



UpToYou, a different way of thinking and educating

Nº1. year 2016 -17

Emotions, a springboard for personal growth



"The year comes to an end at UpToYou. For me it has been a life experience; more than fifty people, most of them strangers and yet sharing something as beautiful and deep as emotions. We have laughed, we have suffered from tiredness, confrontation, we have shared the joy of discovering the roots of the person, as well as the joy that comes from facing oneself, one's reality, even if it may feel painful sometimes. But the main feeling this experience has awaken in me is gratitude. It has helped me stopped to appreciate everyday details, value the person I have next to me, dismiss the judgement and replace it with the word reconciliation. "

Teruca. Valencia

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UpToYou is a non-profit foundation of social interest, aimed at renewing or rekindling education through emotional education, understanding it as the key for interpersonal relationships. Tha is why, **UpToYou** is not only limited to the academic environment, but it is also valid for families, institutions, businesses and people of all ages.

+ info: www.uptoyoueducacion.com

Dear educators who are worried about doing the right thing with your children and students,

UpToYou is having a great response and we are very pleased. The project was conceived to do good and, even though there is still a long way to an exhaustive development, everything seems to indicate that we are on the right path. The project was born with a focus on education for teenagers and has now broadened its original vision. Toddlers, children, universities, young people, adults and elders, people of all ages are becoming direct or indirect recipients of it through their educators. Both in the academic and extracurricular environment. But also in a level of personal, psychological and clinical accompaniment or as a process of personal growth. A report on our international journey is presented below.

We hope to be a useful tool to transform education through emotional education.

We will happily answer any petition or comment you wish to make. We are always at your service at our website.

Kind regards,

José Víctor Orón Semper sch.p.
Grupo Mente-Cerebro (ICS) Universidad de Navarra
Director de **UpToYou**



Testimonies

“My experience with UpToYou has been crucial for my personal growth. No recipes are given, but a profound change in the mentality to develop people’s education, not only for children or teenagers, but even adults, from a comprehensive approach”

Débora, mother and PhD student. (Pamplona)



“For me what stood out the most was that emotional education is understood from the perspective of the person; not from external factors, but starting from the person and really trusting on their personal growth. That’s way, real life in a society and interpersonal encounters are so important.”

Miriam, student of a Master’s degree on Secondary Education (Pamplona).



"For me this training has meant the opportunity to improve personal relationships with my family, friends and workmates."
Charo, mother and teacher. (Valencia)

"I could describe this UpToYou training in many different ways: new, interesting, surprising, intuitive, but above all, it is intense. It makes you look inside yourself for all those emotions that are a little bit hidden and pull them outside to be able to learn from them and grow as a person. "
Raquel, mother. (Valencia)

"... in my view the adjective that describes it better is REVEALING, since it opens your eyes to questions that you may have asked yourself, as well as questions you may have never thought of, related to yourself as well as the educational environment".
Vicente, father and builder. (Valencia)

**You can find the complete testimonies at
www.uptoyoueducacion.com**





University of Navarra has signed an agreement with ScholasOccurrentes, offering UpToYou as an educational tool

About Scholas

Scholas Occurrentes is an initiative, aimed at young people in the world, which has its origin in the City of Buenos Aires in 2001, when Jorge Bergoglio was Archbishop. It was initially conceived under the name of “Escuela de Vecinos” (“School of Neighbours”) and “Hermandad de Escuelas” (Sister Schools) integrating public school students and private ones, of all religions with the goal of educating young people in the commitment for the common good.

Scholas is an international organization of public good non-profit driven by Pope Francis, which works with schools and educational communities both public and private, of all religious and secular confessions to restore an educational pact. As an organization inside civil society it seeks the commitment of all stakeholders to implement the culture of peace through education.

+info: <http://web.scholasoccurrentes.org>

What does the agreement imply?

UpToYou will be presented at the Jerusalem congress as an educational tool to every school and university attending

Activities Cameroon

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UpToYou training in Piarists Schools



For 10 days in February and 20 days in September **UpToYou** has been running training courses at some cities in Cameroon. Mainly in Bamenda, Kumbo and Yaunde. The course was attended by 45 teachers from Bamenda and around 60 seminarians from the Order of the Pious Schools. The enthusiasm and interest shown bring us great joy; it shows their commitment to life and children. Here are some pictures of those days.



Activities

Spain

Presenting UpToYou to Catholic Schools in Navarra

The Federation of Catholic Schools of Navarra organized an **UpToYou** training. Three Navarrese centers attended the training in November 2017.

Throughout three days of training the attendees were able to correctly conceptualize what emotion is and therefore, emotional education. They discovered the different ways education can be understood, and lastly they understood all the elements that converge on emotions.

Some of the concepts discussed at this training were: foundations, distinction among different models of emotional education and examples of educational intervention.





UpToYou training educators in Valencia (Spain)

The first **UpToYou** training took place last February 19th in Valencia. It was addressed to teachers, educators, parents, catechists and people over 18 years old.

The attendees were able to listen, understand and work on the main goals of the program: allowing the person to go on a personal growth journey whose first step is accepting reality itself, which is discovered through their emotional situation.

Over several days, during the months of January and February, in sessions from Friday to Sunday, the 54 participants could enjoy **UpToYou**.



Activities Spain

Navarra holds a very successful UpToYou training



Around 50 people from different schools, institutions, mothers, fathers and young people of all ages are attending an **UpToYou** training in Navarra which will take place throughout several weekends in the months of May and June.

The project, which has been made possible thanks to several entities (Foro Europeo, Concapa, ICS University of Navarra, Asociación Navarra de Familias Numerosas and Fundación Caja Navarra), has turned out very successful.

