

TOPIC: INTRODUCTION OF THE STUDENTS' PROBLEMS



General Information:

From 08.04.2019 to 12.04.2019, the second Erasmus + meeting through the project “Counseling at Schools” was organized in Bârlad, Romania. Students and teachers from the «Petru Rareș» Technology High School, Bârlad, 4 teachers and 8 students from Çağaloğlu Anadolu Lisesi, Istanbul, Turkey, 3 teachers and 7 students from Stefan Zeromski, Biesko-Biala High School, Poland and 3 teachers and 7 students from General School Hristo Botev, Kubrat, Bulgaria participated in this activity. The general purpose of the learning / teaching / training activity was to solve students' problems.

- Presentation of the educational system in Romania and “Petru Rareș” Technological Highschool “Bârlad.
- Introduction to Romanian culture and language learning (basic level).
- Knowledge of the physiological, social, emotional, and moral-value aspects of adolescence.
- Knowledge of the medical, psychological (cognitive, emotional, and behavioral) and social consequences of tobacco, alcohol, illegal drug use and adolescent technology addiction.
- Rationalizing the importance of adolescent responsibility, including at social level, in dealing with others and in adopting a healthy lifestyle.
- Identification of individual, family, and social protection factors in the case of consumption and dependence on legal and illegal substances.
- Identifying and encouraging engagement in alternative activities
- Improving social communication, developing assertiveness, and encouraging participants to resist negative social pressure.
- Improve language skills, use of English.
- Improving skills related to the use of information and communication technology in schoolwork.
- Improving skills related to the manifestation of a European spirit and the promotion of European values.



C2 SHORT-TERM EXCHANGES OF GROUPS OF PUPILS Romania, April-2019

INTRODUCTION TO STUDENTS' PROBLEMS: (C2-1)







Between 9th April and 10th April 2019 at the second project meeting in Romania, students' problems were discussed. According to the United Nations, a teenager is considered, as anyone aged between 10-19 years old. According to this criterion, there are 1.2 billion teenagers on the globe, 18% of the total population. Coordinator of the "Counselling at Schools" project in Romania, the school counselor (Anton Beatrice Alina) presented a PowerPoint material about the problems encountered in adolescence.

The presentation began with the physical, cognitive, emotional, and social characteristics that occurred during adolescence. And it continued with the presentation of the main problems that arise in teenage years: the relationship with the family (lack of communication with parents, faulty relationships between parents), the relationship with school (lack of motivation and interest to learn, school stress), relations with friends which promote personal development (image and self-esteem), physical and mental health, leisure time, abuse in adolescence, normal self-image development, bullying at school and in the family.

The presentation was designed to include psychological explanations, statistical data, and case studies. Emphasis was placed on the many problems that arise in adolescence and on the importance of communicating with a school counselor in solving these problems. Project coordinators from Turkey (Mustafa TUNÇ), Poland (Magdalena Piecha) and Bulgaria (Leman Hamdieva Bayraktarova) presented the problems faced by teenagers in their country and the way these issues affect the normal personality development in adolescence.

On the 9th of April 2019, students from Turkey, Poland, Bulgaria and Romania participated in a group counseling activity "Student Solutions". The counseling exercises were:

"People, thieves, and the police"

"Looks like me".

"I am like that".

"Understanding emotions"

The overall goal of group counseling was to facilitate and strengthen learning, to practice those desira-

ble social behaviors, develop sensitivity for the needs of others and empathic abilities, developing a positive self-image. On the 10th of April 2019, the students presented the main dependencies encountered during adolescence:

- Tobacco addiction - students from Turkey
- Technology dependence – students from Poland
- Alcohol dependence - students from Romania
- Substance dependence – students from Romania
- Healthy Living Habits - students from Bulgaria.

The emphasis was on factors (individual, family, friends, community) that can favor alcohol, tobacco and drugs consumption, statistics, the chemical composition of banned substances, and the effects on physical and mental health: cancer, ulcer, skin irritation, altered liver and brain function, mental disorders.

In the case of technology addiction, the effects are mainly present in the psychological sphere: change of lifestyle, to spend as much time on the net, decrease of physical activity, lack of interest towards one's own health, giving up on important activities, sleep deprivation, school failure.

To eliminate these negative behaviors in a teen's life for a healthier lifestyle we can list:

- relaxation exercises: dance, sport, dietary and nutritional training.
- practicing painting, music, expressing, artistic communication, in general, hobby activities, games, reading (to experience intellectual and creative rewards).
- prayer, meditation, contemplation, religious or philosophical literature, ethics, and morality courses to clarify your own system of values (to have spiritual, philosophical experiences).

INTERVIEW WITH MR. CHRISTIAN SPIRIDON (C2-2)

On 10th April 2019, a local personality who has a successful job was invited to school in accordance with the students' interests. Mr. Cristian Spiridon graduated from the University of Agricultural Sciences and Veterinary Medicine "Ioan Ionescu de la Brad" in Iasi and currently owns the company A & A FARMS, the growing company producing eggs. The company has grown by attracting European funds for the countryside.

Mr. Cristian Spiridon presented a brief description of his personal business. The description was presented in PowerPoint, focusing on business development over time. Mr. Cristian Spiridon then answered the questions of students and teachers about personal and professional success.

