

Access to mental health support at ESPOL 2024

Psychological support service for members of the polytechnic community has carried out a total of 1355 interventions: 1251 interventions for students, 48 interventions for staff, and 56 interventions for professors.

Projects:

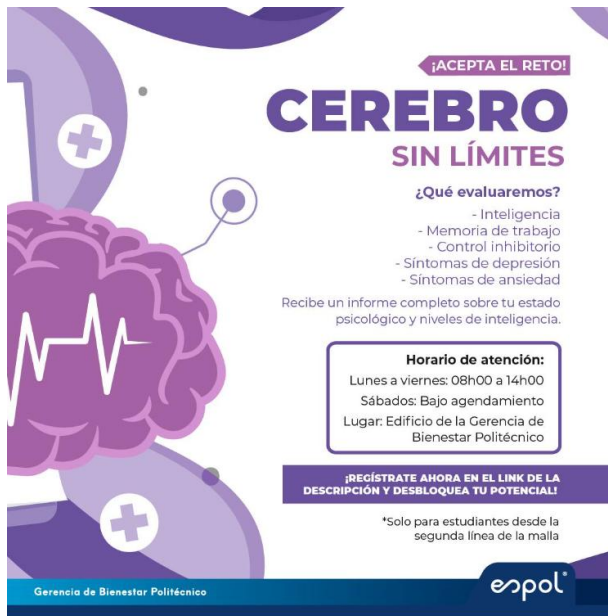
1.- Espol keepers: Psychologist Bryan Jauregui Ruiz, representative of the Department of Psychology, led the ESPOL KEEPERS project aims to promote mental health in the university community through continuous training on the detection and containment of psychological problems for volunteer professors, in addition to the development of a system of evaluation and alerts of mental health problems integrated into mobile applications for users and web platforms for psychologists.

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2.- Endeavor: The project “Endeavor” is a program to evaluate the intellectual coefficient in our community. We evaluated 154 students from July 2024 to December 2024, and 74 appointments for the next evaluations during de academic period 2025. GBP and CEIE have a study about the impact of depression on inhibition control, flexibility, and academic performance in college students of espol.

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3.- SIEPI: We are proud to announce the launch of the Intelligent Interuniversity Psychometric Assessment System (SIEPI), an innovative project that was born from our alliance Conectamos por ti. In collaboration with three prestigious universities, SIEPI will allow online psychometric assessments for our freshman students. Using this data, we will offer personalized resources that will positively impact your academic and personal life.

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4.- Screenplay Contest: As part of the activities of the ESPOL Fest Cinema, the psychology department together with Espol Cultural, carried out a script development contest with the theme of suicide prevention, where it sought through creativity the promotion of empathy, trust, active listening, leaving a message of respect, value and support.

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Community Education

Workshops:

Workshop: "Life Project"

The week of February 19 to 23, the departments of Social Work and Psychology developed a series of orientation and psychoeducational workshops aimed at Admissions students, among the workshops was the topic of the Life Project, a topic of vital importance for the development of students who aspire to a place in the undergraduate system. Since it allows them to rethink their aspirations in case they visualize that they are studying a different career or that their aspirations are different, this workshop was welcomed by 361 admissions students.

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Workshop: "Psychosocial preventive intervention in the process of adaptation to the University"

On March 13 and 14, in admissions, a workshop was given with the students whose objective was to provide tools to students aspiring to enter ESPOL, to promote self-knowledge about the areas that require improvement in their learning, developing appropriate study techniques and other strategies adapted to their ability. This workshop was attended by 333 admissions students.

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Workshop on Harassment Prevention and Conflict Resolution

On May 11, the workshop on harassment prevention and conflict resolution was given, in the recent talk aimed at security personnel, key strategies to prevent harassment and resolve conflicts effectively were discussed. The aim is to foster a safe and respectful environment for the entire polytechnic community.

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Workshop "Learning Techniques"

On March 13 and 14, a practical workshop was held in the Admissions Building as part of the project "PSYCHOSOCIAL PREVENTIVE INTERVENTION IN THE PROCESS OF ADAPTATION TO THE UNIVERSITY". The workshop, entitled "Learning Techniques", lasted one hour and was aimed at applicants in the current leveling group, the workshop was based on facilitating the adaptation of new university students through the implementation of preventive psychosocial strategies, promoting their emotional and social well-being, and strengthening their social skills.

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Workshop on addictions

The addiction workshop held on Thursday, May 30 was an educational event focused on highlighting the dangers of addictions. During the workshop, participants received information not only about the harmful effects of tobacco, alcohol and other drugs on health, both in the short and long term, but also about how addiction to many other things other than drugs is considered.

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Workshop: International Day against Drug Abuse and Illicit Trafficking.

On June 26, the International Day against Drug Abuse and Illicit Trafficking highlights the importance of improving mental well-being through healthy habits such as self-knowledge, which enhances self-esteem and resilience through daily reflection and the use of a journal; the ability to say no and set boundaries, which strengthens relationships and promotes assertiveness within students.



