



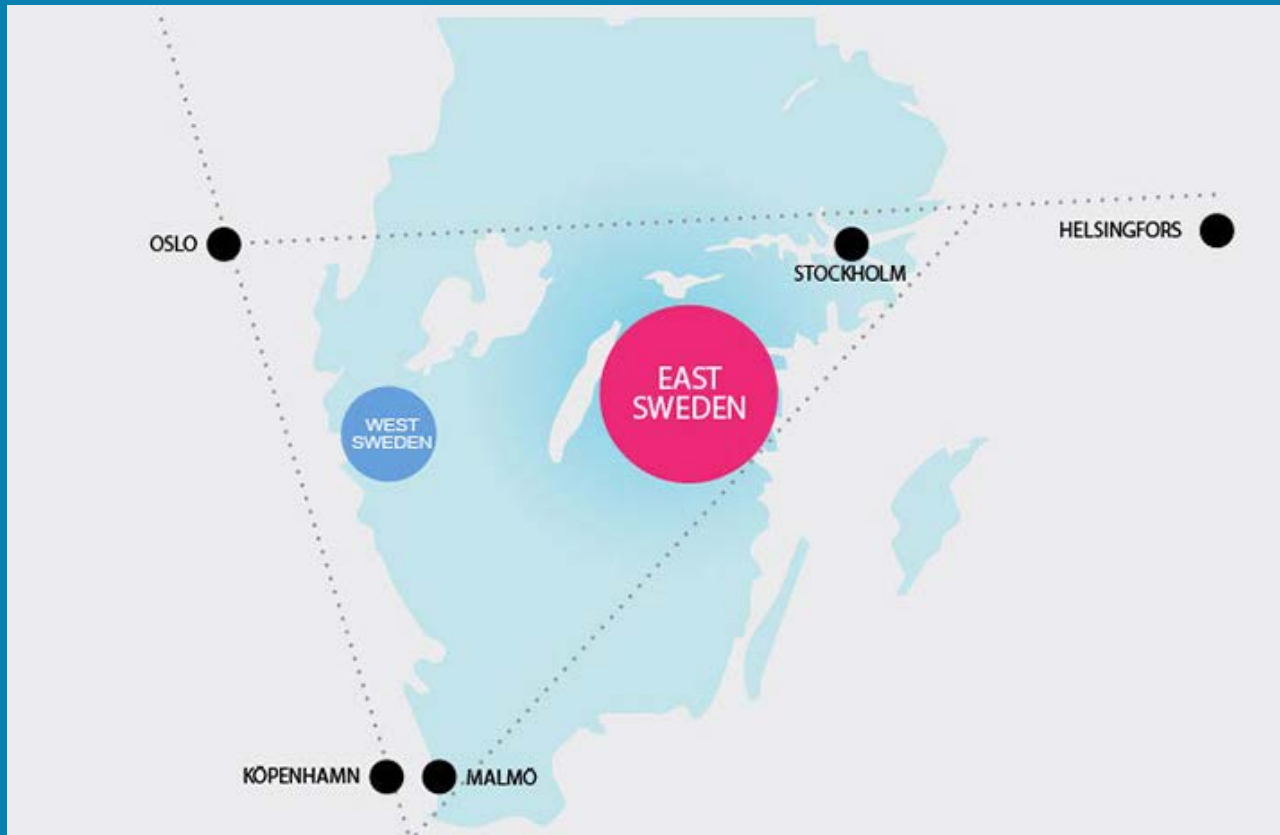
Lars Blomgren, strategist for upper secondary education, at the Department of Education

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Our region

Home to half a milion people, 140 000 in Norrköping



From industry to culture, education, technology

The inspiring industrial area and the waterfalls



Linköping University

5 000 students at Campus Norrköping (Linköping University LiU)



The Department of Education

Offering Education for all stages of life

responsible for the implementation of national policies and directives for the public school system for early childhood education and care, compulsory education, upper secondary and adult education and leisure activities for school children.



