

**VALMIERA SECONDARY SCHOOL NO2
LATVIA
20.01.2016.**

Project of Adaptation Week

Background

Valmiera Evening (shift) Secondary School, the department of Valmiera Secondary School No.2 has been organizing a week of adaptation in early September (1st school week) for several years. It is a project in which a variety of activities for the young people (aged between 15 - 29 years) from social risk groups are organized. The tasks of the activities are to focus attention on positive traits of character, emphasize their strengths, possibilities, and detect possible internal resources. It is based on the use of non-formal education methods, but compulsory education content is also integrated into the activities.

The aim of the project is

- to create opportunities for each young person to participate in targeted, meaningful activities for development of social and collaboration skills regardless of their previous experience
- to promote preventive work with young people from social risk groups, healthy lifestyle and their integration into society,
- broaden the horizons of young people, to promote interest in positive, constructive ways of pastime.

Personnel involvement

Classes are held under the supervision of experts from different areas with experience working with young people from social risk groups (home militia, the forest-guard, the head of local government, other young people), as well as various subject teachers with years of experience in the classes of pedagogical correction. Student's Council of Valmiera Evening Secondary School participates in planning and carrying out actions.

Indicators of quality of the project:

- High motivation of young people, self-confidence,
- Improvement of skills of young people adequately to react to various situations, to look for and find out a solution,
- Shows alternative of life of the purposes and their positive effects,
- Young people are introduced to a variety of positive ways to spend their free time,
- Preventive work has been carried out and the social environment of group of the risk has been improved.

Planned activities for the project implementation (work plan)

<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>	<i>Day 4</i>	<i>Day 5</i>
<ul style="list-style-type: none"> • breakfast • information about the project, idea, activities, youth participation, discussions • lunch • "Ice-breaking" activities, acquaintance • dinner • feedback 	<ul style="list-style-type: none"> • breakfast • Lesson "Values in my life. Respect. Responsibility " • Lesson "Career building" • Excursion to Lode Brick Factory • dinner 	<ul style="list-style-type: none"> • breakfast • Excursion to Ligatne Nature Park • Lesson "Man in the forest" • Lesson "Forest as a source of inspiration" • Lesson "Research activities in the forest - biology" • Lesson " Research activities in the forest mathematics" • lunch • Lesson " Research activities in the forest" 	<ul style="list-style-type: none"> • breakfast • Lesson "Formation of skills of cooperation" • Lesson "Masculinity in the modern sense" • dinner • practical lesson of team building - an obstacle course 	<ul style="list-style-type: none"> • breakfast • sport activities • lunch • project evaluation, questionnaires, interviews, future targets • dinner • feedback

	<ul style="list-style-type: none"> • feedback 	geography and science" <ul style="list-style-type: none"> • Lesson " Research activities in the forest chemistry" • Practical work- environmental cleanup • dinner • feedback 	<ul style="list-style-type: none"> • dinner • feedback 	
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Description of the lesson "Values in my life. Respect. Responsibility"

The aims of the lesson:

- 1 to give students the opportunity to get acquainted with the cultural values of the society, especially to emphasize the values of the 21st century.
- 2 to provide an opportunity to explore their own values, and their reflection in everyday life.

<i>Content of the lesson</i>	<i>Methodology used</i>
<ul style="list-style-type: none"> • understanding of the concepts „desire” and „value” • the importance and interaction of individual and social values • analysis of situations among peers - social and pedagogical delicate situations and options to solve them • creation of a scale of personal values 	<ul style="list-style-type: none"> • Values games • Role plays • Discussions

Description of the lesson "Career building"

The aims of the lesson:

- 1 to arouse the interest in young people in career and to inform them about variety of occupations in the world and related education, as well as with opportunities of education.
- 2 to teach self-evaluation methods (to compare interests and abilities).
- 3 to help to make the reasonable decision about the future education and potential career.

