

Presentation by Proportional Message



Module 2

**In-Service Training Programme:
The Transition to Adulthood: concept and
processes**



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Introduction

The **facilitator will introduce themselves**, welcome the workshop participants and outline the content of the face-to-face training. They will also invite the participants to watch the introductory video "The Transition to Adulthood: Concepts and Processes".



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Context

The concept behind the project originates from a concerning statistic: in 2019, Eurostat reported that 25.1% of young people aged 16 to 29 in the European Union were at risk of poverty or social exclusion, equating to 18.6 million individuals. This risk is even higher for young people in alternative care, especially when they leave care and transition into adult life, where they are expected to demonstrate a high level of maturity and independence.

The Skills4Life project is designed to assist these young adults in institutions (such as alternative care and youth hostels) in their journey towards independence by focusing on the development of key life skills. These skills are categorized into four main areas: personal and social, autonomy and daily living, professional skills, and financial literacy. Acquiring these skills is crucial for a successful transition into adulthood, and for young people in alternative care, mastering them significantly improves their chances of achieving independence.

Objectives



A comprehensive training programme **aimed at instructing community educators, social workers, and professionals that work with young adults in the implementation of the Skills4Life project** with their clients. The programme will contain an engaging PowerPoint flipbook to be delivered alongside the training and will also feature bite-sized videos for enhanced engagement.

Learning Outcomes:

The Transition to Adulthood: concepts and processes		
Knowledge	Skills	Attitudes
Define key concepts related to the transition to adulthood.	Describe the physical, cognitive, and emotional changes that occur during the transition to adulthood.	Be able of the tasks and challenges associated with the transition to adulthood.
Describe the role of professionals and other support systems in facilitating the transition to adulthood.	Describe the impact of social and cultural context on the transition to adulthood.	Internalising the key factors can facilitate or hinder the transition to adulthood.

Lessons of the Module 2

Lesson 1

*Understanding
the Transition to
Adulthood*

Lesson 3

*Challenges and Tasks
Associated with
Transitioning to
Adulthood*

Lesson 2

*Role of Professionals
and Support Systems*

Lesson 4

*Internalizing Key
Factors for Successful
Transition*

Lesson 1

Understanding the Transition to Adulthood

Programme of Lesson 1

1. Explain the module and learning objectives of the lesson;
2. Define the key concepts related to the transition to adulthood;
3. Practical reflection exercise: detect, analyze, and classify the fears and emotions about the transition to adulthood;
4. Conclusion and Q&A.

Objectives of the Lesson 1

- Allow participants to identify and express their biggest fears related to the transition to adult life.
- Promote a supportive environment where participants can understand that others share similar fears, promoting empathy and solidarity.
- Teach participants to classify their fears into different categories (physical, cognitive, emotional), helping them to better understand the nature of these concerns.
- Prepare participants for subsequent activities where they can further explore the identified fears and how to cope with them.



Lesson Plan

Face-to-Face Instruction: Activity 1

Understanding the Transition to Adulthood



30 MIN.

1. Introduction:

Explain the module and learning objectives

240 MIN.

2. Reflection exercise:

Take a few minutes to think and write down your biggest fear about adult life on a piece of paper. Then, anonymously, the participants will exchange their papers and read each other's fears out loud. Classify the fear you're reading as: **physical**, **cognitive**, and/or **emotional**. After a little reflection, keep the piece of paper for the next activity.

Lesson Plan

Face-to-Face Instruction

Discussion and Conclusion

90 MIN.

FAQ session

The facilitator will invite participants to ask questions on all topics discussed.

Lesson Plan

**Total duration time: 1140 minutes
(24 hours)**

The activities will be organised in with an average of 6 hours per day; in the morning and in the afternoon; 4 hours in the morning and 2 hours in the afternoon (with a lunch break in between, and 3 rest breaks, 2 in the morning and 1 in the afternoon), at trainer's/facilitator's decision. In case the training module will be organised in 4 days, the duration per days is as follows:

- **Day 1: Introduction (30 minutes) + Activity 1 (240 minutes) + Conclusion (30 minutes) + FAQ (60 minutes)**
- Day 2: Activity 2 - (270 minutes) + Guided Discussion (60 minutes) + FAQ (30 minutes)
- Day 3: Activity 3 - (360 minutes)
- Day 4: Activity 4 - (270 minutes) + Conclusion (30 minutes) + FAQ (60 minutes)

Each day the activities will include instructor-led training, problem-based learning exercises and/or reflection exercises that reinforce the stated learning outcomes.

Preparation:



- Book or source a training room with chairs and tables, computers, projector, etc. *Book it at least 2 months before the workshop so that you can promote the workshop in sufficient time.*
- Find instructors for workshop activities that you are not familiar with/comfortable delivering.
- Inform participants of the purpose of the workshop, its objectives, and the schedule to be followed.
- Provide catering for coffee and lunch breaks or provide information on nearby food options.

Resources:

- A room with sufficient space for group activities;
- Computer or tablet available to connect to the projection device;
- A projection device;
- Writing materials and paper.