Facts and figures

- 113 municipal preschools (6842 children (1-5), 1190 employees)
- 58 municipal compulsory schools (12875 pupils, 1074 employees)
- 4 municipal upper secondary schools (3327 pupils, 301 employees)
- 15 after-school recreation/leisure centres (78 full-time employees)
- 1 adult education centre (1852 students, 61 employees providing basic, upper secondary and VET education). The adult education centre also provides courses of Swedish for immigrants (SFI)
- 1 intercultural language unit (providing mother tongue education in 27 different languages).
- 1 Counselling centre (9 full-time employees)
- 1 Health and Welfare section (3 M D:s, 40 school nurses, 13 psychologists, 14 special teachers, 1 logoped and 6 coordinators)



ESL in a Swedish perspective

- Swedish school is compulsory until the 9th grade.
- 20% of all students in Norrköping leaving 9th grade do not have the grades to enter upper secondary school
- 1 in 3 students either longer than three years to complete their upper secondary education or breaks off their upper secondary school studies completely.
- men are far more likely to leave upper secondary school early than women
- students in vocational programmes are more likely to leave early than students in academic programmes
- most leave early in year three.
- Sweden has received many newly arrived migrants and especially children in high-school age has increased. Their school background vary a lot which is very challenging.
- 1/3 of the students have other ethnical background than Swedish



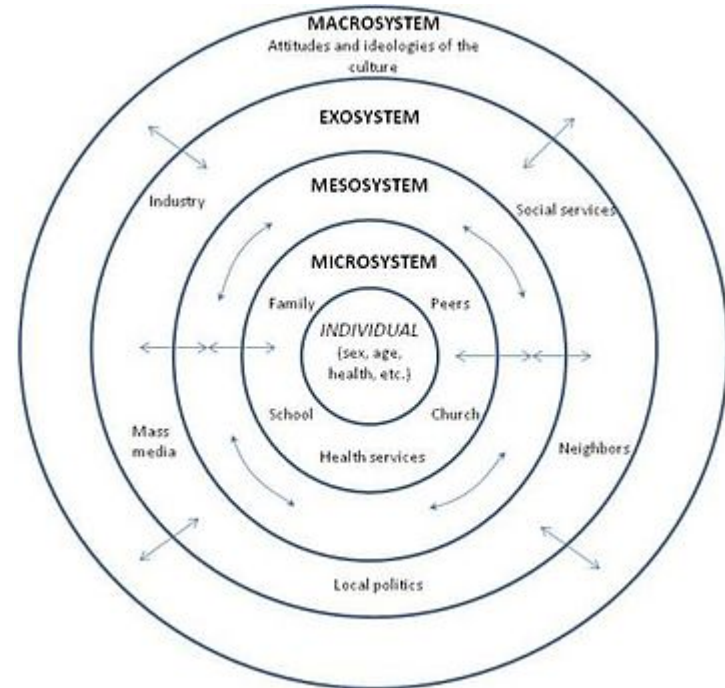
IO3 Web Course

- Social-ecological perspective

→ **Anger Management & Conflict resolution**

→ **Social skills, Assertiveness, Life Skills**

- 5-10 pages background theory
- Activities to apply in the classroom
- evaluation questionnaire with 5 questions



Anger management

the process of learning how to recognize signs of anger, and taking action to calm down and deal with the situation in a positive way.



SURPRESSING → lead to depression and a more difficult time developing meaningful and loving relationships

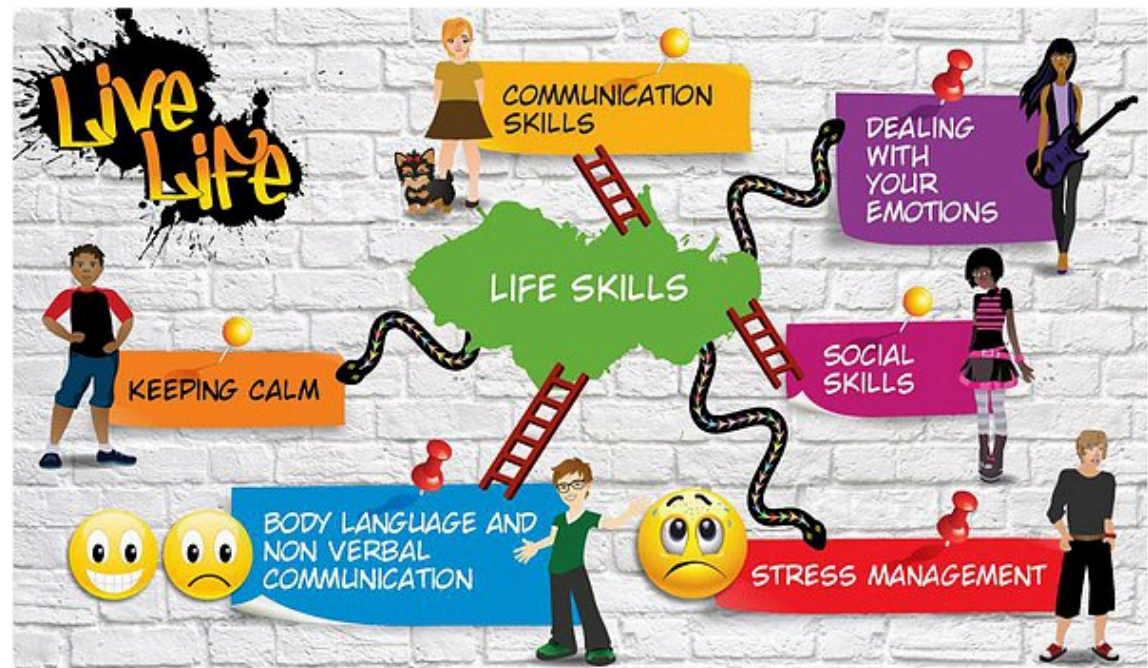
VENTING → expressing anger by throwing tantrums, exaggerating the situation, pouting, yelling, blaming others, attacking and even throw objects