<i>Content of the lesson</i>	<i>Methodology used</i>
During the lesson the young people are given the opportunity <ul style="list-style-type: none"> • to learn how to understand yourself and about self-realization; • to develop the skills needed for planning and management of career development, • to make a reasonable decision on the future education and potential career; • to discuss available opportunities of career and education, work and leisure both at home and abroad. 	<ul style="list-style-type: none"> • Group work • Values games • Role plays • The situation simulation and analysis • Minilection • Self- evaluation

Description of the lesson "Man in the forest"

The aims of the lesson:

- 1 to develop students' observation and research skills.
- 2 to promote understanding of unity and beauty of the nature.
- 3 to create awareness of the forest as a place of business, the ethical framework of work.

<i>Content of the lesson</i>	<i>Methodology used</i>
<ul style="list-style-type: none"> • forest as a place of economic activity of the people - logging, hunting, gathering mushrooms, picking berries and and their processing • career development; the professions connected with work in the forest; possibilities of acquisition of necessary knowledge at the levels of secondary and higher education • forest as place of acquisition of ethical and esthetic values by the person • forest as one of the main national treasures • the importance of a responsible attitude forming 	<ul style="list-style-type: none"> • Narration • Discussions • Demonstration

Description of the creative workshop "Forest as a source of inspiration"

The aims of the workshop:

- 1 to increase students' emotional and intellectual development.
- 2 to improve and develop students' creativity, their interest in the arts.
- 3 to create conditions for all students' involvement in artistic and creative activities, regardless of their previous experience.

<i>Content of the lesson</i>	<i>Methodology used</i>
<ul style="list-style-type: none"> • landscape research and its use in artwork • use of a silhouette, lines • nature as value of art • development of creative activity • skills to talk about their own work, to formulate its main idea, author's thoughts 	<ul style="list-style-type: none"> • Using crayons • Working with natural materials • Demonstrations

Description of the practical lesson „Research activities in the forest - biology"

The aims of the lesson:

- 1 to improve students' ability to think independently, to judge, to express their opinion, to critically evaluate the credibility of a number of similar issues.
- 2 to promote co-operation skills.
- 3 to promote a creative approach in problem situation solving.
- 4 to promote the protection and preservation of nature, the solution of ethical questions.

<i>Content of the lesson</i>	<i>Methodology used</i>
<ul style="list-style-type: none"> • Examination of plants - in different types of the 	<ul style="list-style-type: none"> • Demonstration

<ul style="list-style-type: none"> forests, meadows, bogs • Possibilities of collecting herbal tea in Ligatne Natural Park • keeping of wild animals in partially natural conditions +/- 	<ul style="list-style-type: none"> • Research • Discussion • Creative work • Problem solving
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Description of the practical lesson “Research activities in the forest mathematics”

The aims of the lesson:

- 1 to promote understanding of mathematical methods by young people and to develop skills to use them in studying of the world and various practical trainings (outside).
- 2 to motivate students to see application of mathematics in everyday life situations.

<i>Content of the lesson</i>	<i>Methodology used</i>
<ul style="list-style-type: none"> • determination of distance between separate objects • determination of mass of a tree • recognition of various forms, calculation of volume and area • possibilities of use of trigonometrical functions • possibilities of use of combination theory 	<ul style="list-style-type: none"> • Practical work • Analysis • Review, systematization, organization and visualization of data obtained as a result of various experiments, researches and questionnaires; • Displaying information in the form of tables, graphs and various kinds of diagrams; receiving information from various kinds of diagrams.

Description of the practical lesson “Research activities in the forest geography and science”

The aims of the lesson:

- 1 to improve students' understanding of the diversity of nature and social processes in the world, the formation and development of geographical patterns.
- 2 to understand limited natural resources and the consequences of human activities.

<i>Content of the lesson</i>	<i>Methodology used</i>
<ul style="list-style-type: none"> • environmental research, the definition of human impact on the environment • types of rock, hardness of rocks and minerals • independent research of individual places of the Ligatne Nature Park, the definition of signs, the arguments 	<ul style="list-style-type: none"> • Analysis of the situation - erosion, etc. natural phenomenon, study of the impact of human / natural phenomena • practical work • demonstration • discussion

Description of the practical lesson “Research activities in the forest chemistry”

The aims of the lesson:

1 to improve students' understanding of the unity of nature, diversity of substances and their transformation and value of reasonable use.

