

Syllabus

Course Title: Pursuing one's hobbies and passions with the use of ICT

Mode of delivery:

full-time form of teaching (courses), combined form (blended learning), on-line form

Contact Information:

SSF is responsible for this course. If you have any questions, if you need to know more information or would like to provide us with your feedback, please do not hesitate to contact us. Please contact us via our email:

proyectos@ssf.org.es.

Prerequisites:

The course is especially suitable for beginners who want to discover the importance of hobbies and passions for the psychological and physical health of people. In this first session This introductory course don't need use of ICT devices. The basic steps can be defined as follows:

- basic knowledge of using the smartphone (for the self-assessment phase)
- basic knowledge of using the computer keyboard, mouse, Windows.
- basic knowledge of Google, Power Point, Youtube
- willingness to communicate with strangers and to be an active person

Course Duration:

A total of 6 clock hours (360 minutes)

Course Description:

This course serves for a basic theoretical approach about the importance of hobbies and passions for the psychological and physical health of people. Also, it will introduce the relation between hobbies, passions and ICT. Based on the theoretical content, the course participants will proceed to a practical activity to carry out a self-evaluation.

After the introductory lesson, the course aims to help participants to discover which hobbies and passions can fit with their interests and personality. The session is focused on self-knowledge and reflection on what each of the participants like doing, and also on discovering unknown hobbies and passions for them. It is a practical session, focused on individual and group work, without theoretical contents. Participants will use ICT to discover hobbies and to express their ideas.

The course will also provide skills to search for resources to putting them into practice with the use of ICT.

Nowadays, Internet and ICT provide us with numerous possibilities to develop our skills as well as to learn new things. On the one hand, we can use different software to develop skills and hobbies (digital painting, music creation, photography, videogames, etc...). On the other hand, we can find numerous tutorials and classes, both free and paid, to learn new things. Participants will learn all the possibilities that can find in this sense, as well as will encourage them to be active and take advantage of all the options, according to their hobbies and passions.

Course Goals:

- to learn what hobbies and passions are
- to understand the benefits of hobbies and passions for the psychological and physical health
- to learn about the relation between hobbies, passions and ICT
- to learn how to self-reflect about own's hobbies and passions

- to learn which hobbies and passions can fit with our interests and ideas
- to learn about the relation between hobbies, passions and ICT
- to learn different ICT resources to put their hobbies into practice
- to learn the main websites, software and apps to search for their interests
- to learn how to create a Youtube Channel with lists
- to learn how to use Google Maps
- to learn how to use Power Point

Learner Learning Outcomes:

Upon successful completion of this course, each learner will be able to:

- describe what hobbies and passions are
- describe the benefits for psychological and physical health of having hobbies and passions
- understand the relation with hobbies, passions and ICT, and how can they use ICT to foster their passions.
- self-reflect and describe own interests, hobbies and passions
- analyse and compare the results of a test with our own ideas
- use the smartphone to do tests
- use the smartphone to use interactive tools, like Jamboard
- recognize which ICT resources are more appropriate for their hobbies and passions
- use search engines for search relevant information
- use Youtube tools to search for tutorials and relevant information related with their hobbies and passions
- use Google maps
- use Power Point to present their ideas

Text, Materials, and Supplies:

Every learner will need to have access to a computer/laptop/notebook. It is also possible to use a tablet or smartphone. A web browser (Internet Explorer, Mozilla Firefox, Google Chrome) is required on the device. The device must be connected to the Internet and its speed must be sufficient for normal browsing. It is recommended to use a keyboard and mouse.

Starting point for understanding the physical and psychological benefits of hobbies

<https://www.psychreg.org/hobby-mental-health/>

<https://connecthealth.org.au/enews/pursuing-a-hobby-can-improve-your-mental-health/>

How to install a web browser [online]

<https://www.i60.cz/clanek/detail/17360/internet-a-vy-18-dil-jak-nainstalovat-internetovy-prohlizec-a-jak-pouzivat-klavesove-zkratky>

How to search on the Internet [online]

<https://www.jaknainternet.cz/page/1198/jak-hledat-na-internetu/>

How to use maps on the Internet [online]

<https://www.jaknainternet.cz/page/1238/jak-pouzivat-mapy-na-internetu/>

Power Point ideas and examples [online]

<https://www.briantracy.com/blog/business-success/16-powerpoint-presentation-tips-examples/>

5 creative hobbies that you can learn from home [online]

<https://www.youtube.com/watch?v=t8S9fsmIFcc>

Grading Policy:

To successfully complete the course, it is necessary to be part of the entire course and successfully complete all tests and quizzes.

Course Schedule:

Do I need a hobby? Introduction to hobbies and passions

/120 minutes/

Discovering one's hobbies and passions

/120 minutes/

Search for resources to putting our hobbies into practice

/120 minutes/