



Toolkit 1
Learning Unit 4

Sense of belonging and social resourcefulness

Post-intervention

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Unit 4 – Content

How to recognize your social resourcefulness and make use of it after intervention?



1. Sense of belonging

- **Question:** Have you got a feeling of belonging to a team/group after the intervention?
- **Activity 1:** What has limited your sense of belonging??



2. The inner aspects of a sense of belonging

- **Question:** Do you know what the sense of belonging gives to you?
- **Activity 2:** What are you getting from your group? What are your positive qualities ?



3. Social resourcefulness (coping with the use of social resources)

- **Question:** Can you define the level of your resourcefulness?
- **Activity 3:** Difficult situation and your own ways of coping with this situation.



4. Personal resources used in coping with intervention situations (personal competences for this job).

- **Question:** Do you know what are your strengths as a "helper"?
- **Activity 4:** Name your "equipment" (List of features and competences, experiences, knowledge).



5. Using the support of a mentor and "internal compass"

- **Question:** Can you name at least one of your mentor / master / teacher?
- **Activity 5:** Name what you have learned from him/her/them in the field of helping people.

1. Sense of belonging

Have you got a feeling of belonging to a team/group after the intervention?

Question

No

Answer

Please do activity 1

Activity 1

Yes

Answer

It seems you have good team, and you are doing well!
Go to the next question



2. The inner aspects of a sense of belonging

Do you know what the sense of belonging gives to you?