PROCESSING → communicate feelings, what triggered the anger, which role the person had in the situation, what they could have done differently and what they would have liked the other people in the situation to do differently

Aggression replacement training (ART)

The three main modules of ART are:

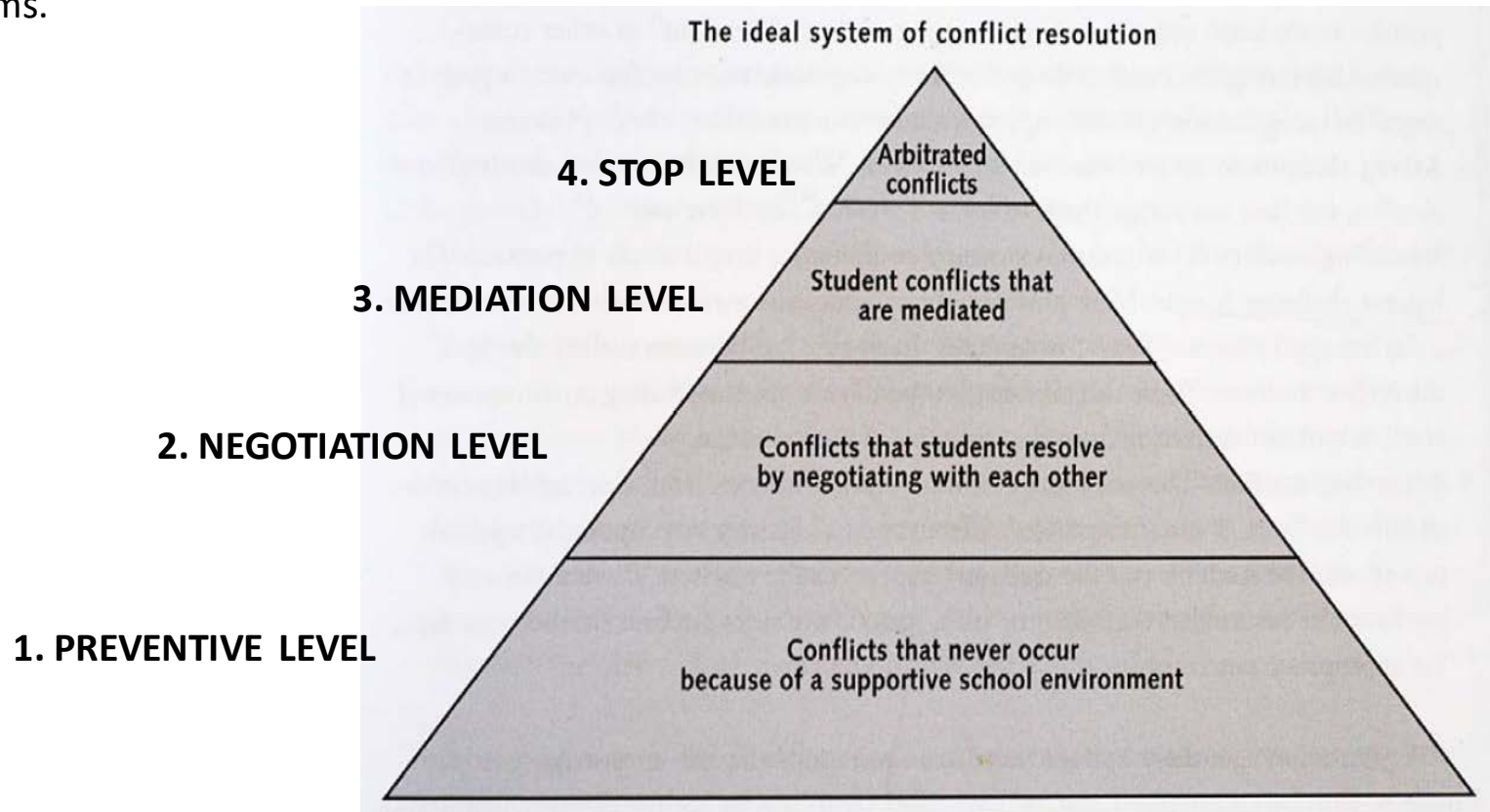
1. **Social skills/ life skills development**- aims to reach appropriate reactions to anger.
2. **Anger control training** - identification of how anger feels and how it feels to be relaxed and calm
3. **Moral reasoning / problem solving skills** in order to find alternatives to anger in different situation