Below are some of the questions that Mr. Cristian Spiridon answered:

- What skills are needed for an entrepreneur to be successful in business?
- What qualities must a successful man have to be seen positively by employees and partners?
- What do you like most about your work? What do you dislike about your work?
- What was the hardest time in your career?
- Does your business invest in advertising?
- Who do you call when you have problems at your workplace?
- How many employees do you currently have?
- What do you think about opening a business with European funds?
- What is the starting salary for an employee in your company? What is the maximum salary you can get within your business?
- How do you think your business will evolve over the next 10 years?





C2 SHORT-TERM EXCHANGES OF GROUPS OF PUPILS Romania, April-2019





On 11th April 2019, students and teachers from Turkey, Romania, Poland, and Bulgaria made a study visit at “Close to You” Romania Foundation, Iasi. “Close to You” Romania Foundation is a non-governmental organization of the type of social enterprise of insertion, established in February 2002, whose mission is the inclusion of people with disabilities and other vulnerable groups. The main objective of the Foundation is to promote counseling, testing, evaluation, training for young people from vulnerable groups.

Angela Achitei, president of the foundation, wished to welcome teachers and students and asked questions about the Erasmus + Project “Counselling at schools”. Students started presenting the project.

Anca Prisăcaru presented the types of social, educational and employment’s free foundation services: Youth Club, where 150 children and young people from poor families to benefit from social services and education that develop life skills, Protected employment within the UtilDeco Social Enterprise. Insertion

Social Enterprise permanently employs at least 40% of people with disabilities. Workplace Placement and Support Agency which has as its main purpose mediation and employment on the labor market.

Ms. Anca Prisăcaru presented a project of the foundation named “The Global Goals”. Students, equally divided into groups, were invited to answer questions about sustainable global development.

The study visits for students and teachers ended with a visit to the workshops of the Foundation and receiving memory sticks and shirts with the inscription: “Opportunities for all teenagers”.



ANTIDRUG CENTER VISIT: (C2-4)

On Thursday, April 11, 2019, the study visits of the teachers and students from Turkey, Poland, Bulgaria and Romania of the Erasmus + Project “Counselling at Schools” took place at the “Gheorghe Asachi” Technical High School in Iași. The goal of this study visit was to combat drug use by promoting the services of the National Agency Anti-drug. Mrs. Carmen Botez, principal of the “Gheorghe Asachi” Technical High School in Iasi, said welcome to students and teachers and emphasized the importance of involving students in European projects for quality education.

Police Inspector Mihai Manea presented the structure of the Anti-Drug Iasi Center that he coordinates, as well as the objectives of the center: Increasing the visibility of the center in the local community through drug-prevention campaigns in schools, in the community, outdoors and assisting people consuming drugs

for social rehabilitation. Police inspector Mihai Manea emphasized the vulnerability of drug use in adolescence, the onset being at the age of 14-15, emphasizing the negative effects on physical and mental health: dizziness, headache, dermatological problems, balance problems, problems of nervous system.

Mrs. Mihaela Ciobanu, a psychologist, presented the stages of a program to reduce and combat drug use. Students and teachers have asked questions:

- Why don't you wear the uniform or the Interior Ministry?
- Have you ever participated in a special, high-risk mission where you were threatened?
- Do you know any drug labs in Romania?

LESSON OBSERVATION (C2 - 5)

On the second day of the learning / teaching / training activity carried out at the Technological High School “ Peter Rares ” Barlad, Romania, students from Turkey, Romania, Bulgaria were invited to work in school workshops to create various products. In

the first stage, the students were informed about the 4 workshops: food industry, textiles, car mechanics and aesthetics and human body hygiene. Students were asked to decide where they want to participate in one of the 4 workshops. Together





On the second day of the learning / teaching / training activity carried out at the Technological High School “ Peter Rares ” Barlad, Romania, students from Turkey, Romania, Bulgaria were invited to work in school workshops to create various products. In the first stage, the students were informed about the 4 workshops: food industry, textiles, car mechanics and aesthetics and human body hygiene. Students were asked to decide where they want to participate in one of the 4 workshops. Together with the students and teachers from Romania, the students entered in the workshops and for 2 hours created various products.

In the food industry workshop, students became acquainted with kitchen tools and created bakery products (croissants, pies). These were presented during the coffee break to be tasted by all participants. The students who created these products were congratulated for the quality and special taste of the products created. In the textile workshop, the students created handicrafts by painting and adding decorative elements. In the car mechanic workshop, students used the car simulator to practice driving skills, to become a good driver in the future. In the workshop on aesthetics and hygiene of the human body, students from Poland,



Bulgaria and Turkey participated in hairdressing and makeup lessons. The students learned aspects related to natural beauty. By participating in these activities, students understood the importance of developing skills, abilities, interests to cope in a constantly changing labor market.



C2 SHORT-TERM EXCHANGES OF GROUPS OF PUPILS Romania, April-2019



WHAT DID PARTICIPANTS THINK? We could not end the meeting without a questionnaire. At the end of our meeting, we send all participants a questionnaire consisted of 10 questions. From the 40 answers by the teachers and students as we see our meeting in Barlad

was beneficial and satisfying. Our students prepared a powerpoint presentation from the answers and presented it in our next meeting in Poland. Please scan the QR code on the back cover of this document to see detailed information about student and teacher feedback.

. Please rate the quality of project activities during the project meeting in Barlad?

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