



PROJECT:
"WE ARE WELL AT SCHOOL"
PSYCHOLOGICAL LISTENING DESK

REFERENT: Dr. Elena Garlaschi

FOREWORD

The school plays a fundamental educational role in that it offers its pupils multiple opportunities for cultural and social growth. For this reason, it is important for it to be active in reading the signs of any discomfort, which could inhibit or impede the processes of growth, learning and participation in school and social life. Providing this type of service, responds to the need to enhance the individual in his or her entirety, stimulating his or her cognitive and emotional growth, acting not only on him or her, but on his or her closest reference systems: the school and the family.

SPECIFIC OBJECTIVES

- To improve the quality of life at school with positive repercussions also in the family;
- To increase motivation to study;
- To improve the sense of personal efficacy and self-esteem;
- To increase the sense of autonomy:
 - Increasing the sense of responsibility for one's own choices;
 - Increasing relational and affective skills that foster good identity-building;
 - Improving the relationship and dialogue with teachers;
- Provide support to prevent and manage possible difficulties at school;
- To offer a listening space and a container in which to express those emotions, anxieties, fears that negatively affect everyday life;

PROJECT DESCRIPTION

The Psychological Listening Desk offers all students the opportunity to benefit from psychological counselling within the institute.

The space will be dedicated primarily to young people and their problems, such as difficulties with the world of school, family and peers, and will offer them the opportunity to prevent or deal with psychological distress.

The psychologist will work in synergy with the school to promote wellbeing and prevent discomfort, with the aim of making the help desk a point of reference and a space that offers a welcome and listening ear, and as such does not only deal with discomfort, but also with increasing the personal resources and skills of young people.

METHODOLOGY

Listening activities will be carried out through individual counselling interviews and will not be of a therapeutic nature. Students will be welcomed in their requests through an empathic, non-judgmental modality, with the aim of helping them to analyse the problem and understand their own experience. The help desk will be an opportunity for listening, welcoming, growth, orientation, information and problem and conflict resolution management.

For access to the help desk, it will be necessary to obtain the families' consent (a form will be handed over requesting both parents' signatures for the child's authorisation to attend the help desk).

The contents of each interview will be strictly covered by professional secrecy. However, should problems arise for which it is important to intervene from an educational/preventive point of view, the psychologist will provide the school with appropriate indications to promote new prevention or intervention initiatives at a later stage.

RECIPIENTS

All Y6 (fifth grade) students of the Andersen International Primary School who spontaneously request it or who manifest psychological discomfort reported by teachers/parents.

RESOURCES

The school will endeavour to provide a suitable space for the help desk activity that guarantees adequate confidentiality for the interviews taking place.

TIME

The psychology desk will be active from October 2023 to May 2024 for 1 hour per week.