



## Adolescent Psychology and Motivation Strategies

8-12 June | Lithuania, Vilnius

Day	Activity	Details
<b>Day 1</b>  10:00–12:00	Lecture Session	<p><b>DAY 1: STUDENT MOTIVATION AND A POSITIVE LEARNING ENVIRONMENT</b></p> <p><b>Focus:</b> To encourage teachers to strengthen the motivation of modern students and create a supportive learning environment.</p> <p><b>Content &amp; activities:</b></p> <ul style="list-style-type: none"> <li>• Student motivation: theoretical foundations and modern context. Student learning motivation in today’s world and the key challenges faced by educators.</li> <li>• Internal and external factors stimulating motivation. What drives students to act and how to strengthen their desire to achieve results.</li> <li>• Preconditions for the decline in learning motivation. Why students lose interest in learning and how to identify these reasons in time.</li> <li>• Safe and motivating learning environment. Analysis of real-life situations and practical solutions to create a supportive classroom atmosphere, encouraging student self-confidence and the desire to improve.</li> </ul>
<b>14:30-16:30</b>	Guided Tour of Vilnius Old Town.	Half-day walking tour of Vilnius Old Town, a UNESCO World Heritage site. Explore Gothic, Renaissance and Baroque landmarks such as Cathedral Square, Gediminas Tower and St. Anne’s Church. Discuss how environment and history influence wellbeing.

<p><b>Day 2</b></p> <p>10:00–14:00</p>	<p>Lecture Session</p>	<p><b>DAY 2: TOOLS AND STRATEGIES FOR INCREASING STUDENT MOTIVATION</b></p> <p><b>Focus:</b> To encourage teachers to use effective strategies that directly increase student motivation and engagement in the classroom.</p> <p><b>Content &amp; activities:</b></p> <ul style="list-style-type: none"> <li>• Teacher's attitudes. The impact of the teacher's perspective and leadership style on students' desire to learn and their self-confidence.</li> <li>• Engaging methods. Application of active and experiential learning strategies to promote greater student engagement in the educational process.</li> <li>• Feedback and assessment. Methods that help students see their own progress and understand future steps, thereby maintaining high motivation throughout the entire learning process.</li> </ul>
<p><b>Day 3</b></p> <p>10:00–14:00</p>	<p>Lecture Session</p>	<p><b>DAY 3: CHARACTERISTICS OF ADOLESCENT MOTIVATION</b></p> <p><b>Focus:</b> To provide teachers with knowledge about the specific features of the adolescent developmental stage, the cultivation of essential life skills, and practical tools to help strengthen the intrinsic motivation of young people.</p> <p><b>Content &amp; activities:</b></p> <ul style="list-style-type: none"> <li>• Physical, cognitive, and socio-emotional developmental characteristics during adolescence.</li> <li>• Cultivating essential life skills for adolescents and young adults.</li> <li>• Practical tools, strategies, and communication techniques for strengthening adolescent motivation.</li> </ul>

<p><b>Day 4</b></p> <p>10:00–14:00</p>	<p>Lecture Session</p>	<p><b>DAY 4: SCHOOL VISIT: STUDENT MOTIVATION IN EDUCATIONAL ACTIVITIES</b></p> <p><b>Focus:</b> To observe lessons and activities to see how student motivation is encouraged in a real-school setting.</p> <p><b>Content &amp; activities:</b></p> <ul style="list-style-type: none"> <li>• Observation of lessons and activities: A visit to a local school in Vilnius (exact site to be confirmed) to observe how teachers engage students in the learning process and maintain their interest.</li> <li>• Analysis of teaching strategies: Practical discussion on which specific methods help create a positive classroom atmosphere and encourage students to achieve results.</li> <li>• Sharing best practices: Discussion with school staff about what works best in their daily work.</li> </ul>
<p><b>19:00-...</b></p>	<p>Farewell dinner*</p>	<p>Evening event at a local restaurant. Final reflection session, awarding of certificates and farewell dinner featuring Lithuanian cuisine. Networking and discussion of future cooperation.</p>
<p><b>Day 5</b></p>	<p>Day Trip to Trakai*</p>	<p>-Depart Vilnius around 09:00 for a full-day excursion to the historic town of Trakai. Visit the 14th-century Trakai Island Castle on Lake Galvė; learn about its history and cultural significance. Enjoy time by the lake, taste traditional kibinai pastries and reflect on the role of cultural experiences in personal wellbeing.</p>
<p>* These activities are available exclusively to participants who have purchased the Cultural+ or All-Inclusive packages</p>		

This training is designed for educators who wish to awaken student curiosity and create a classroom environment where every student feels encouraged to achieve their best. During the sessions, we will analyze the fundamental principles of motivation and the vital role of the teacher in shaping a classroom culture. Significant attention will also be given to practical tools, feedback strategies, and active learning methods that can be applied in everyday lessons. Educators will visit a school in Vilnius and observe lessons where special focus is placed on student engagement and fostering motivation; they will also discuss real-life situations and successful practices with school staff.

Following this program, teachers will return to their classrooms ready to foster a learning atmosphere that inspires both academic progress and overall student well-being.

**Lecturers:**

**Neringa Grigorjeva**, educator, seminar lecturer, training developer for staff of educational institutions, coordinator of national and international projects, and author of the methodological publication *Non-formal Education: Towards Entrepreneurship*.

**Kamilė Borkovskienė**, educational psychologist, psychoanalytic child and adolescent psychotherapist, and experienced lecturer, leading training for teachers and parenting groups for parents and guardians of children of all ages.

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