As it is part of the program, other than assisting the sessions, the participants will have to find short moments during the week to work on their own.



UpToYou with the Poor Clares

A total of 9 days between May 17th and June 16th, 27 nuns gathered in Belorado (Burgos) to attend the UpToYou training.

Coming from their monasteries in Belorado, Derio, Arnedo, Castrojeriz, Borja and Gernika, the nuns, of ages between 25 to 40 years old, completed the UpToYou training as part of their personal training, since we all need to learn about our emotions.



Activities

Mexico

UpToYou on a tour through several cities and universities

There were many places where **UpToYou** left its mark this past March. As part of a five weeks academic stay, **UpToYou** stopped at Puebla, Aguascalientes, Veracruz and Queretaro.

The main destination this time was the university of Puebla Universidad Popular Autónoma del Estado de Puebla (UPAEP).

The main reason for this stay at UPAEP was the opening of a line of research on emotional education similar to that of **UpToYou**. If everything goes according to plan, this work will result in a partnership program between UNAV (University of Navarra) and the UPAEP.

During his time there, the director of **UpToYou**, José Víctor Orón, explained that emotions are an effect of the complexity of humans' life, therefore they can no longer be considered haphazard but they become logical, though complex, while they provide information of one's personal state. He asserted that he has observed a worldwide tendency to make education more and more technical; the key to the student's success is to obtain good qualifications. In addition, he presented the philosophical, neuroscientific and psychological foundations of the different proposals on emotional education.





During the weekends **UpToYou** team visited other universities in Mexico. Thanks to the initiative of the Department of Humanities at Cristobal Colón University (Veracruz), **UpToYou** presented the conference: “Emotional education in the educational process”. The goal was to set general strategies to be implemented by teachers in order to promote the development of emotional education among university students.

The conference was presented in two encounters. Firstly it was presented to academics from the Department of Education Sciences and Psychology, alongside tutors from other Bachelor degrees at Cristobal Colón University. Secondly the conference was shared with a bigger audience, including Colegio Colón, Colegio Calasancio Nuevo Veracruz and Escuela Calasanz. At a meeting with the dean it was discussed the possibility to reach an agreement between Cristobal Colón and UNAV (University of Navarra) for the development of **UpToYou**.

Another visit was paid to the Universidad Panamericana's headquarters in Aguascalientes. The foundations of **UpToYou** were also introduced to students from the psychology and pedagogy degree at a lunch meeting with interested professors, as well as at a dinner meeting with students of the last year of the psychology degree.

Finally, the program was presented at the research center CISAV in Querétaro.

Activities

Brazil

UpToYou training educators in Cachoeira Paulista – Unidades sociais

During the days the training took place, we were able to clarify many terms were, share some experiences and above all, encourage person growth. **UpToYou** team landed in Cachoeira Paulista (Brazil) last January 18th to develop the training for a total of 25 social educators and 50 teachers all belonging to the institution Canção Nova.

The team of social educators received a 21 hours training course from January 23rd to 27th, divided into several morning and afternoon sessions. The work carried out continued the one which started in January 2016 with a similar format. With this second part, educators have already completed modules 1 and 2 of the **UpToYou** training.

Due to the success and good results that came out of the experience, it anticipated that for the next academic year 2017/2018 the social educators will apply the **UpToYou** program not only on their students but also on themselves, since it is a great opportunity to revisit and renew the relationships with the student.



UpToYou training educators in Cachoeira Paulista – Institute

At its second stay in Cachoeira Paulista **UpToYou** organized a training for 50 teachers of the Canção Nova Institute. The whole group was able to enjoy an interesting training from January 18th to January 20th in morning and afternoon sessions. These sessions have also continued the ones which conducted with a similar format in January 2016.

They have been a few days of great work, in which we shared experiences, concepts, and new ways of understanding teaching.

Due to the good results, it was decided that the teachers will apply the program on themselves to start a process to renew their educative approach.



Activities

Congresses

UpToYou with the centre for Philosophy for Children

Next June 28th, throughout several days, the program Philosophy for Children will hold an International Congress in which **UpToYou** will be introduced and we will study how both program can help improve each other.

Philosophy for Children is a non-profit organization whose aim is to contribute with its activity to renewing and perfecting education throughout life, both in a formal and an informal environment, emphasizing the development of the ability to think by one's self within a community of philosophical research.

All their training and educative actions have one main goal, contributing to the development of more critical, reasoning and democratic people, encouraging the necessary skills for an autonomous thinking which learns to reflect in a constant dialogue with others in a community of philosophical research. The synergy created from merging both projects, FpN and **UpToYou**, could be really interesting and fruitful.



Activities

Congresses

Presenting UpToYou at the International Congress of Scholas Occurrentes. Israel. (Jerusalem)

The presentation will take place next June. Last March ‘**Scholas Occurrentes- UpToYou**’ signed an agreement which will promote actions aimed at the education for peace, inclusion, emotional education, social integration and training in values. The Culture and Society Institute (ICS), a research center in the humanities and social sciences of the University of Navarra and the Scholas Occurrentes Foundation, have signed the agreement, which aims to search for peace; The promotion of diversity, dialogue, respect and cooperation, as well as the development of virtuous life and integral maturation in children and young people. It hopes to promote the culture of the meeting.

Scholas Ocurrentes was born in the city of Buenos Aires in 2001, thanks to the initiative of the Archbishop Jorge Bergoglio, now Pope Francis. Scholas works for the creation of a network among Universities, Schools and educational communities, both public and private, of all religious and secular confessions. It is with great excitement that we will introduce a different way of thinking and educating.



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JUNTOS?**





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