



MICRO-CREDENTIAL SYLLABUS

Mentor-AI: Mental Health, Psychology of Management and International Communication

Institution: National University of Life and Environmental Sciences of Ukraine (NUBIP of Ukraine or NULES of Ukraine)

Type: Micro-Credential (Continuing Professional Development)

Credits: 2 ECTS (60 hours)

Format: Blended learning (online sessions, workshops, independent learning)

Languages of instruction: English / Ukrainian

EQF Level: Level 7

Target Group

University educators, psychologists, educational managers, social science lecturers, specialists in inclusive education, and academic staff involved in mentoring, leadership development, intercultural communication, and digital transformation in higher education.

Course Description

The micro-credential course aims to develop interdisciplinary competences in mental health support, psychology of management, academic leadership, and international communication for educators working in digitally transformed and internationalised higher education environments.

The course responds to the growing challenges of digital transformation, internationalisation of higher education, psychological well-being, inclusive education, and the need for sustainable academic leadership in contemporary educational environments. The programme combines psychological, pedagogical, managerial, and technological approaches to support educators working in multicultural and digitally enhanced learning settings.

The MENTOR-AI initiative contributes to strengthening the internationalisation capacity of Ukrainian higher education institutions by equipping academic staff with competences in academic management and leadership, mental health support with AI-assistive tools, international academic collaboration and micro-credential design aligned with European standards. It follows key European policy frameworks, including the European Credit Transfer and Accumulation System (ECTS), the European Qualifications Framework (EQF), and the Standards and Guidelines for Quality Assurance in the European Higher Education Area (ESG) and NAQA requirements.



Learning Outcomes

Participants who successfully complete the course will be able to:

- Apply principles of mental health support and psychological well-being in educational environments.
- Integrate AI-supported assistive technologies ethically into mentoring and teaching practices.
- Apply psychology of management and leadership approaches in academic contexts.
- Use motivational and team-building strategies in educational interaction.
- Communicate effectively in multilingual and multicultural academic environments.
- Develop inclusive educational interaction based on Universal Design for Learning (UDL).
- Apply reflective and ethical decision-making in mentoring and educational leadership.
- Design practical mentoring strategies and communication models for higher education institutions.

Course Structure

Module 1. Mentor-AI: Mental Health and Digital Assistive Technologies

Workload: 24 hours (Classroom: 8h, Distance learning: 8h, Independent study: 8h)

Topics:

- Digital Assistive and AI Tools for Psychological Support: Transforming Mental Healthcare
- International Universal Design for Learning (UDL) and Inclusive Education
- Inclusive education and assistive technologies for students with SEN
- Categories of students with special educational needs (SEN) and assistive technologies (AT)

Module 2. Psychology of Management and Academic Leadership

Workload: 18 hours (Classroom: 4h, Distance learning: 8h, Independent study: 6h)

Topics:

- Management as a Psychological and Social Process
- Management functions, Leadership Styles and Academic Leadership
- Motivation and Team Building in Education
- Conflict Prevention and Decision-Making

Module 3. International Communication and Academic Mentorship

Workload: 18 hours (Classroom: 4h, Distance learning: 8h, Independent study: 6h)

Topics:

- Professional Managerial and intercultural communication in academic settings
- Communication style and strategy for Mentorship and Teamwork
- Communication Concept and types of Self-Presentation
- International Academic Collaboration, project networking and Mobility in multilingual academic environments



Assessment

Final Portfolio (10 hours)

Final Portfolio.

Participants prepare a portfolio demonstrating the application of course knowledge and practical competences in:

- mental health support and AI-assisted mentoring;
- psychology of management and academic leadership;
- international communication and academic mentorship.

Reflective assignments and case analysis.

Workload Distribution

Activity	Hours
Classroom learning	16
Distance learning	24
Independent study	20
Total	60 hours (2 ECTS)

Detailed Schedule

Synchronous and asynchronous activities are organised in blended/online format during the 5–8 week study period.

Synchronous phase (September–October 2026)

Total synchronous workload: 42 hours (lectures and workshops).

