

JÁNOS SELYE COLLEGE'S (ME ETK)
training program

The general aim of the training program

The János Selye College aims to serve as a distinguished talent development center for students that are enrolled in full-time and part-time undergraduate, master's, and advanced training programs at the Faculty of Health Sciences of the University of Miskolc.

Our college offers a training program designed for talented students who are deeply committed to their future profession. This program provides guidance and motivation for initiating successful scientific research and publication, enhances individual skills and competencies, develops creativity, and helps students understand key aspects of effective teamwork, self-management, and career development.

However, the program goes beyond individual development. In addition to strengthening students' social skills, it supports the building of their professional networks and fosters a sense of community among members. The goal is for students to see one another not only as colleagues but also as teammates and friends, forming bonds that goes beyond professional collaboration.

The methods of implementing the training program

We aim to achieve the training objectives listed above through the following programs, which require both group and individual activities:

- The **first pillar** of talent development in the college is *an advanced-level education that goes beyond the university curriculum, supplementing and deepening university coursework*. In addition to providing extensive and high-level professional knowledge, it introduces students to modern research trends both in Hungary and internationally. The content and methodology of these professional programs align with their respective scientific fields and are largely based on the training provided in various degree programs. These programs primarily take the form of guest lectures, thematic lecture series by renowned Hungarian researchers and professionals, and are further enriched by inviting international experts. Additionally, study trips complement these academic programs by offering valuable practical experiences. Our long term goal is to increase the presence of foreign language professional

programs and courses in the training program, significantly improving students' technical language proficiency, writing, and speaking skills.

- The **second pillar** is the *independent research under supervision of a mentor* and aligned with one of the Faculty's or University's research groups. This allows students, based on their personal interests, to partake in faculty research initiatives even during their studies. This experience provides a professional community, opportunities of networking, and publication possibilities while also contributing to the continuity of research groups.

The members of the college receive mentorship from university affiliated professionals (usually full-time faculty), with whom they meet weekly for at least one hour throughout the semester for individual or group consultations regarding their research progress. External consultants, workplace supervisors or other recognized professionals may also be involved when necessary.

Research groups are coordinated by a research group leader (see below), who represents the group in the General Assembly and Council. Admission to these research groups follows a formal application process, initiated by the research group leader, with input from relevant institute heads, depending on the topic.

Currently, two research groups operate within the Faculty, primarily conducting research in theoretical and applied health sciences:

1. Research group name: Research Group on Health Behaviour Studies
Leader: Dr. Emőke Kiss-Tóth, Dean
 2. Research group name: Research Group on Physiotherapy, Recreation, and Human Physiology Studies
Leader: Dr. Eleonóra Juhász, Head of the Institute of Applied Health Sciences
- The **third pillar** supports *personal growth through various training opportunities*, such as:
 - Self-awareness training and exploration of individual abilities
 - Enhancing learning effectiveness based on personal aptitudes
 - Time management training
 - Life coaching
 - Advanced IT skills training
 - Presentation techniques adapted to individual capabilities

- CV writing and job interview preparation
- Language skill development

College students can choose from these opportunities based on their needs, and the selection of experts will be determined by current demand.

- The **fourth pillar** of the program means *camps and community activities*. Camps play an integral role in the College's life. The biannual College camp helps team building and integrating new members while also offering relevant academic programs. Additionally, in line with social responsibility efforts, College members are expected to actively organize and participate in charitable events and programs designed for high-school and primary-school students. These initiatives contribute to early talent development and support the recruitment of future university students.

The academic structure of the College

The College's events and annual program are developed by the designated academic coordinator by 1st of September each year, based on recommendations from research group leaders and institute heads. The General Assembly approves the program by 15th of September.

By the 15th of July each year, the academic coordinator submits a report to the Dean of the Faculty of Health Sciences on the professional activities conducted during the academic year.

The evaluation system of the College's activities

Indicators

- Number of awarded academic scholarships (e.g. National Higher Education Scholarship (Nemzeti Felsőoktatási), New National Excellence Program (Új Nemzeti Kiválósági Program, Erasmus, etc.)
- Number of professional recognitions (student awards or other)
- Achievements in competitions (e.g. Scientific Student Conference (TDK), National Scientific Student Conference (OTDK), TDV, and other professional contests)
- Number of publications and conference presentations
- Number of events and programs related to social innovation

Obligations

- Students participating in research groups must present their progress in a public academic presentation at the end of each semester to their research group leaders. They must also publish their findings in a format recommended by their academic supervisor (e.g. TDK thesis, academic conferences, journal articles, or professional forums)
- College students are required to participate in the TDK or other academic competitions.
- Senior students (members for at least two years) must prepare at least one written publication or conference presentation annually under the guidance of a mentor.
- Students involved in professional programs must complete different academic requirements (e.g. written assignments, oral presentations, case analysis, practical tasks) each semester, as determined and assessed by the designated academic coordinator.
- Participation in faculty events organized for social responsibility is mandatory for College members.