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

LEADING INSTITUTION

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SCHOOLS INVOLVED

Bundesbildungsanstalt für Kindergartenpädagogik 10, Vienna; Bundesbildungsanstalt für Kindergartenpädagogik Steyr, Upper Austria; Höhere Bundeslehranstalt für Tourismus und Wirtschaft, HLTW 13, Vienna; Bundesrealgymnasium "Hamerlingschule" Linz, Upper Austria



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Goodbye shyness!

"Thanks to this project we learned a lot about the work of a psychologist amongst other things. We gained helpful tips for practical use in our future life as well. We also had the opportunity to join an academic course and to present our project. We gained a lot of new experience. It was very interesting."
Daniela und Marlene (17 Jahre), BAKIP Steyr, OÖ.

Since the start of the project in September 2008, 266 pupils - from three educational establishments – have participated in the SKY-self-assurance training. The training was operated by Clinical Psychologists and Health Psychologists who were SKY-associates and it was based on current academic standards. The training's intent is to deliver insight into state-of-the-art scientific knowledge about shyness and social phobia to youths.

"Albeit without being aware of it, the SKY-project helped us to become more self-assured. Amongst other things we learned that one should start training with shy people early in their lives, because in the worst case scenario they could otherwise develop social phobia. – An instructive, substantial project that provided lots of informative tips for our further future, work, and life in general."
Magdalena und Anna (17 Jahre), BAKIP Steyr, OÖ.

Based on various parts of the project (self-assurance training, schooling of peer-self-assurance-trainers, excursions to the Research and Training Practice of Vienna University, interdisciplinary workshops), several issues were carried out together with pupils and teachers of the participating schools: "Scientific Psychology", Research, Shyness, and Social Anxiety. Teaching relaxation exercises, as well as to impart knowledge about cognitive models and doing role-plays regarding social anxiety was seen favourably by the young people concerned. They became acquainted with psychological interventions and were able to pose questions directly to the SKY-Team.

There were several specific courses at BAKIP Steyr to deliver insight into clinical psychological research to the youths (how to generate hypothesis out of a scientific question, data acquisition and scientific knowledge). At the other participating schools these issues are being elaborated and presented together with the youths in an age-based way.

Over the last few months several excursions to the Research and Training Practice of Vienna University also took place. The pupils could experience the day-to-day clinical psychological research very closely and had the opportunity for example to test Bio-feedback for themselves. Several pupils from BAKIP Steyr even had the possibility to join an academic course of the Psychological Institute ("Innovative Developments in Clinical Psychology") – they gave a presentation for Viennese Psychology students, reporting facts about and experiences with the SKY-self-assurance training.



„A valuable enrichment and endorsement for schools”

The schooling of peer-self-assurance-trainers especially appealed to the participating schools. Within the scope of these workshops the youths were taught the basics in cognitive principles of Clinical Psychology, relaxation-exercises, and some details concerning anamnesis interviews. The peer-trainers are important points of contact for young people with difficulties in self-esteem and self-assurance.



“For me, the cooperation with Clinical Psychologists and Health Psychologists, that I experienced during the SKY-peer-trainer’s-schooling, was very exciting and interesting. It is wonderful to see, how enthusiastic the children worked regarding this training, these issues are quite relevant at school. There is definitely a need for this project!”

Mag. Adrienne Schuh, HLTW Wien 13

“It was exciting and interesting to learn more about the tasks of Clinical Psychologists and Health Psychologists. I gained tremendously from the training and I’m looking forward to my activity as a peer-self-assurance trainer at HLTW 13, Vienna. For me, participating in this project was an incentive to study Psychology and I want to become a Clinical Psychologist and Health Psychologist myself, at all costs.”

Hannah (18 Jahre), HLTW Wien 13



BAKIP Steyr pupils during their presentation in the academic course „Innovative Developments in Clinical Psychology“.

"The SKY-project was a welcome change compared to our usual lessons. It was not only thoughtful and structured, but also provided the possibility to ask various questions to Clinical Psychologists and Health Psychologists. They always made an effort to give us satisfying answers."

Miriam (18 Jahre), BAKIP Steyr

Currently an online-version of the SKY-self-assurance training is being developed, another innovative element of this project. The 14 existing “offline”- lessons are adapted to an online-implementation. Through this, young people from all over Austria would receive the possibility to benefit from this training, so it is exempt from charges. From summer 2009 on, the online-training will be available here: <http://www.selbstsicherheit.at>. You can also get any other information about the SKY-project via this website.



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