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Module 2

**In-Service Training Programme:
The Transition to Adulthood: concept and
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Lesson 2

Understanding the Transition to Adulthood

Programme of Lesson 2

1. Introduction to Professionals and Support Systems;
2. Individual Reflection;
3. Resource Analysis and Support Selection;
4. Development of a Personal Action Plan;
5. Guided Discussion;
6. Review and Feedback;
7. FAQ session.

Objectives of the Lesson 2

1. **Identify Available Resources:** To familiarize the participants with the various professionals and support systems available for assistance during the transition to adulthood.
1. **Evaluate Support Options:** To assess which of these professionals and support systems could specifically address and help mitigate the fear or concern the participants have identified.
1. **Develop a Support Plan:** To create a plan for how to effectively use the chosen resources to address and manage your fear, enhancing your transition to adulthood.
1. **Promote Self-Awareness:** To encourage reflection on participants personal fears and how to seek professional help can be a proactive step in managing their concerns.



Lesson Plan

Face-to-Face Instruction: Activity 2

Role of Professionals and Support Systems



70 MIN.

1. Description of the **role of professionals** and **other support systems that can help** facilitating the transition to adulthood.

200 MIN.

2. Reflection exercise:

*After learning the **Role of Professionals and Support Systems** at your disposal, choose which one can help you with the fear you have written on the piece of paper you kept from the previous activity.*

Lesson Plan

Face-to-Face Instruction

Guided Discussion

90 MIN.

FAQ session

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Lesson Plan

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- Day 3: Activity 3 - (360 minutes)
- Day 4: Activity 4 - (270 minutes) + Conclusion (30 minutes) + FAQ (60 minutes)

Each day the activities will include instructor-led training, problem-based learning exercises and/or reflection exercises that reinforce the stated learning outcomes.

Preparation:



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Lesson 3

Understanding the Transition to Adulthood

Programme of Lesson 3

1. Identification of Challenges;
2. Strategy Development;
3. Creation of Action Plans;
4. Reflection on Skills and Resources;
5. Understanding Key Tasks and Review;
6. Review and Feedback;
7. FAQ Session.

Objectives of the Lesson 3

- **Identify Main Challenges:** To understand the primary challenges faced during the transition to adulthood.
- **Develop Strategies:** To identify and explore effective strategies for addressing and managing these challenges.
- **Reflect on Skills and Resources:** To reflect on the skills and resources necessary for a successful transition to adulthood.
- **Understand Key Tasks:** To comprehend the key tasks and responsibilities involved in transitioning to adulthood.



Lesson Plan

Face-to-Face Instruction: Activity 3

270 MIN.

Challenges and Tasks Associated with Transitioning to Adulthood



1. Understand the main **challenges** faced during the transition to adulthood.

1.2 Identify **strategies** to deal with these challenges.

1.3 Reflect on **the skills and resources** needed for a successful transition to adulthood.

1.4 Understand the **key tasks** associated with transitioning to adulthood.

Lesson Plan

Face-to-Face Instruction

Guided Discussion

90 MIN.

FAQ session

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Lesson Plan

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- Day 2: Activity 2 - (270 minutes) + Guided Discussion (60 minutes) + FAQ (30 minutes)
- Day 3: Activity 3 - (270 minutes) + Guided Discussion (90 minutes)
- Day 4: Activity 4 - (270 minutes) + Conclusion (30 minutes) + FAQ (60 minutes)

Each day the activities will include instructor-led training, problem-based learning exercises and/or reflection exercises that reinforce the stated learning outcomes.

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Module 2

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Lesson 4

Understanding the Transition to Adulthood

Programme of Lesson 4

1. Introduction and Scenario Assignment;
2. Scenario Analysis and Problem Identification;
3. Identification of Key Success Factors;
4. Strategic Planning and Solution Development;
5. Presentation and Peer Review;
6. Reflection and Synthesis.

Objectives of the Lesson 4

- 1. Understand Real-Life Scenarios:** participants will explore and analyze various scenarios related to the transition to adulthood, such as starting a new job, moving to a new country, or entering college
- 1. Identify and Explain Key Success Factors:** participants will identify and explain the critical factors that contribute to a successful transition in these scenarios, understanding their importance and impact.
- 1. Collaborative Planning:** Through group work, participants will develop a comprehensive plan for a successful transition based on the provided scenarios, applying the key factors identified.
- 1. Facilitate Discussion and Reflection:** The activity will conclude with a discussion where students reflect on the importance of each key factor and how these factors contribute to a smooth and successful transition to adulthood.

Lesson Plan

Face-to-Face Instruction: Activity 4

Internalizing Key Factors for Successful Transition



240 MIN.

1. Identify and understand the key factors necessary for a successful transition and how apply them to real-life scenarios.
2. Explore the factors that can hinder the transition to adulthood.

1. Reflection exercise:

- 1.1 Provide scenarios related to an adulthood transition (for example: starting a new job, moving to a new country, or entering college).
- 1.2 Identify and explain which key factors would be most critical for a successful transition.
- 1.3 Divide the class in groups and which group needs to present a plan for a successful transition based on the scenario provided.
- 1.4 Facilitate a brief discussion on the importance of each key factor identified and how they contribute to a successful transition.

Lesson Plan

Face-to-Face Instruction

Guided Discussion

90 MIN.

FAQ session

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