

# MoEBIUS LAB

## “Erasmus Students’ Wellbeing”

14/10/2025 Photography Museum of Politecnico di Bari

A **free seminar**, open to the entire **foreign student community**, to explore and strengthen their **psychological, relational and academic wellbeing**. It will be an opportunity to get to know each other better, activate your resources, improve your performance and promote **personal growth**. The seminar will be led by Dr Costanzo Silvia, with the participation of Poliba psychologists dedicated to the **MoEBIUS Project**, Dr Annapina Mazzotta and Monica Lazzari.



### PROGRAM

#### 10.00 A.M.

Erasmus Students’ psychological needs

#### 10.05 A.M.

Presentation of the PROBEN MoEBIUS project to Erasmus students (objectives, activities and university counselling service)

#### 10.10 A.M.

Benefits of self-awareness and personal resources: resilience, coping strategies and stress management

#### 10.30 A.M.

Impact of emotions and motivations on academic performance

#### 10.50 A.M.

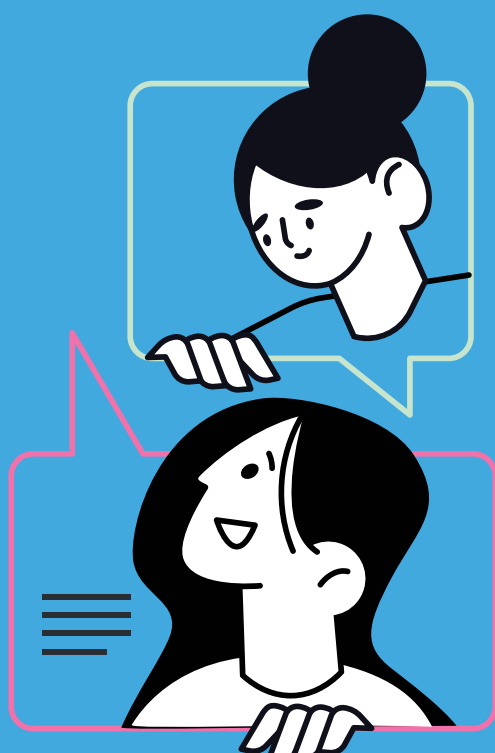
Interpersonal skills (components, factors that influence them, contexts of development)

#### h. 11.10 A.M.

The importance of lifestyle and physical wellbeing: promoting a healthy and balanced life through mind-body techniques

#### 11.30 A.M.

Feedback questionnaire and discussion



Register at [orientami.poliba.it](https://orientami.poliba.it) to participate.

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