



**Toolkit 1**  
**Learning Unit 4**

# Sense of belonging and social resourcefulness

**Pre-intervention**

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## Unit 4 – Content

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

#### 1. Sense of belonging

- **Question:** Do you have a feeling of belonging to a team/group?
- **Activity 1A:** Make a list of potential groups you can belong as emergency psychologists.
- **Activity 1B:** Make a list of groups that you belong as a emergency psychologist.

#### 2. The inner aspects of a sense of belonging

- **Question:** Can you identify the positive effects of your sense of belonging?
- **Activity 2** Use the list you made in activity 1A and try to identify what you are getting from participating in these groups and what your contribution is to the group.

**Activity 2B:** A table of positive qualities to be completed

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

- **Question:** Can you define the level of your resourcefulness?
- **Activity 3:** Describe at least 1 difficult situation you have found yourself in and define 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

Do you have a feeling of belonging to a team/group?

Question

No

Answer

Please do activity 1A

Activity 1A

Yes

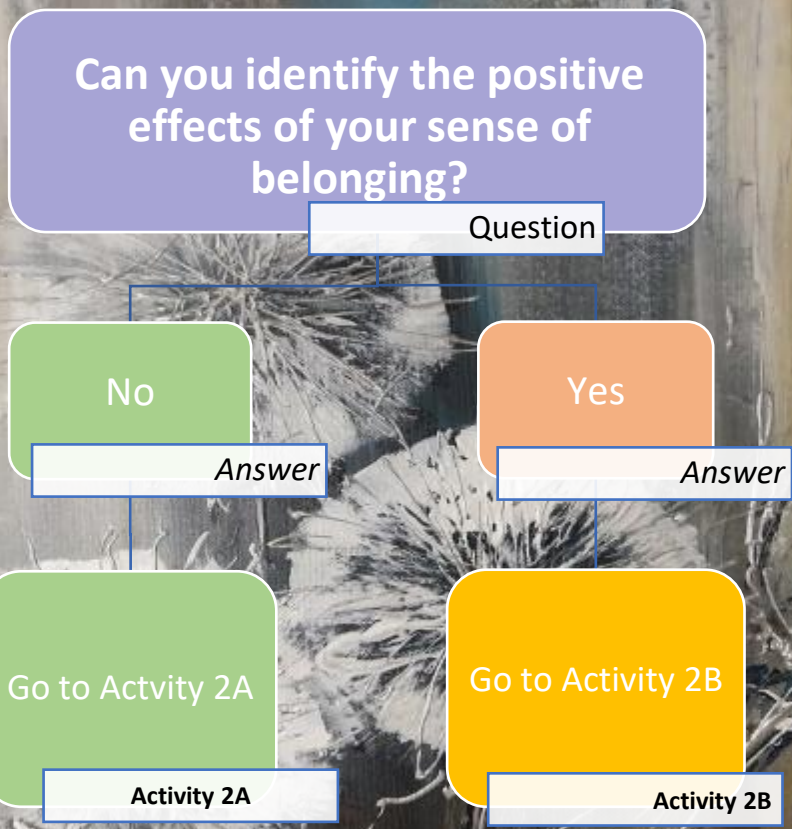
Answer

Please do activity 1B

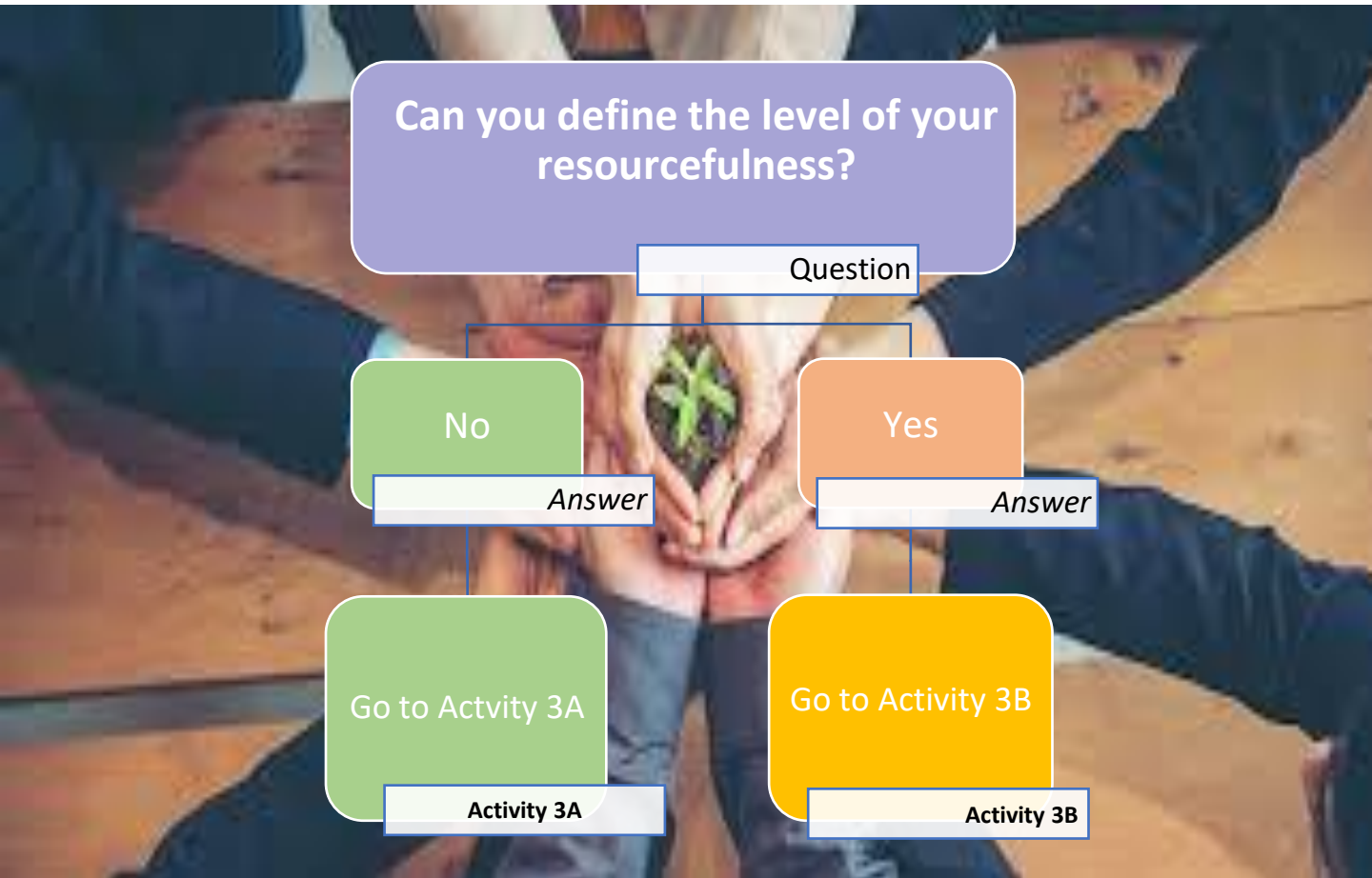
Activity 1B



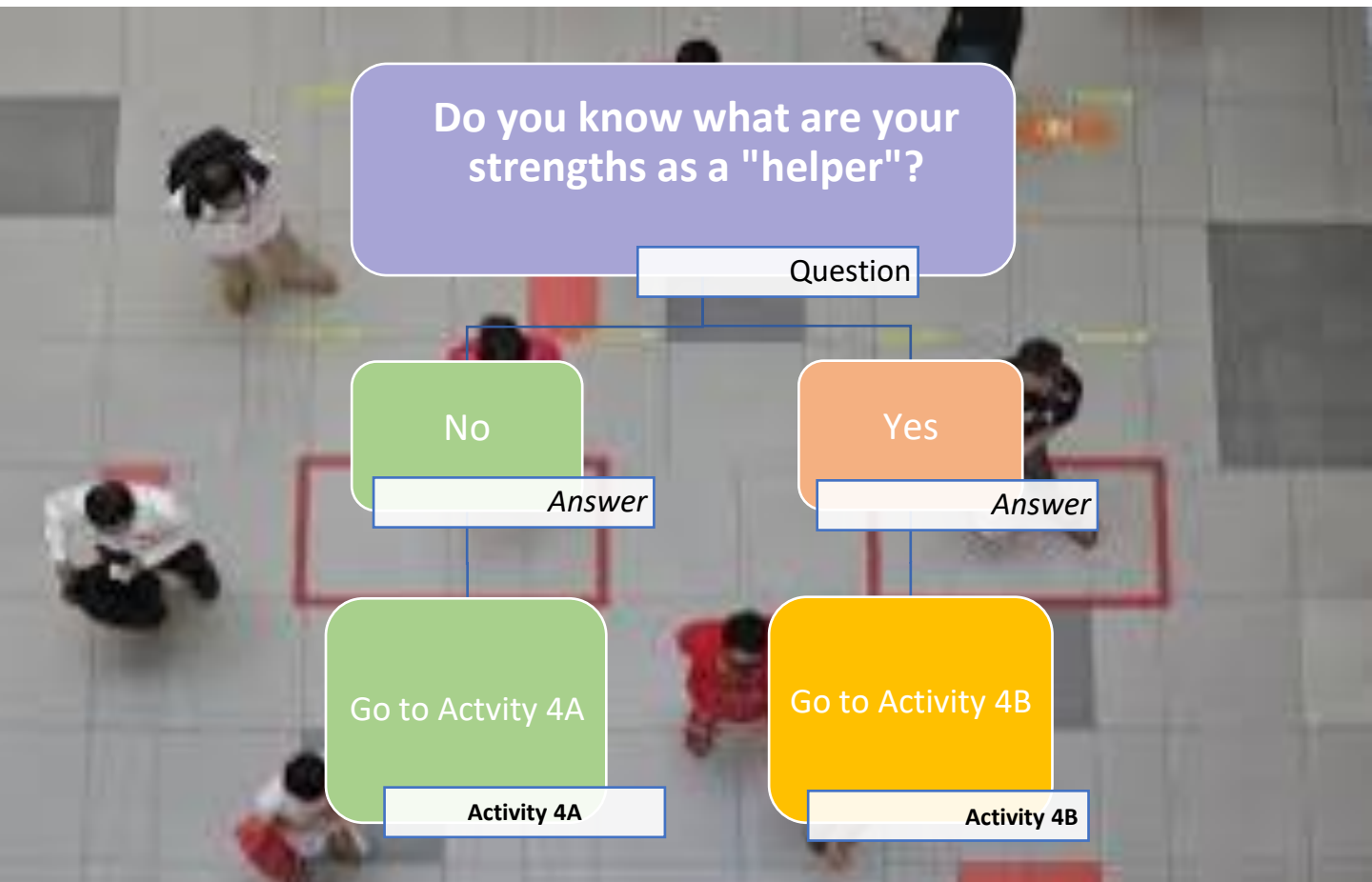
## 2. The inner aspects of a sense of belonging



