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SKY: Self-confident, Competent – For the Youth!

LEADING INSTITUTION

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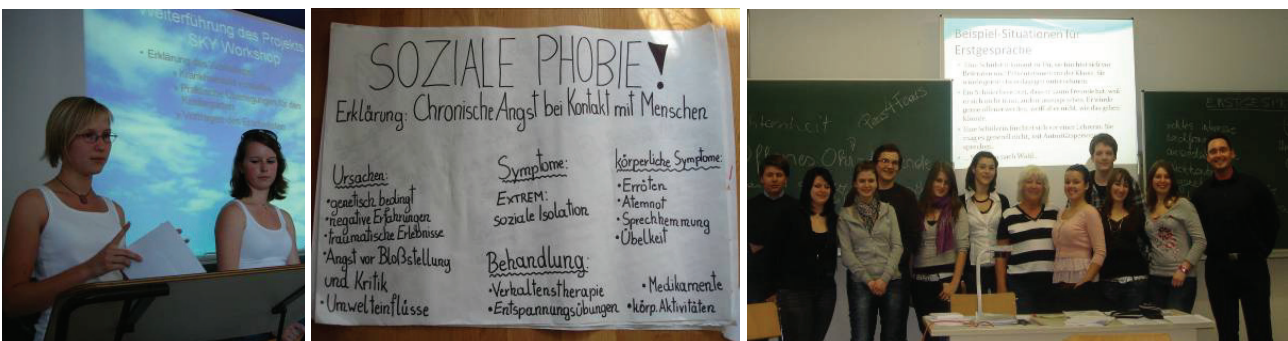
SKY: Self-confident, Competent – For the Youth!

Learning for life ...

“A cheer for the efficiency of the SKY-self-assurance training! The pupils and I received valuable advice on new behavioural patterns. The very well chosen role plays and the rounds of feedback as well as the win-win situations were the most important impacts for me. This project gave me precious impetus which I can pass on to my pupils.” Margret Egidy, BRG Linz “Hamerlingschule”

All in all, 400 pupils participated in the SKY-self-assurance training online and offline, 40 pupils completed the training to be a peer-self-assurance trainer. Indirectly, approximately further 1.000 pupils benefited from this project. The close contact between pupils, teachers and the scientists participating in the project approved to be very productive. The practice- and application-oriented alignment of the project aroused the pupils’ interests in science. One of the climaxes of the project was a presentation held by pupils within a university course (“Innovative developments in clinical psychology”) at the faculty of psychology, University of Vienna. Pupils and teachers gained insight into the work of clinical and health psychologists in the field of research at the “Lehr- und Forschungspraxis” at the faculty of psychology. Altogether the scientific evaluation of the questionnaires as well as the overwhelming feedback of pupils and teachers, who participated in the project, speaks for itself.

“Thumbs up for the whole project! At first I didn’t expect too much from it. When the first day started, I was enthralled and in my opinion, with the knowledge we gained we are far ahead of a lot of other people.”
Anonymous pupil



“Central topic for me was that I will make use of all the things I learned. The ideas were very useful for me and I’m sure that I can pass on all these experiences.” Anonymous pupil

The self-assurance training definitely had impacts on shy and socially anxious adolescents, the offline training as well as the online training. In comparison to control groups (classes without training), school classes receiving the offline SKY-self-assurance training yielded highly significant effects on social phobia and social skills. The number of pupils suffering from social fears decreased by half (no similar effects in classes without our training). Social skills were attained scientifically verifiable such as self assurance in regard to decisions, emotional stability in front of groups, leadership ability and positive self-control in stressful situations as well as a general improvement in emotion regulation. There are similar effects concerning the online training with high significant reduction of social fears.

“The intense work on one’s own personality in a group had a positive impact on the co-operation between pupils. (...) In the class as well as between different classes, pupils can obviously talk about problems in a more direct way and can solve them better.” Mag. Edith Ecker, BAKIP Steyr

Over all, participants benefited from the close interdisciplinary co-operation: clinical psychologists and health psychologists as well as pupils and teachers. From a scientific perspective, the project can be seen as a success as for the first time a psychologically well founded self-assurance training is available offline AND online, which was created in co-operation with pupils and teachers. Shyness and social fears are not a question of fate anymore! As this training is also available online (<http://www.selbstsicherheit.at>), adolescents from all over the country can profit from the SKY project.





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