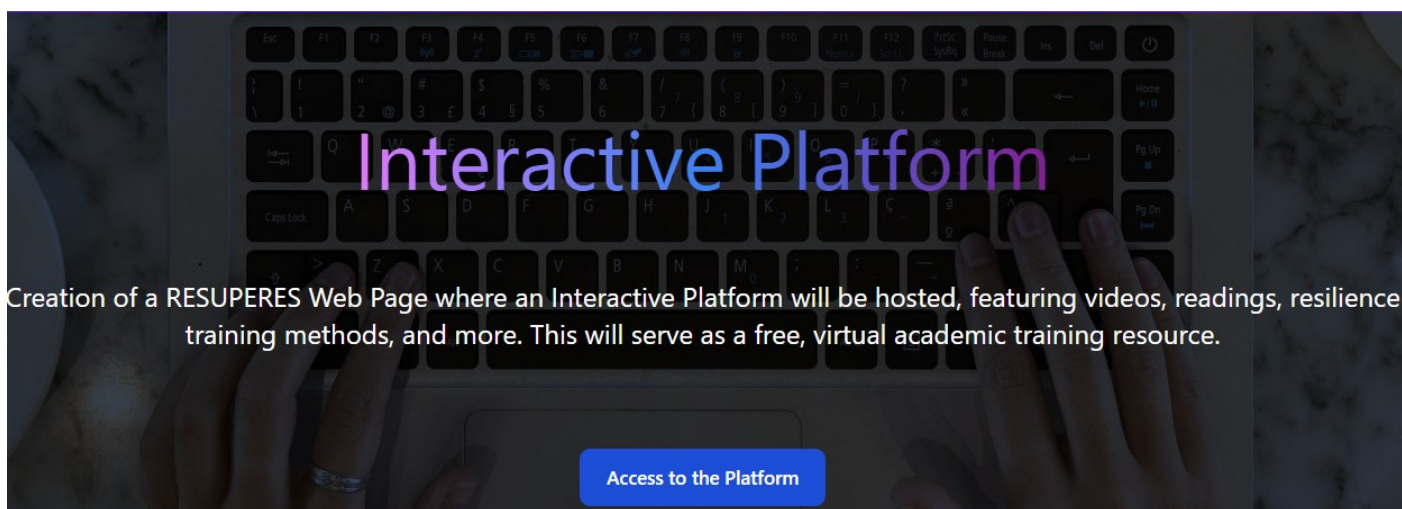




## ReSuPeReS Platform: A Place for the Development of Resilience in University Students



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Western Norway  
University of  
Applied Sciences



UNIVERSIDAD  
DE GRANADA

# Interactive Platform

Creation of a RESUPERES Web Page where an Interactive Platform will be hosted, featuring videos, readings, resilience training methods, and more. This will serve as a free, virtual academic training resource.

[Access to the Platform](#)

## NEEDS ANALYSIS:



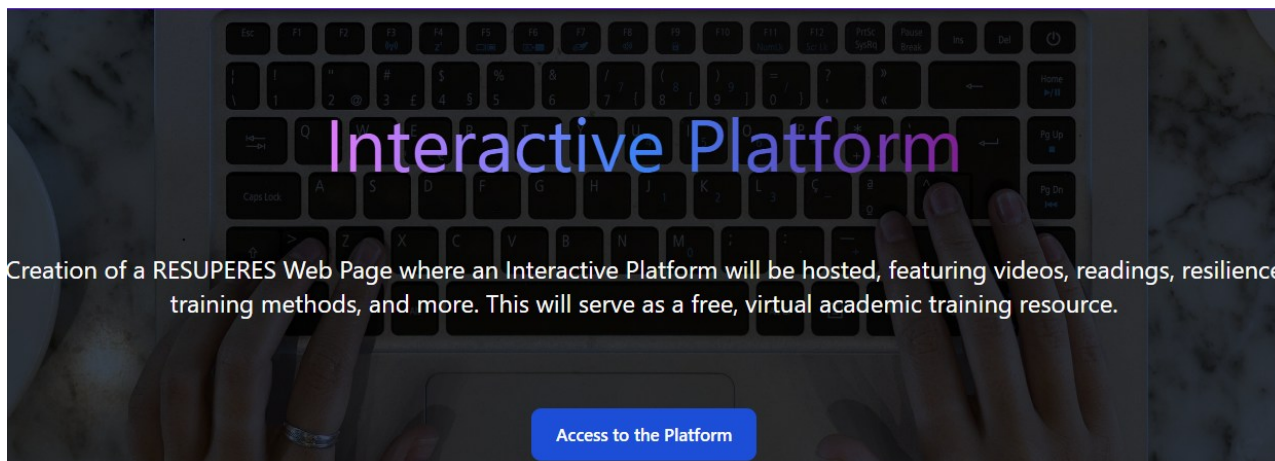
This aims to be a product that responds to the training needs of individuals who want to:

