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# Socio-Cultural (Technological) and Psychological (Cognitive) Based Approaches for Single Moms

## VEGA ACTIVITY

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# VEGA

The VEGA phase of the 5Star Single Moms Project is dedicated to assessing the overall impact of the project, evaluating the effectiveness of training methodologies, and ensuring long-term dissemination and sustainability. This phase consolidates the outcomes of previous phases and provides a structured framework for expanding the project's influence beyond its initial scope.



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## The main objectives of this phase are:



- Conducting a final impact assessment to evaluate the effectiveness of project activities.
- Developing best practices and lessons learned for future applications.
- Establishing a long-term dissemination strategy to maximize project reach.
- Creating a sustainability model to integrate project methodologies into institutional frameworks.



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# Methodology: Evaluation & Impact Assessment

The VEGA phase employs a Results-Based Monitoring & Evaluation (RBME) approach to systematically assess project impact.

The methodology includes:

## ✓ Pre & Post-Training Evaluations

- Surveys conducted with adult educators & single moms to measure knowledge acquisition.
- Comparative analysis of self-efficacy levels before and after training.
- Qualitative interviews capturing real-life transformations.



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# Methodology: Evaluation & Impact Assessment

## ✓ Quantitative Data Collection

- Engagement metrics: Participation rates across all project phases.
- Retention rates: Long-term involvement of single mothers in learning programs.
- Skill development tracking: Progress assessments in digital literacy, psychological resilience, and social inclusion.

## ✓ Qualitative Research & Case Studies

- Success stories of single mothers and educators who benefited from the program.
- Challenges & adaptations: Identifying barriers encountered during implementation.
- Policy implications: Evaluating how findings can inform adult education policies.



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## Key Findings & Measurable Outcomes

- 📌 80+ adult educators successfully trained in psychological & digital learning strategies.
- 📌 200+ single moms benefited from tailored educational programs.
  - 📌 Dropout rates among single moms reduced by 35% due to engagement strategies.
- 📌 Digital learning tools increased self-reported confidence by 70%.
  - 📌 80% of trained educators reported improved competency in supporting single mothers.
- 📌 Gamification-based education led to a 60% increase in motivation & course completion.
- 📌 Online & hybrid peer support groups contributed to a 50% reduction in social isolation.



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# Dissemination Strategy: Expanding Project Reach

To ensure long-term sustainability and wider application, a three-tier dissemination approach is established:



## 1. Local-Level Dissemination



- ✓ Conducting final events & stakeholder presentations to showcase project impact.
- ✓ Establishing long-term training networks within participating institutions.
- ✓ Distributing training materials & guides to educational centers.



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# Dissemination Strategy: Expanding Project Reach

## 2. National-Level Dissemination

- ✓ Engaging with government agencies & policy-makers to integrate findings into national education strategies.
- ✓ Collaborating with universities & NGOs for continued educator training.
- ✓ Publishing academic articles & reports to promote evidence-based policy-making.

## 3. International Dissemination


- ✓ Showcasing project findings in Erasmus+ conferences & global forums.
- ✓ Expanding partnerships with EU adult education organizations.
- ✓ Creating an open-access digital repository for project resources.



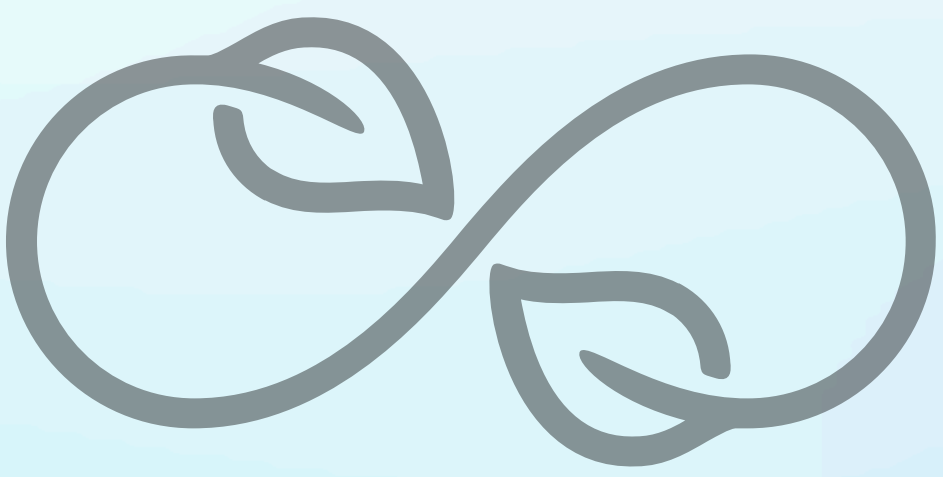
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# Sustainability & Future Development



The VEGA phase also focuses on establishing a sustainability roadmap for long-term impact:

- ✓ Institutional Integration: Embedding training modules within formal educational structures.
- ✓ Digital Resource Expansion: Maintaining & updating online training platforms for educators.
- ✓ Continuous Improvement: Using project findings to refine future educational programs.
- ✓ Cross-Sector Partnerships: Engaging corporate, governmental, and nonprofit sectors for ongoing support.



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## Conclusion & Legacy of the Project

The 5Star Single Moms Project has created a long-lasting impact on adult education, equipping educators with cutting-edge methodologies to support single mothers. By fostering psychological resilience, digital literacy, and social inclusion, the project ensures that single mothers have access to sustainable learning opportunities beyond its initial duration.

Moving forward, the legacy of this project will be maintained through continued dissemination, institutional adoption, and ongoing training programs.



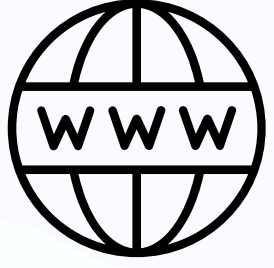
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Thank  
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