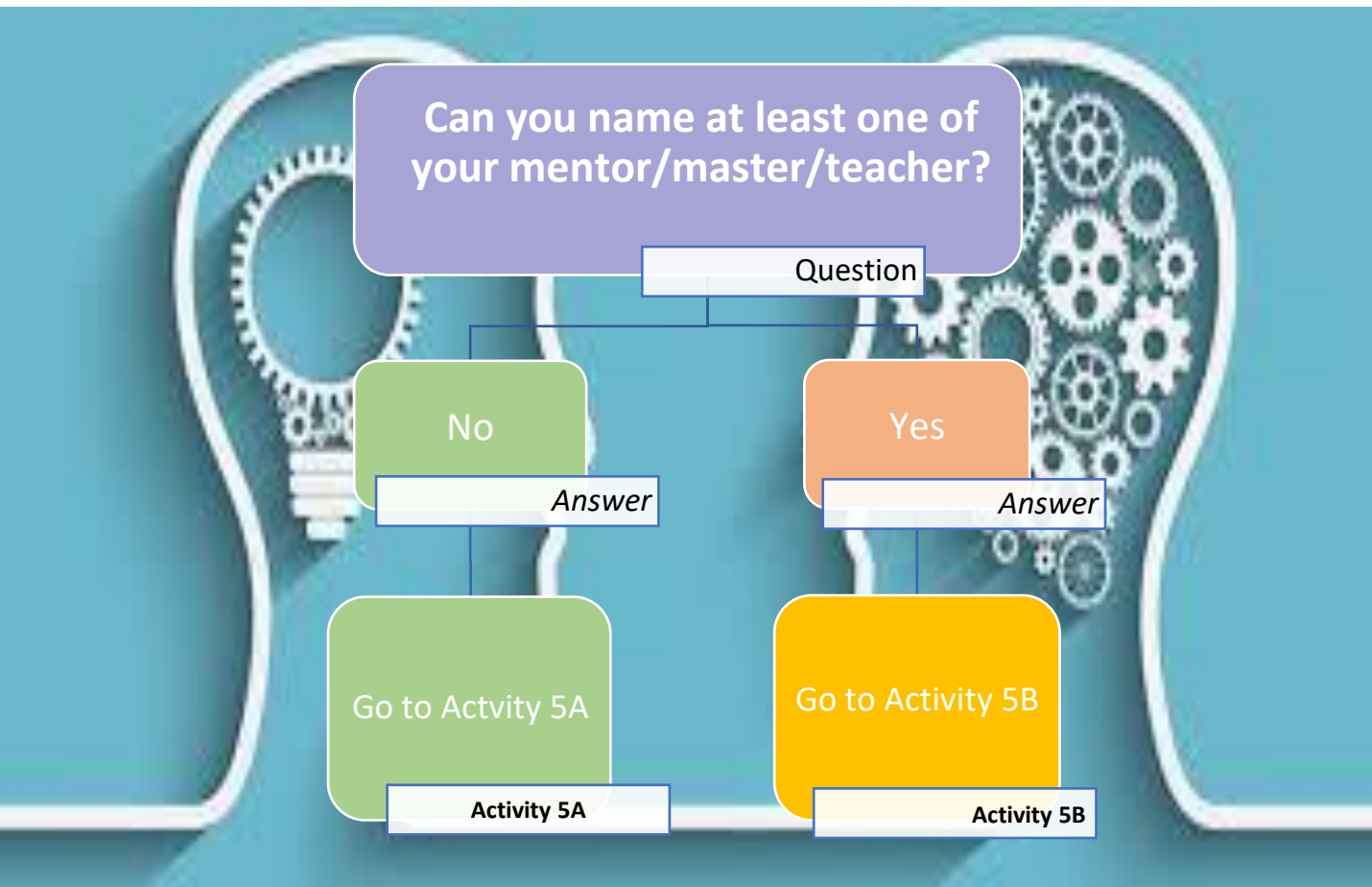
### 3. Social resourcefulness (coping with the use of social resources)



## 4. Personal resources used in coping with intervention situations. "Intervention equipment" - features, skills, knowledge.



## 5. Using the support of a mentor and your „internal compass”.







*You have finished*

Keep going to another Unit

*if you need*