**As a user:** Improve their resilience autonomously and creatively in face-to-face, virtual, and hybrid settings, providing students with an enriching educational experience tailored to their individual needs.

**As a trainer or educator:** Have access to a repository of resources with pre-designed modules that can be easily selected and implemented, either by adopting the material as it is, modifying it, or delivering it directly from the platform.

**Create a repository** to host all RESUPERES activities and materials developed within the RESUPERES Project, making them openly accessible for use.





## OBJECTIVES:

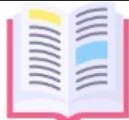
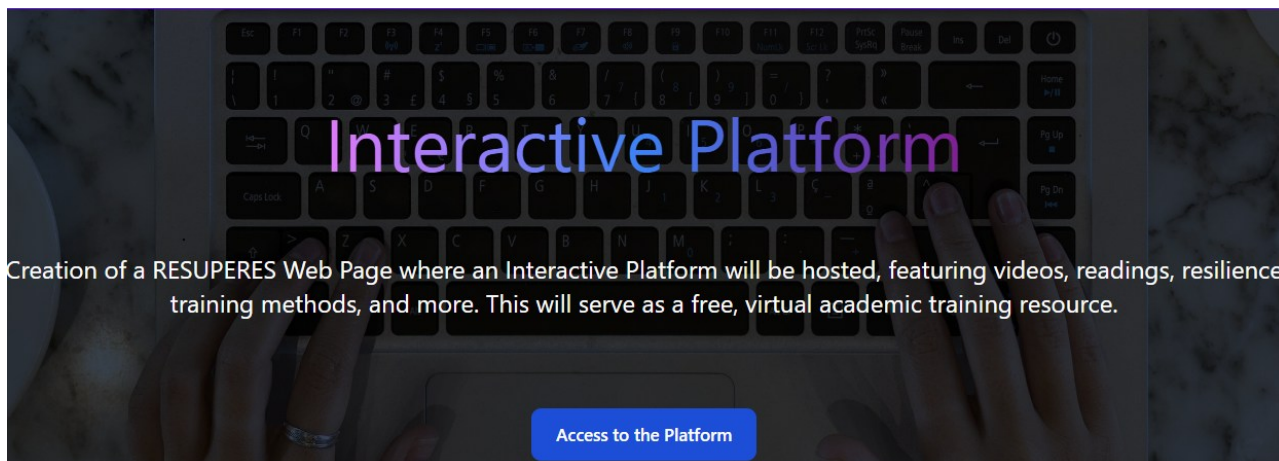


RESUPERES has designed and created a self-learning platform that offers a wide variety of content aimed at developing and enhancing resilience.

This includes coping mechanisms, self-concept improvement, self-esteem cultivation, leadership skills, teamwork, creativity, concentration, and mindfulness, all within a framework of interculturality in higher education.

This interactive platform is structured to work on resilience and develop competencies through Physical Education and Visual, Narrative, and Performing Arts. It utilizes images, videos, readings, tutorials, and more, providing free academic training in a virtual format.





The RESUPERES Platform has been built to facilitate learning through 10 different modules, based on resilience-related areas identified in scientific literature. These modules cover Performing Arts, Visual Arts, Narrative Arts, and Physical and Sports Education, all approached from an intercultural perspective.

Each module is designed by an expert in the respective field. While they follow an identical structure, each module has its own unique characteristics, ensuring a logical and coherent approach to resilience-building.

Designed to serve as a repository of resilience-focused programs, offering a wide range of activities that can be used as a guide for the RESUPERES course or similar university-level subjects.

It is also suitable for self-learning at home.





The main goal is to design and develop a useful, dynamic, and innovative e-platform that provides relevant resilience-focused content, based on our experience in the field, a review of the scientific literature (Manual), and pilot studies conducted during the project.

Present educational and instructional materials as a reference for any resilience-related work or activity in higher education.

