



Does Guidance Pay Off?

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”Me & MyFuture”

Presentation

Background and purpose

Content and examples



”The things we talk to the students about, that is what they will talk to us about”



”If we offer the students time to reflect upon their own future, the motivation will increase”





High youth
Unemployment

High proportions of mental
illness

Problems finding the right
people for the right job

Me & My Future

Who am I?

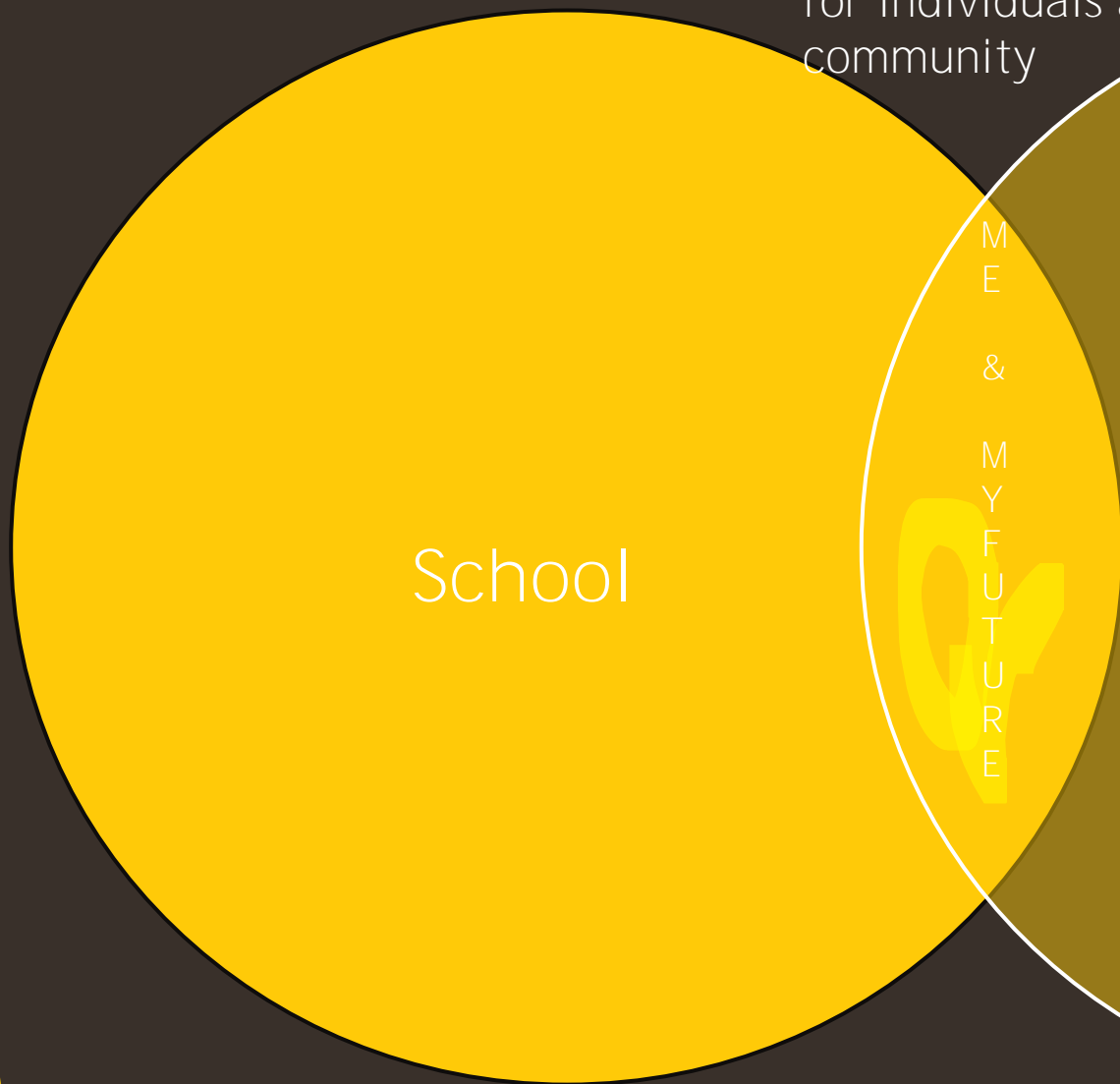
What are my
options?

