

Emotional and Social Resilience Training in ZSł

YouNG Goes Further

Marta Gołuch –ZSł School Counsellor

The group - specifics

- In the beginning - 11 students
- from 5 different classes –first and second grades (17/18 years old)
- 4 girls and 7 boys.
- After the second meeting one girl has resigned from participating.

Special educational needs

- In the group there are:
 - 5 students with dyslexia,
 - 1 with attention deficit disorder,
 - 2 with social/material problems,
 - 2 students at risk of school failure due to numerous absences and/or poor grades
 - 5 with problems with relationships / social relations.
- almost every student has problems with self-esteem and self-confidence.

Motivation



Subjects

- Most meetings - based on the plan created by Jackie

- Some modifications:
 - focus more on relationships and self-esteem issues
 - some issues connected with coping with stress – we made some relaxation exercises.
 - individual meeting with each student to find out their strenghts and make them more aware of them

Problems:

- the biggest problem: arranging the time of meetings which would be suitable for everyone



- presence on classes
 - Only at the very first meeting 10 people were present, during the next there was never 100% attendance
 - Some students had other things to do at that time, somebody was ill, somebody went somewhere for the weekend or go for a school outing.
 - As a result during the meetings there were usually 8-9 students.

Problems with the target group:

- lack of the motivation to participate in this kind of self-developing workshop
- problem with expressing themselves on the group forum
- situation in Polish schools in April - we lost all the month of opportunities to meet
 - Consequences:
 - long breaks between classes
 - up till now the classes have not been finished (one left)

Positive effects

- very nice atmosphere in the group
- good motivation to develop themselves

- good cooperation between group members
- new friendships, new colleagues at school
- personal

development

New skills, techniques of acquiring knowledge



How will I use this programme in the future?

- some of the elements of the programme will be used in my lessons with different classes
- I will use many elements included in the programme in my own individual work with students during counselling and therapeutic meetings.



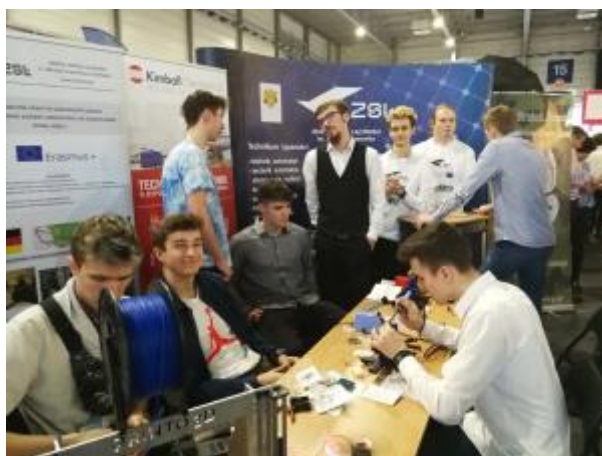
My own impressions

- very useful and necessary knowledge included in this programme - for young people and also for their parents and teachers
- interesting exercises
- stimulating reflection and motivation to work on oneself
- great satisfaction when students reported changes in their lives



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1 - Prezentacja projektu podczas Targów Edukacyjnych



2 - Prezentacja projektu podczas Targów Edukacyjnych



3 - Drugie Spotkanie Międzynarodowe w Nottingham



4 - Lekcje z wykorzystaniem elementów przedsiębiorczości



5 - Project Coordinator



6 - In partnership with



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