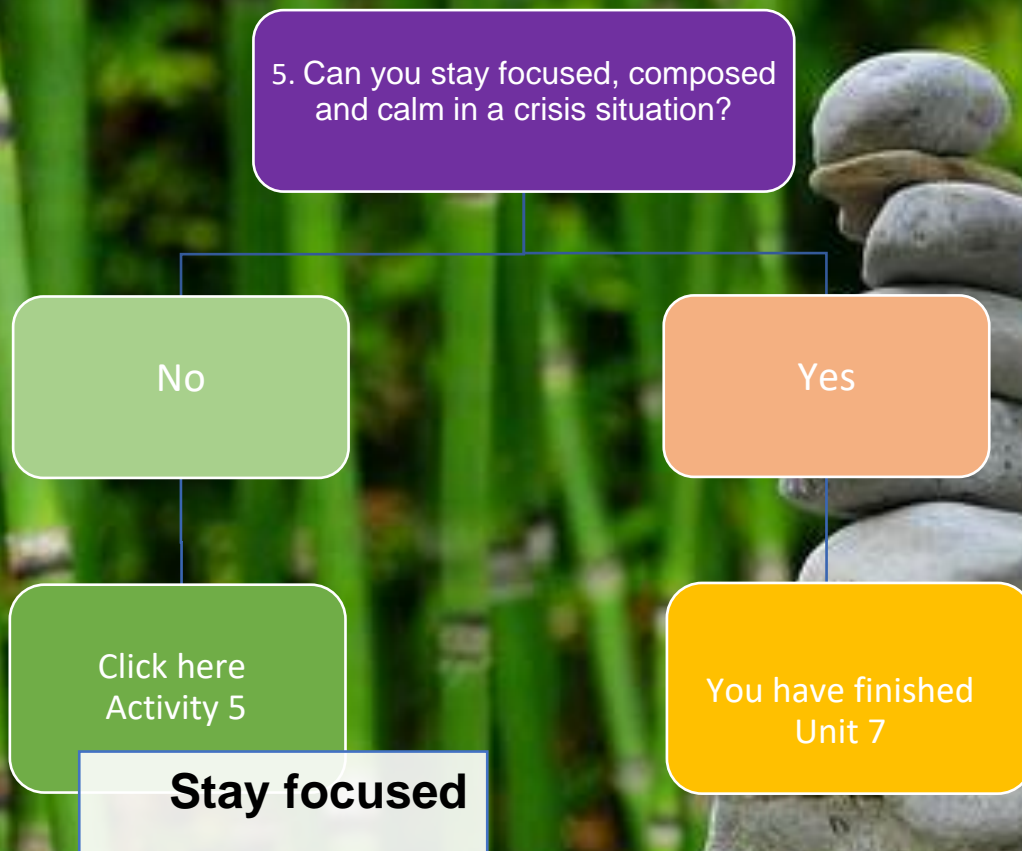
Click here
Activity 4

Go to the next
question

Stay focused

**Load management in
a crisis situation**

5. Load management in a crisis situation



Thanks

You have finished

Keep going to
another Unit

if you need