Question

No

Answer

Go to Activity 2

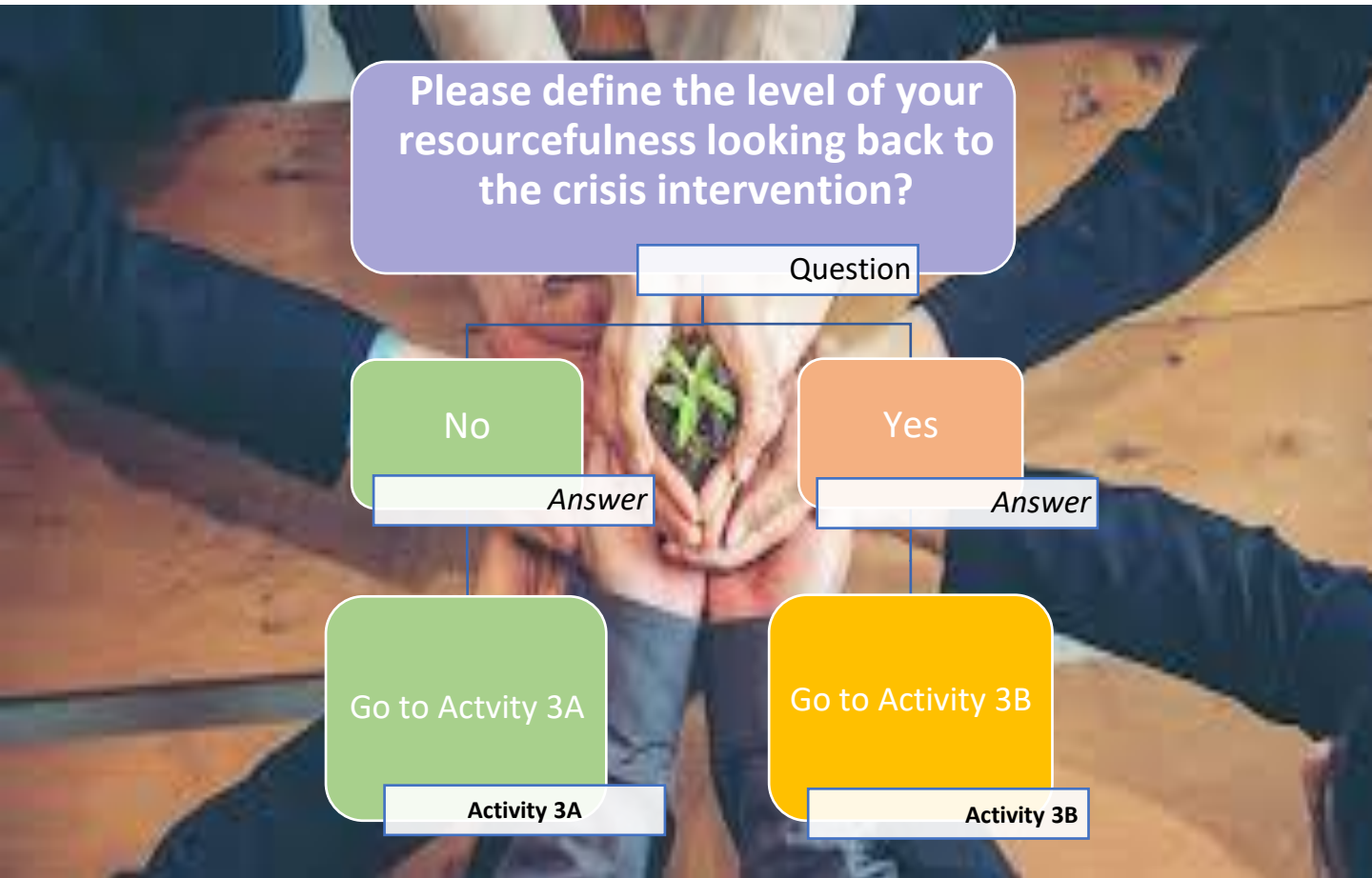
Activity 2

Yes

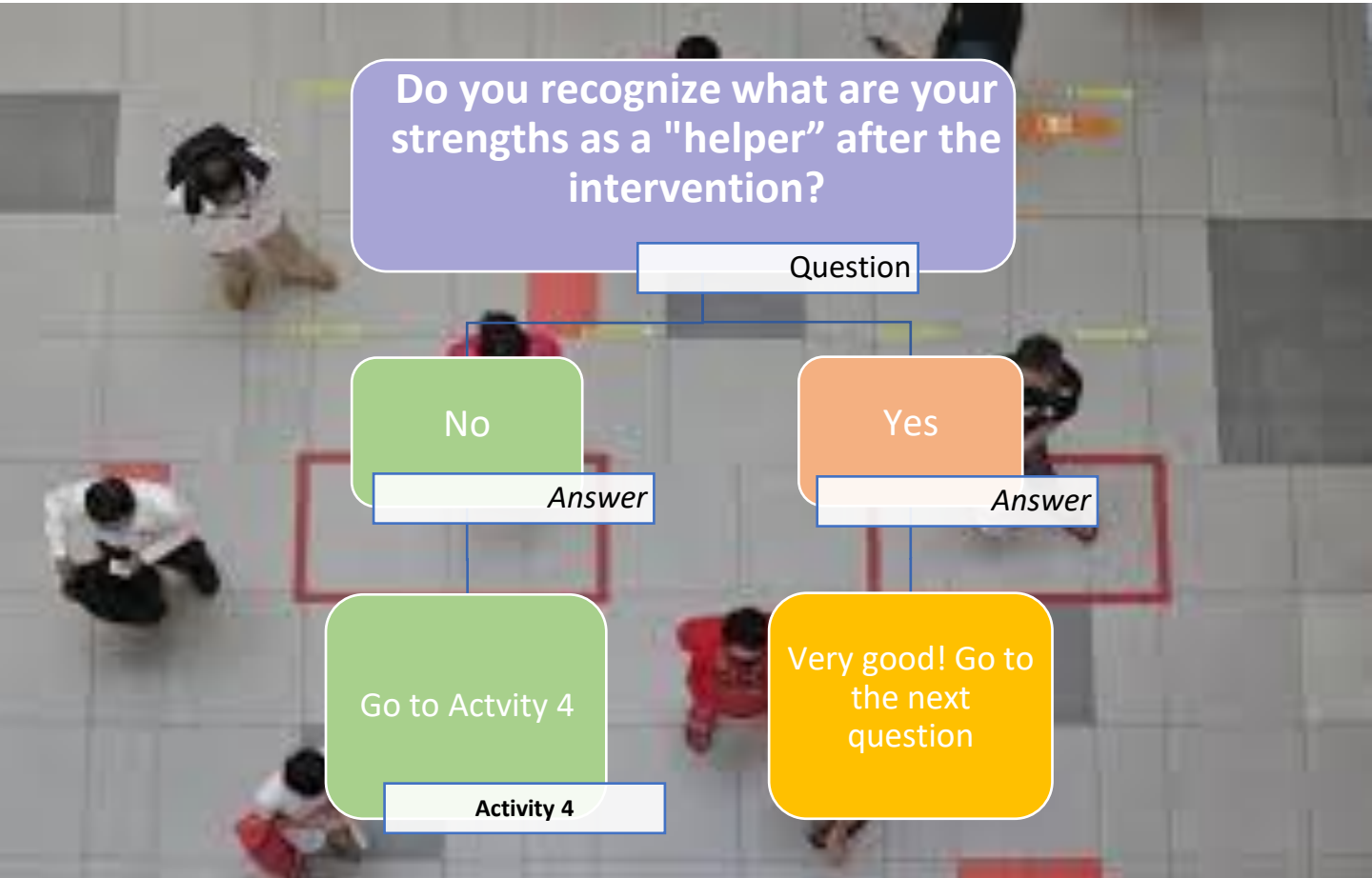
Answer

Well done!
Go to the next question.