What do I
want?

How do I get
there?



SOU
Occupational guidance
for individuals and
community

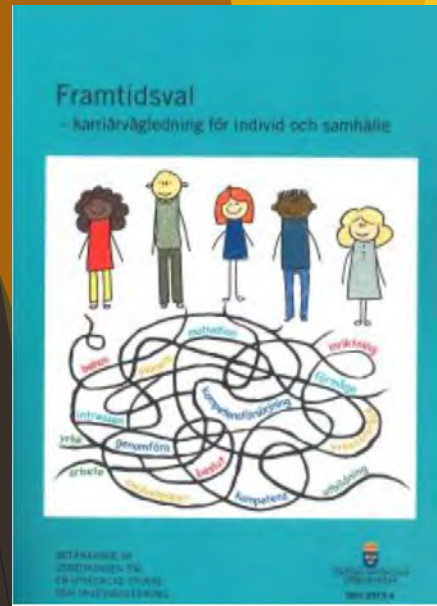


School



Community/working
life

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Framtidsval
- karriärvägledning för individ och samhälle



UTGIVNINGEN ÄR
FINANSIERAD AV
EUROPEISKA UNIONEN
EUROPEISKA SOCIALFONDEN
2014-2020



What is the purpose with the subject?

Tools for mental health

Increased self-knowledge

Increased sense of goal achievement

Increased level of studies

Reduce schooldropouts

Increased attendance at school

Broaden knowledge about education and working life

Prevent choices based on gender, social and cultural

Prepare for a changing working live

SUPPORT FOR GOOD CHOICES



ME & MY FUTURE



Out-sight

Education

Work life

Professions

What does it mean to be employed?

” Before I said what do you want to be, now I say HOW do you want it.”



In-sight

What do I want?

My strengths and improvement areas

My attitude and core values

My well-being

Relationships and consent

Alcohol and drugs

Sex and consent



Tools

Study skills

Learning style

Stress management

Target setting

Economy

Self assistance

IN-SIGHT
OUT-SIGHT
TOOLS



Positive impact of "Me & my Future"

Improvement in grades

Less changes of application to
senior high school

Higher interest for education and
individual future

Wider spread of applications to
senior high school

Increased student influence

They don't want to miss
this lesson (because they
feel important) !!!



”These lessons improves my well being. I have learn that I am good as I am and what makes me feel good”, says Linda Olsson 8th grade

Picture Agnetha Brolin Gävle Dagblad


”Me & My Futue is like a SPA for the brain” says Linda Olsson 8th grade

Picture Agnetha Brolin Gävle Dagblad



”We talk about everything
in life. More and more
every year”
says Viggo Tuvezon 8th
grade

Picture Agnetha Brolin Gävle Dagblad



That there will be a small break from all subjects, you can feel that you can only talk about life.

That you dare to be yourself and that it's fun and you have a loving environment.

That you learn important things that you have not talked about in regular lessons.

That you get to talk about important things like high school and my future.

That we learn to respect each other.

I think the choice for the future is good because we get to talk it out. There are no demands from you.

I've discovered that it's not JUST me who is struggling.

I don't feel so stressed, I know we will talk a lot about high school and the future with you.

I like that it's like a real lesson but much more fun and that you want to be here.



Thanks for your time
and attention!
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” Vi har brandövningar
för livet”



FRAMTIDSSVALET

Gävle har högst ungdomsarbetslöshet i Sverige

Ökad psykisk ohälsa bland ungdomar

Långa köer till BUP

Vem är jag?

Vad finns det?

Hur vill jag HA det?

Hur tar jag mig dit?