Date	Module	Topics	Duration	Format
1 September	Module 1	Digital Assistive and AI Tools for Psychological Support: Transforming Mental Healthcare	4 hours	Classroom Lecture
3 September	Module 1	International Universal Design for Learning (UDL) and Inclusive Education	4 hours	Classroom Workshop
8 September	Module 1	Inclusive education and assistive technologies for students with SEN	4 hours	Distance Learning
10 September	Module 1	Categories of students with special educational needs (SEN) and assistive technologies (AT)	4 hours	Distance Learning



15 September	Module 2	Management as a Psychological and Social Process	2 hours	Classroom Lecture
17 September	Module 2	Management functions, Leadership Styles and Academic Leadership	2 hours	Classroom Workshop
22 September	Module 2	Motivation and Team Building in Education	4 hours	Distance Learning
24 September	Module 2	Conflict Prevention and Decision-Making	4 hours	Distance Learning
29 September	Module 3	Professional Managerial and intercultural communication in academic settings	2 hours	Classroom Lecture
1 October	Module 3	Communication style and strategy for Mentorship and Teamwork	2 hours	Classroom Workshop
6 October	Module 3	Communication Concept and types of Self-Presentation	4 hours	Distance Learning
8 October	Module 3	International Academic Collaboration, project networking and Mobility in multilingual academic environments	4 hours	Distance Learning

Asynchronous phase (October 2026)

Independent study, reflective assignments, portfolio preparation, and applied mini-project.

Total asynchronous workload: 20 hours (independent study and final assessment).

Period	Activity	Duration	Output
1–10 October	Independent study and literature review	8 hours	Reflective assignments
1–25 October	Portfolio preparation and applied tasks	10 hours	Portfolio submission
20–30 October	Final self-assessment and reflection	2 hours	Final reflective report

Portfolio submission deadline: determined by the institution.

Feedback period: within one week after submission.

Requirements for the Final Portfolio

The final portfolio is the main form of assessment and demonstrates the participant's practical application of the course materials.

Total volume: up to 10–15 pages.

Language: English or Ukrainian.

Submission format: one PDF file.

The portfolio should include:



1. Mentorship or Support Plan

An integrated practical component that combines:

- mentoring or mental health support strategies;
- Digital Assistive and AI-supported teaching or communication tools;
- elements of academic leadership, psychology of management, intercultural communication, bilingual teaching, or international collaboration.

The plan should include:

- objectives,
- target audience,
- selected digital/AI tools,
- implementation steps,
- expected outcomes,
- and ethical or inclusive considerations.

2. Reflective Self-Assessment

Short reflection on acquired competences, professional development, intercultural skills, and future application of the course outcomes.

3. Optional Appendices

Presentations, lesson materials, screenshots, links to digital tools, certificates, workshop materials, or additional supporting resources.

The portfolio should demonstrate understanding of internationalisation, inclusion, digital assistive AI innovation. All portfolio components must be logically connected and focused on improving mentoring, communication, leadership, inclusion, and psychological support practices in higher education.

Teaching and Learning Methods

The programme combines synchronous and asynchronous learning activities and includes:

- interactive lectures and workshops;
- case studies and simulations;
- AI-assisted learning activities;
- collaborative group work;
- reflective practice;
- portfolio development;
- online mentoring sessions;
- independent study and literature review.

Digital Learning Environment

Resource	Description
Video conferencing	Zoom / Google Meet
Learning platform	Moodle / Google Classroom
Digital collaboration	Google Docs, Slides, Forms
Asynchronous access	Recorded lectures and digital materials
AI-supported tools	Assistive AI tools for mentoring, communication, reflection and inclusive learning



Certification

Participants who complete the course receive a 'Micro-Credential Certificate (2 ECTS): "Mentor-AI: Mental Health, Psychology of Management and International Communication" issued by National University of Life and Environmental Sciences of Ukraine (NUBIP of Ukraine or NULES of Ukraine).

Expected Impact

- Strengthened competences in academic mentoring and mental health support.
- Improved academic leadership and people-centred management practices.
- Increased capacity for inclusive and psychologically safe education.
- Ethical integration of AI-supported assistive technologies into educational practice.
- Enhanced international and intercultural communication competences.
- Development of sustainable mentoring and academic collaboration practices.

References

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