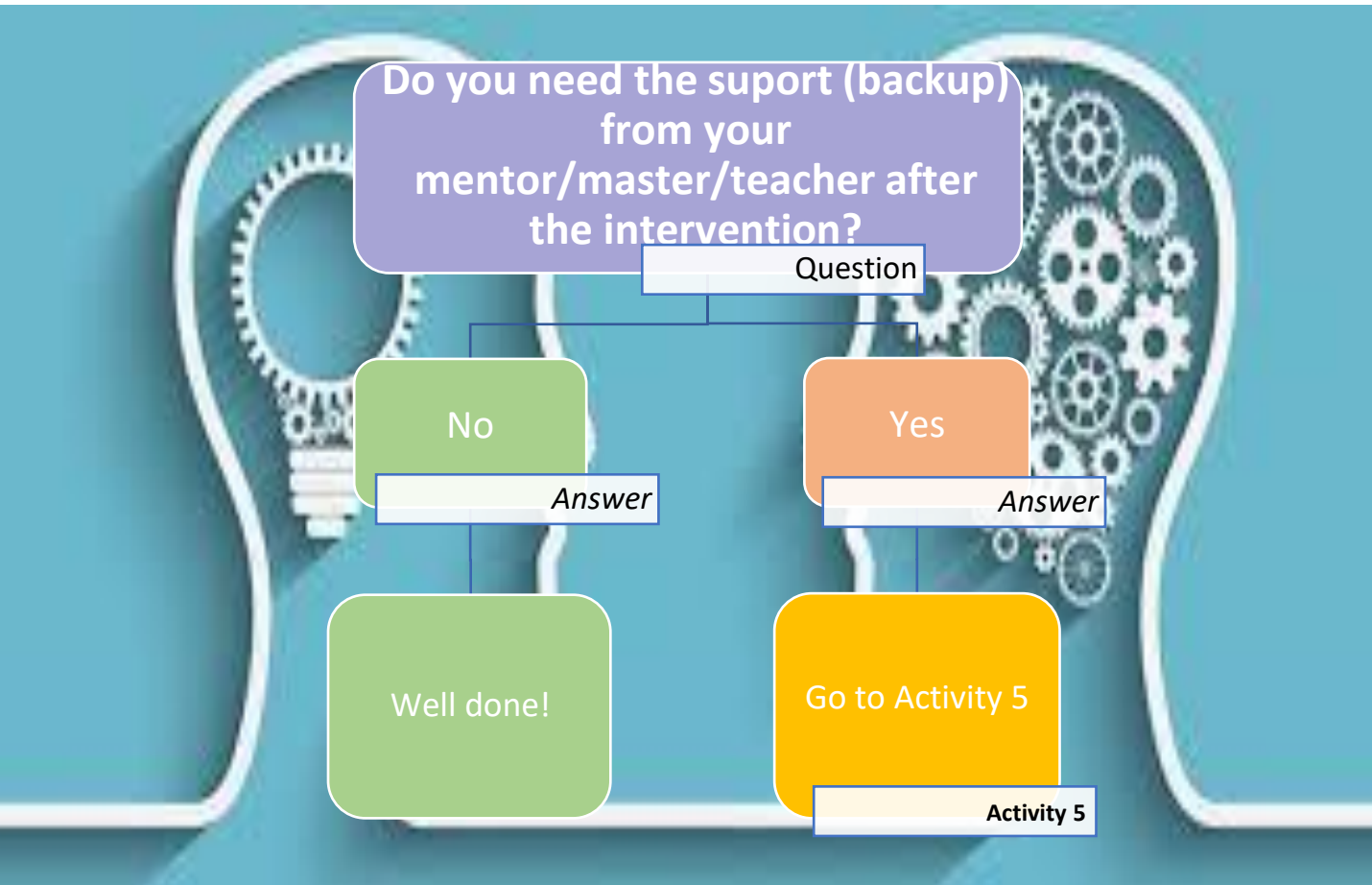
3. Social resourcefulness (coping with the use of social resources)



4. Personal resources used in coping with intervention situations.



5. Using the support of a mentor after the intervention.





Thank you

You have finished

Keep going to another Unit

if you need