

Enhancing Well-being, Learning, Societal Engagement, and Research Skills through Student-led Interventions at a Major Public University in Kosovo

Zamira Hyseni Duraku, University of Prishtina, Kosovë

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European Quality Assurance Forum #EQAF
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The Outcomes of Mutual Support Groups on Students' Well-being and Learning: Insights from the COVID-19 Pandemic

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Zamira Hyseni Duraku, Jon Konjufca, Era Hamiti, Tiba Bajmaku



2

The Outcomes of Mutual Support Groups on Higher Education Students' Well-Being, Study Skills, Career Confidence, and Attitudes Toward Psychological Support

Zamira Hyseni Duraku, Liridona Jemini Gashi, **Artë Blakaj**, **Viola Greiçevci**, **Vali Ibrahim**,
Fisnik Eger, **Donarta Uka**, **Rrezarta Vllasaliu**, **Adea Dobra**, and **Rajma Bernolli**

3

**The Influence of a Service-learning Program on Psychology
Students' Attitudes Toward Disabilities, Community
Engagement, Self-Efficacy, and Volunteerism**

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Zamira Hyseni Duraku, **Mirjeta Nagavici**

A photograph of a student with long brown hair sleeping at a desk. In the foreground, a hand holds a piece of cardboard with the word 'HELP' written in red. To the left is a white alarm clock showing approximately 12:10. To the right is a stack of books. The background shows a blurred bookshelf.

4

Reducing STEM test anxiety through classroom mindfulness training for **lower secondary school children**: a pilot study

Zamira Hyseni Duraku, Jon Konjufca, Linda Hoxha, **Artë Blakaj, Blerinë Bytyqi, Erona Mjekiqi, and Shkurtë Bajgora**

5

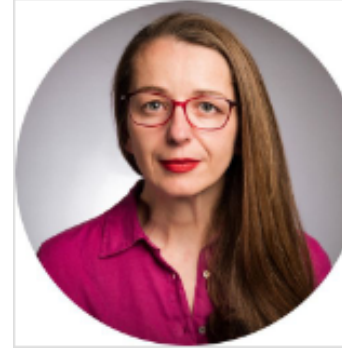
Effects of a CBT-Based Anxiety Toolbox Workshop on Test Anxiety,
Study Skills, and Emotional Regulation among **High School**
Students in Kosovo: A Pilot Study

Zamira H. Duraku, **Dardana Fetahu**, Jon Konjufca,
Fatime Rahmani Shkurtë Bajgora



- **Personal and Social Growth**
- **Professional Development**
- **Academic and Research Skills**





Zamira Hyseni Duraku

Zamira HYSENI DURAKU, Professor (Associate) |
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