Dr. Arnold P. Goldstein, Barry Glick and John C. Gibbs, in the US in the 80's.

Conflict resolution

Conflict is a common cause for anger and therefore conflict management is often to be found as an ingredient in anger management programs and social skills training programs.

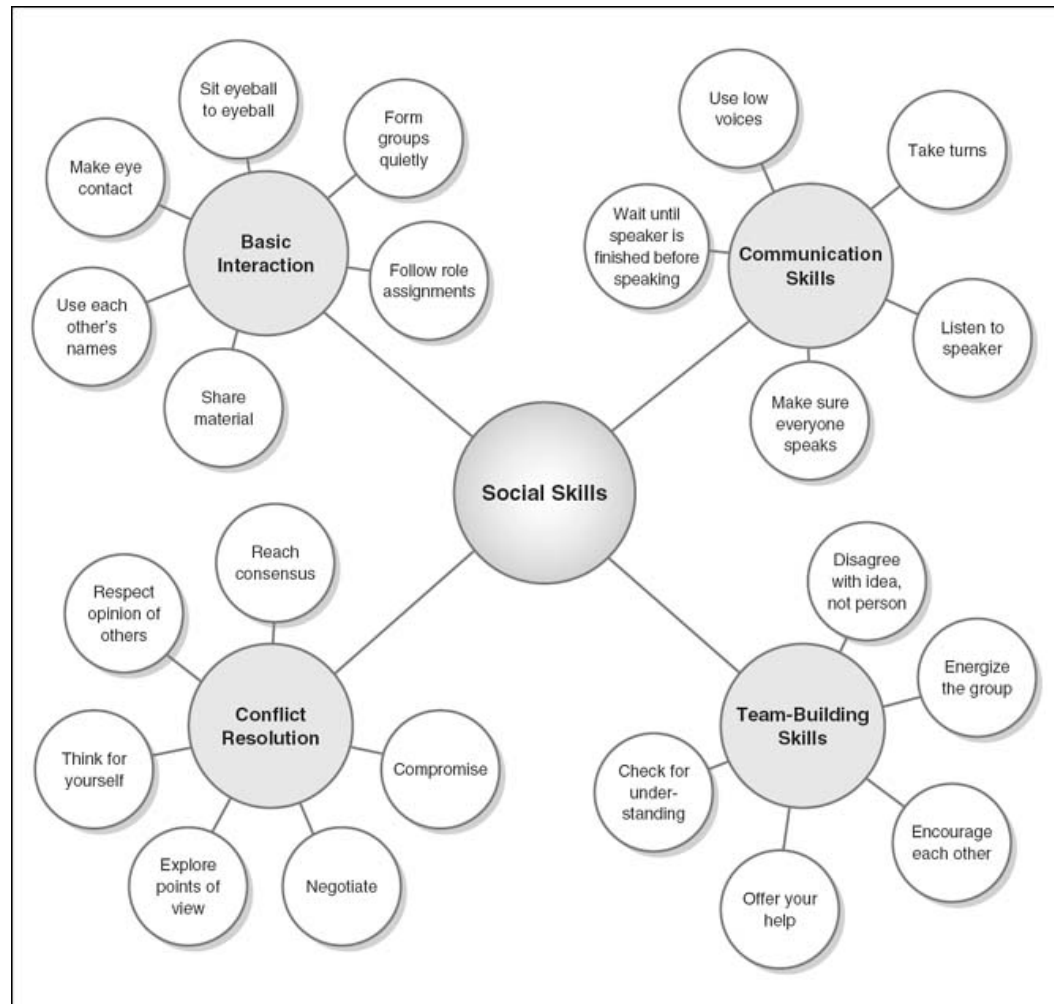


Richard Cohen, (2005)