Serve as a technological tool designed to facilitate and enhance the teaching and learning process.



Provide students with a virtual environment where they can access educational and training content, engage in interactive activities, and track their academic progress.

Promote **interaction and collaboration**, fostering engagement between students and instructors.

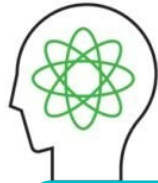
Ensure **flexibility**, allowing users to take control of their learning process, advance at their own pace, and adapt their studies to their schedules and personal preferences.

Enable **assessment and progress tracking** within each module, allowing students to monitor their individual development and receive immediate feedback to identify strengths and areas for improvement.






University community  
Public schools  
Participan associations  
Erasmus + Community




**INNOVATION ELEMENTS**



**Comprehensive Curriculum**  
Dive into a rich array of resilience-focused content.



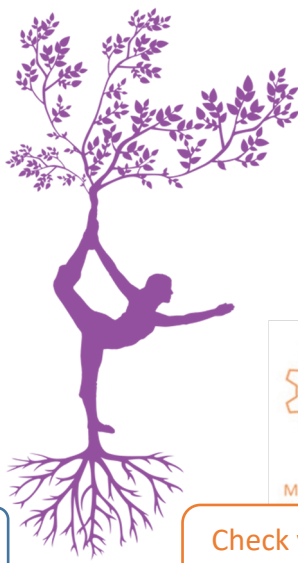
**Interactive Learning Experience**  
Engage with dynamic and interactive learning.



**Flexibility and Accessibility**  
Access the platform anytime, anywhere.



**Expert Guidance**  
Benefit from insights and guidance from seasoned professionals in the field.




ADAPTABILITY

Adapted to your needs



TIME MANAGEMENT

Check your progress in real time



CREATIVITY

Allows you to be creative



LEADERSHIP

Become responsible of your progress

Check your self-talk and self-perception



Mental training



Physical Training





RESUPERES E-Learning platform is accesible in two different approaches:

Available courses

Downloadable packages

To start whenever you want and with the Module you best like.

Resource bank to download and upload them on your own Learning Management System.



### Module 1

Art and Creativity

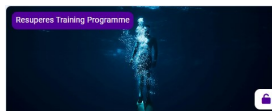
Download



### Module 2

Autobiographical Training

Download



### Module 3

Breathing

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### Module 4

Canoeing: Physical activity in the natural environment

Download



### Module 5

Corporal Expression & Dance

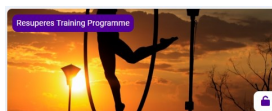
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### Module 6

Heritage interpretation

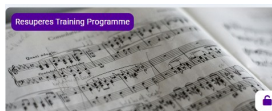
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### Module 7

Inner Gymnastic: Mindfulness

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### Module 8

Musical and Emotional Awareness

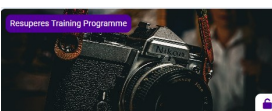
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### Module 9

