



**ATHENS COLLEGE**

Hellenic-American Educational Foundation

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## 22<sup>nd</sup> Annual TESOL Greece - Athens College Event



### ***Fostering Mindfulness for an Intercultural World***

**Plenary Speaker:** Dimitris Primalis

#### **Athens College Presenters**

*Tasoula Asimakopoulou*

*Anika Devotta*

*Eleni Golemi*

*Elena Paraschopoulou*

#### **TESOL Greece Presenters**

*Eftychis Kantarakis*

*Effie Kyrikakis*

*Efi Tzouri*

February 4, 2024

10:20 - 15:00

*Registration starts at: 09:30*

*Athens College campus  
Stefanou Delta 15, Psychico  
Benakeio Building*

***Entrance is free to TESOL Greece members***

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- ❖ 09:30 - 10:10 Registration
- ❖ 10:20 - 10:30 Opening Remarks
- ❖ 10:30 - 11:20 Plenary Presentation

### ***A Teacher's Path in the Age of AI***

#### **Plenary Speaker: Dimitris Primalis**

Choremi Hall, 10:30 - 11:20

**Summary:** After November 2022, there is only one certainty: our teaching will never be the same again. AI has taken education by storm across the board. Are teachers about to be gradually displaced and eventually replaced by AI? Can educators harness AI's power to the benefit of the learners? Is there room for pedagogy and mindfulness in today's digitised world and classrooms?

**Dimitris Primalis:** EFL teacher, teacher trainer, Microsoft Innovative Educator Fellow, Elementary and Kindergarten EFL Coordinator at Doukas School.

- ❖ 11:30 - 12:15 1<sup>st</sup> Session

### ***Mindfulness in the Classroom: Weaving Cultures, Nurturing Minds***

#### **Presenter: Elena Paraschopoulou (Psychico College)**

Room 321, 11:30 - 12:15

**Summary:** In this workshop, we will explore the significance of integrating multicultural mindfulness practices into teaching methods. The workshop will delve into practical strategies for incorporating mindfulness into lesson plans, emphasizing how these practices can enhance students' cultural awareness and sensitivity and foster open communication in the classroom. Additionally, hands-on collaborative activities will empower teachers to actively apply these principles. Through weaving together diverse cultural elements, we can contribute to a more inclusive and enriching learning environment.

**Elena Paraschopoulou** holds a BA in English Language and Linguistics from the University of Sheffield and a M.Ed. from the Hellenic Open University. She is an English Language Teacher at Psychico College Elementary School.

### ***Embracing the AI Revolution: Navigating Educators' Emotional Journey***

#### **Presenter: Effie Kyriakakis (TESOL Greece)**

Choremi Hall, 11:30 - 12:15

As AI technologies continue to transform the educational landscape, educators may experience a range of emotions, including excitement, uncertainty, and even anxiety.

This workshop aims to create a safe, supportive space for educators to explore their emotional journey in relation to AI integration, gaining insights and managing their emotions towards AI, while they maintain a sense of purpose, foster emotional well-being, and nurture a positive mindset.

By the end of this workshop, educators will feel empowered to embrace their new roles as coaches who support students to thrive as global citizens.

**Effie Kyrikakis** is a global educator, mentor of women educators and founder of the evidence-based, cognitive-behavioural frameworks NeuroLearningPower® and NLPowerKids® that empowers women educators and their students to thrive.

❖ **12:15 - 12:25 Coffee Break**

❖ **12:30 - 13:15 2<sup>nd</sup> Session**

***Your Story, My Story, Our Story***

**Integrated Intercultural Literary Pedagogy (IILP): A Vehicle to Self-Exploration and Understanding of Otherness**

**Presenter:** **Eleni Golemi** (*Psychico College*)

Room 321, 12:30 - 13:15

**Summary:** Studying literary texts plays a pivotal role in promoting self-awareness and intercultural understanding. Literature serves as a mirror reflecting diverse human experiences, fostering introspection and empathy. By delving into characters and narratives from various cultures, students gain insights into different perspectives, values and societal nuances. This exposure cultivates a heightened sense of self by encouraging individuals to question their assumptions and broaden their world view. Furthermore, literary exploration nurtures intercultural understanding, breaking down barriers by illustrating the common threads of human emotion and experience that transcend cultural boundaries. In essence, the study of literary texts becomes a powerful tool for fostering empathy, enhancing self-reflection, and fostering a more interconnected and harmonious global society. In this workshop, we will follow Junior High School students on their journey to mindfulness and intercultural understanding through the study of the novel “The Silver Sword” by Ian Serraillier.

**Eleni Golemi** holds a BA from the University of Athens, School of Philosophy, Department of English Language and Literature with a major in Literature and an MA in Philosophy from the University of Peloponnese, Department of Political Science and International Relations. She is an English Language Teacher at Psychico Junior High School and Head of the Junior High English Department.

***Through Their Eyes: Cultivating Mindfulness in Students through Refugee Documentaries***

**Presenter:** **Efi Tzouri** (*TESOL Greece*)

Choremi Hall, 12:30 - 13:15

**Summary:** This presentation explores the transformative power of mindfulness through refugee documentaries. It aims at delving into the emotional and empathetic impact of these films on students through fostering awareness, reflection, and gratitude. The core concept is to discover how engaging with the stories of refugees builds mindfulness, encouraging students to be present, compassionate, and socially responsible in an interconnected world.

**Efi Tzouri** is an EFL teacher, currently teaching to young learners at a State Primary School in Athens, Greece.

❖ **13:15 - 14:10 Lunch Break & TESOL Greece Pitta Cutting**

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❖ **14:15 - 15:00 3<sup>rd</sup> Session**

***Poetry: Reflections and Connections for an Intercultural World***

**Presenters:**

**Tasoula Asimakopoulou** (*Athens College*)

**Anika Devotta** (Fulbright Fellow at Athens College)

Room 321, 14:15 - 15:00

**Summary:** In this presentation we will be exploring how mindfulness for an intercultural world can be fostered through the study of poetry. Through the analysis of different poems in the classroom, focusing on language, author's context, the socio-historical context of production, and the reader's context of reception, students can develop a critical stance, become mindful about attending to diverse perspectives, and draw powerful connections.

**Tasoula Asimakopoulou** holds a BA in English Language and Literature from the National and Kapodistrian University of Athens, and an MA in English Literary Studies from the University of York. She has been teaching English at Athens College Junior High School and High School since 2017.

**Anika Devotta** is a Fulbright Fellow at Athens College High School. She is from Delaware, US and holds a BA in Criminal Justice and Sociology from the University of Delaware with professional experience in nonprofit education.

***Social & Emotional Learning towards SDGs in ELT***

**Presenter:** **Eftychis Kantarakis** (*TESOL Greece*)

Choremi Hall, 14:15 - 15:00

**Summary:** Education does not change the world. Education changes people. People change the world (Paulo Freire). The principles of SEL can shape the way we teach in ELT. But can they change the world? In this talk we will ponder how SEL can also be used towards achieving UN Sustainable Development Goals and making a difference in our world. Existing exciting projects towards that will also be discussed.

**Eftychis Kantarakis:** RSA Dip., MBA, Teacher, Sales Manager NGL Greece and Cyprus, Teacher Trainer EMEA, TESOL Greece advocate.