



CERTIFICATE OF RECOGNITION

PK N 0204000/000698-25

THIS CERTIFICATE IS AWARDED TO

Vira Sikora

for participating in

THE INTERNATIONAL AUTUMN SCHOOL
***“Professional burnout of a higher education teacher:
best practices for overcoming it”***

02.10.2025 – 05.10.2025
(1 credit ECTS, 30 hours)

Learning outcomes:

1. Ability to identify key indicators of professional burnout, including cognitive, emotional, and behavioural manifestations.
2. Ability to apply contemporary methods of self-diagnosis and reflection, particularly through the use of emotional state journals, development maps, and pedagogical analytic tools for monitoring one's professional well-being.
3. Ability to implement effective strategies for the prevention of burnout, encompassing digital tools, gamified exercises, simulation-based scenarios, as well as collegial support mechanisms and ethical self-preservation practices.
4. Competence in integrating principles of emotional intelligence and adaptive teaching into daily educational practice, thereby fostering a healthy and supportive academic environment.
5. Skills in designing institutional support programs for educators, informed by international best practices, interdisciplinary approaches, and the principles of sustainable development within the academic community.
6. Capacity for critical reflection on one's professional trajectory, particularly through acmeological and reflexive practices that promote professional development and sustain intrinsic motivation.

Vice-Rector

Chair of the Department of Pedagogy and
Innovative Education



Oleh KARYY

Tetiana HOROKHIVSKA