Social skills

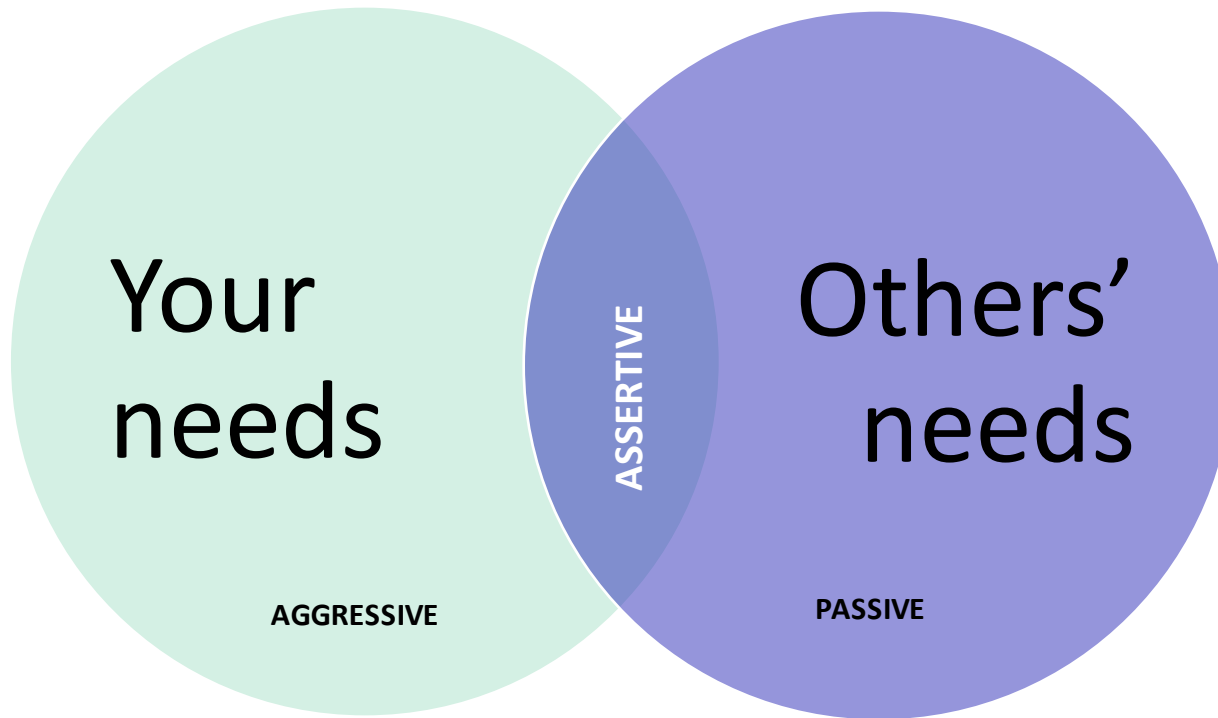
tools that enable people to communicate, learn, ask for help, get their needs met in appropriate ways, get along with others, make friends and develop healthy relationships, protect themselves, and generally be able to interact with the society harmoniously.

→ Prevention programs like PATHS and SET



Assertiveness training

Assertiveness is the quality of being self-assured and confident without being aggressive. Assertiveness seeks to maintain an appropriate balance between passivity and aggression.



Life skills

15 LIFE SKILLS EVERY KID NEEDS TO LEARN

**BASIC
FIRST-AID**

**HOW TO COOK
SOMETHING THAT
DOESN'T COME IN A
BOX WITH POWDER
LABELED "SAUCE."**

**HOW TO
WRITE AN
ESSAY**

**HOW TO
GROCERY
SHOP ON A
BUDGET**

**HOW TO
USE A
CREDIT
CARD**

**HOW TO SAY
"NO"**

**HOW TO
JUMP-START
A CAR**

**HOW TO DO THEIR
LAUNDRY**

**BASIC HOME
AND CAR
REPAIR AND
MAINTENANCE**

**HOW TO
BUDGET AND
PAY
BILLS**

**HOW TO
PUT
ON
A CONDOM**

**HOW TO SEND
A PROFESSIONAL EMAIL**

**HOW TO
CHANGE
A TIRE**

**HOW TO
STUDY**

**HOW TO
PROOFREAD**

sheknows

- Self-confidence /self understanding
- Social competence
- Understanding importance of health
- Prepare for demands of family life
- Prepare for demands of working life
- Rights and obligations of adult life



THANK YOU!