2 to encourage students to take responsibility on conservation of natural resources.

<i>Content of the lesson</i>	<i>Methodology used</i>
<ul style="list-style-type: none"> •Determination of water and air quality. •Research on pollution of environment •Isolation of pure substances from mixtures 	<ul style="list-style-type: none"> • Experiments • Research activity • Putting forward a hypothesis, argumentation

Description of theoretical lesson "Formation of cooperation skills"

The aims of the lesson:

1 to help students to understand the importance of positive interpersonal relationships

2 to know the basic principles of development of the interpersonal relations

3 to gain understanding about the impact of laws and norms on the relationship

4 to gain impression about the impact of mechanism of internal and external controls on human actions.

<i>Content of the lesson</i>	<i>Methodology used</i>
<ul style="list-style-type: none"> • the possibility of the formation of initiative, self-control, self-evaluation in adolescents • enterprising as the formation of students' business skills, intelligent, energetic, initiative, ability to take reasonable risks • the importance of the cooperation skills in the development of the personality of each student. 	<ul style="list-style-type: none"> • Group work • Pyramid discussion • Games for various skills

Plan of theoretical lesson "Masculinity in the modern sense"

The aims of the lesson:

1 to provide information on the activities of young people in extreme conditions.

2 to provide an opportunity to analyze the different situations in terms of personal safety and the safety of other people.

<i>Content of the lesson</i>	<i>Methodology used</i>
<ul style="list-style-type: none"> • psychological self-defense, • endurance, behavior in a crisis situation, • options of stress prevention • actions in the conditions of natural and technogenic disasters • maintenance of order at public events • first aid • observance of self-discipline 	<ul style="list-style-type: none"> • discussions • demonstrations • exercises • familiarization with the documents

Description of Practical lesson of team building

The aims of the lesson:

- 1 to improve the microclimate in the team.
- 2 to gain positive emotions and positive impulse for further work in the school.
- 3 to see and identify team strengths and weaknesses

- 4 to gain new experience and knowledge about their team's mutual cooperation, communication and other necessary skills for teamwork, and opportunities for young people to learn them.

<i>Content of the lesson</i>	<i>Methodology used</i>
<ul style="list-style-type: none"> • stress coping • opportunities for improvement of the interpersonal relations • mutual acquaintance of the team members in non-traditional atmosphere • research of effective working methods • improvement of communication efficiency 	<ul style="list-style-type: none"> • "chemical attack" - ability of team • to work well-coordinated and • to respect the leader of team • "the clover leaf" - skills of participants to rely on other members of team • "crossing bogs" – teamwork on strategy • "trek through hummocks" - the ability to agree and set tasks

Evaluation Questionnaire

Project of Adaptation Week Questionnaire for participants

I am (a girl / boy)

Please put "X" from 1 to 5, where 1 is the lowest and 5 – the highest!

Pasākums	1	2	3
„Ice-breaking” activities			
Lesson "Values in my life. Respect. Responsibility "			
Lesson "Career building"			
Excursion to Lode Brick Factory			
Excursion to Ligatne Nature Park			
Lesson "Forest as a source of inspiration"			
Lesson "Research activities in the forest - biology"			
Lesson " Research activities in the forest mathematics”			
Lesson " Research activities in the forest geography and science"			
Lesson " Research activities in the forest chemistry"			
Lesson "Man in the forest"			
Practical work – cleaning up the environment			
Sport activities			
My activity and participating			
Meals			

I especially liked

Youth participation

Although the young people from groups of social risk are not particularly active, they are involved in the project preparation, conducting and evaluation stages.

- Project preparation phase – there are surveys and informal interviews to find out thoughts and interests of young people;
- Project stage - young people in collaboration with adults participating in planning and management of certain activities.
- Project evaluation phase - young people take part in evaluation of activities and results of the project, as well as participate in publicity events.

Quality of implementation of the project and satisfaction of the target audience

All interested parties take part in the project evaluation: young people, their parents, institutions involved in the project. Various methods are used to evaluate the project implementation: surveys, interviews, questionnaires, observations, etc., and information obtained from data analysis is used immediately for efficiency increasing of further project activities.