Physical Conditioning

Download



### Module 10

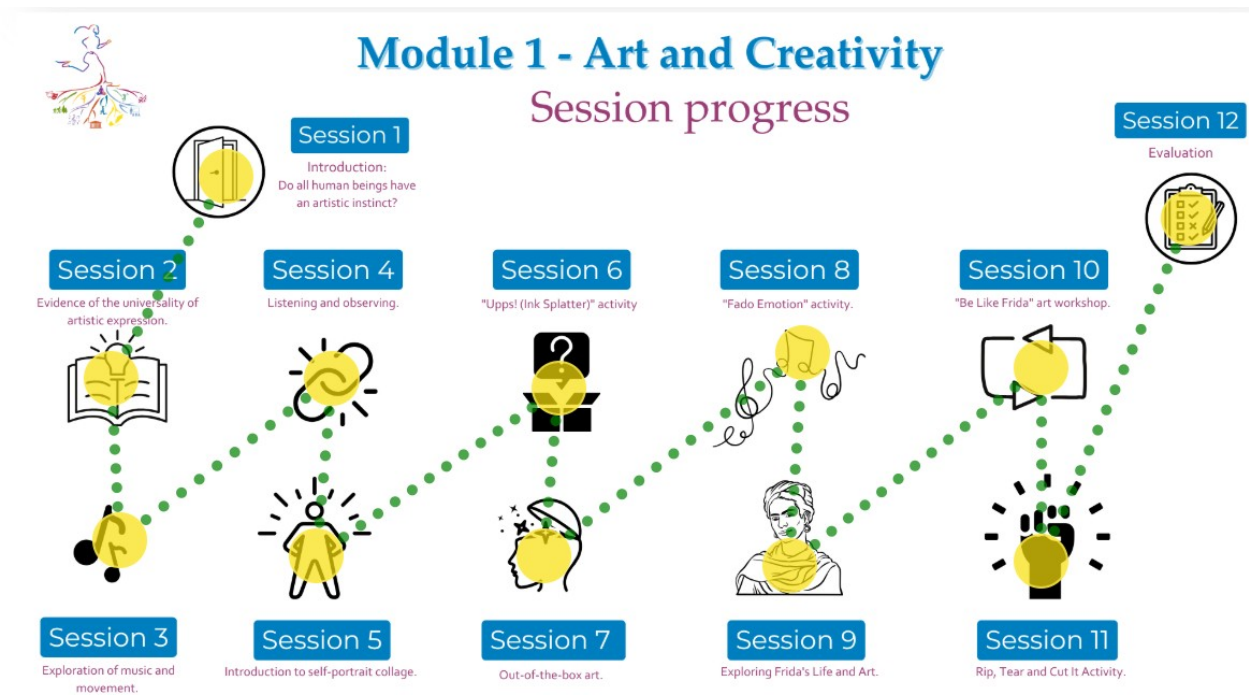
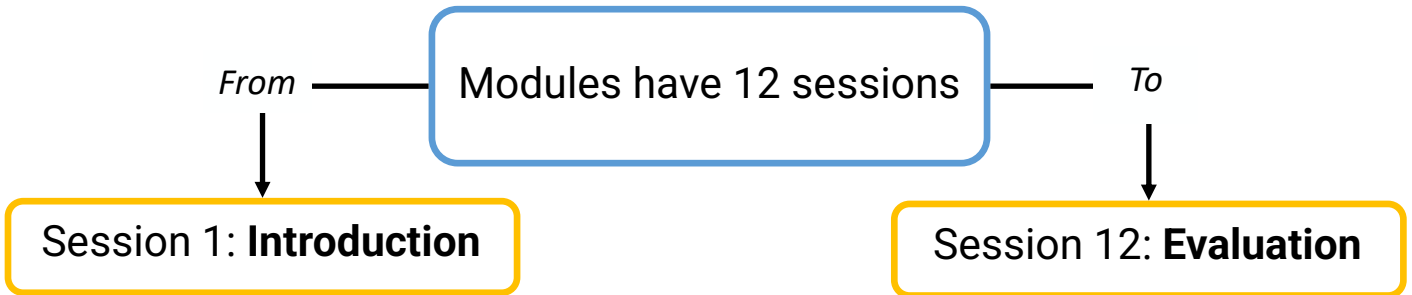
Photography

Download







## Structure of the Modules



When you finish one session:

A  appears in your progress report

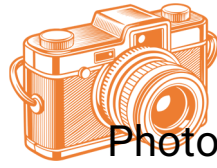
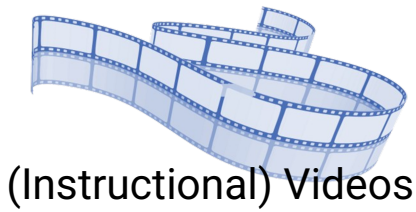
OR

You can click  to mark as done, if you prefer to skip the session



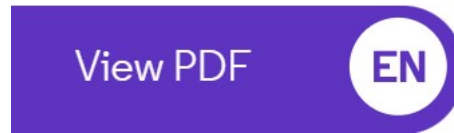


Modules incorporates a wide range of digital resources, such as:



Photographies

Audio recordings & Music



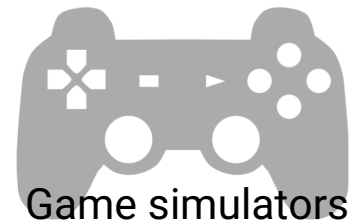
Articles & PDFs



Links to websites



YouTube resources



Game simulators

## H5P Interactive Activities



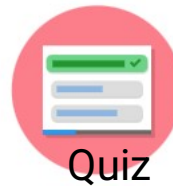
Crossword



Accordion



Emoji Cloud



Quiz



Drag & Drop



Flash cards



Drag the words



Interactive video



Memory Game



Image Hotspots