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Discussion: "Building bonds of support"

From July 23 to 25, a day of 12 workshops was held with the participation of 535 admissions students, where students explored in a dynamic and participatory way how to identify and build support ties with family members and professionals, fundamental for their cognitive, social and moral development.



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Workshop on "Burnout and Emotional Intelligence"

The Burnout and Emotional Intelligence Workshop was held at the Peñas campus where workers were taught strategies to recognize the signs of burnout and manage emotions to maintain a healthy balance between work and personal life, likewise, stress and anxiety control management techniques were provided.

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Workshop: "Managing emotions, prevention of burnout and emotional intelligence in hospital environments"

Nutrition students from the FCV, the workshop on Managing emotions, burnout prevention, and emotional intelligence in hospital environments was taught, so that students about to do

their internship have the necessary resources to be able to face the world of work in an environment such as the hospital through various participatory strategies and practical self-care exercises.

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Workshop on Labor Skills for Insertion into the Labor Market

The objective of this workshop is for participants to understand the importance of developing essential competencies for their incorporation into the world of work by focusing on hard skills, those demanded by the current market such as soft skills and leadership skills, in addition to addressing topics such as self-knowledge for the construction of their solid and effective professional identity.

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Fairs:

Open House on "Toxic Relationships in the Couple" in Admissions

On March 11 in the Admissions building, an open house was held with the theme of "toxic relationships in the couple", the objective of this psychoeducational workshop is that participants can recognize if they are in an emotional relationship as a couple, evaluate if it is a healthy relationship or a toxic relationship and if they are in a toxic relationship they can have strategies to improve their condition or take a better one decision, this workshop was welcomed by 168 admissions students.

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Open House on on "Toxic relationships in the couple" in undergraduate.

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Open House on "Sexuality and Mental Health" in Admissions

During this event, various topics related to human sexuality were addressed, from the demystification of misconceptions to the prevention of Sexually Transmitted Diseases, the use of Contraceptive Methods and the understanding of Sexual Problems. Through interactive group presentations and timely information on the subject and the participation of our strategic ally "Ecuadorian Red Cross"

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Open House: "Adapting to the University"

On July 23, the open house "Adapting to the University" was held as part of the project "Psychosocial preventive intervention in the process of adaptation to the university", which aimed to provide psycho-preventive strategies on topics such as Vocational Guidance, Life Project, Stress and Anxiety Management, Development of Interpersonal Skills and Responsible Sexting.

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Open House: Brain and Life

As part of the Endeavor project, the "Brain and Life" open house promoted awareness and knowledge about brain health and psychological health in the polytechnic community, with the participation of specialist companies in the area of mental health, as well as the participation of a medical laboratory, likewise, a 2024 intellectual skills competition was presented where participants lived an experience of healthy competition with a focus on health.

<https://www.instagram.com/p/C-ak3dpN9NZ/>



Open House "Day of Non-Violence Against Women"

Violence against women makes no distinction of age, race or social class. In our #25N open house, we discuss the different types of violence, how to spot its signs, and where to seek help. Together we can build a safer world.

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Open House "Eating Disorders"

On November 29 we participated in an Open House on Eating Disorders, focused on anorexia and bulimia. The activity was attended by psychology practitioners and nutrition students, who offered information on controlling the impulse to vomit and the importance of a balanced diet. The role of self-esteem and emotional support in the management of these disorders was highlighted. We are committed to promoting empathy and offering a safe space to learn and talk about these issues. Thank you to all attendees for their contribution to the success of the event.

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Open House for the International Day of Persons with Disabilities

On December 3 we held an Open House for the International Day of Persons with Disabilities, promoting inclusion, good treatment, and the use of positive language. The importance of using respectful language, encouraging good treatment, and recognizing talents beyond limitations was highlighted. We thank those who participated and collaborated in the construction of a more inclusive, empathetic, and respectful society. Inclusion starts with our daily words and actions.

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Talks:

STD and HPV Prevention Talk

The Department of Psychology collaborated with the Medical Department in the realization of the talk on STD and HPV prevention, in which the importance of mental health in the management of STDs and HPV and its contribution to the treatment process was socialized, as well as the importance in its prevention and the promotion of responsible sexual health.

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Anniversary of the Alliance "We Create for You"

Since its creation, this initiative has positively impacted the polytechnic community, promoting mental health care through academic and artistic activities aimed at students, teachers, and families. Together, we have strengthened a culture of prevention and support, helping to reduce the stigma around mental health.

<https://www.facebook.com/bienestar.espol/videos/3470488619921913>



Discussion on Rights and Responsibilities with ESPOL

More than 976 students of the leveling course (September 2024 - January 2025) participated in 10 workshops of the "Conversation on Rights and Responsibilities with ESPOL". Topics such as the theory of motivation and its impact on higher education, the learning pyramid from the perspectives of observer and actuator were addressed, and 5-time organization techniques were shared to improve student skills

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Meeting "SIEPI Project"

On August 20, the sixth meeting of the SIEPI mental health project was held, on this occasion the University of Guayaquil was the venue, where the preliminary results obtained from the surveys that were provided to the students of the universities that are part of the project were socialized, this within the framework of phase 2 of the project of great innovation in mental health.

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