

# SUCCESS

Strategies to Utilise and Cultivate positive  
Characteristics & Employability Skills in Schools

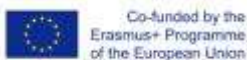
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## SUCCESS Project Introduction & User Guide

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Vilnius  
University



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## Introduction to SUCCESS Project

### Aims & Vision

The SUCCESS Project aims to combine the principles, methods and techniques of **Positive Psychology** with basic **Employability Skills**, in order to develop and enrich **adolescent's** skillset and prepare them accordingly for their outing in adulthood, job market and all the psychological and practical stressors that might accompany this important milestone in their lives.

Through all partner's literature reviews and need's analysis, we discovered that the aforementioned aspects of Employability Skills and Positive Psychology-Wellbeing are neglected when it comes to school settings and adolescents, even though both can shape and affect significantly their future success at any level. Hence, the need of developing a **Training Package** emerged, where all the needed skills will be explored in depth, taught and practiced.

Our vision is that by educating **School Counsellors** (or generally any kind of professional specialty that might have an advisory role concerning students Career and Education Guidance), they will be in a position to transfer new knowledge regarding Positive Psychology Applications and Employability Skills acquisition to School settings at a national and EU level.

All partners worked to create this Training Package which serves as a pool of collective knowledge and it will be available for all School Counselors Online as a readable or printable manual and on an **Online Platform**.

We aspire that through the correct and consistent implementation of the Activities provided in the SUCCESS Training Package, School Counsellors will achieve transmitting a compendium of new skills to youngsters, especially designed to boost their eligibility for future career or academic prospects as well as nurture important internal mechanisms that will help them to better understand themselves and obtain overall wellbeing. As young adults they will now be equipped with skills, that will tremendously enhance their lives both at personal and professional level and will help them achieve their dreams whilst

maintaining a relevantly stable feeling of contentment and gratitude.

## **How to Utilise the Training Package.**

The Training Package and Activities provided are evidence based and they derive from Positive Psychology theories and applications. It contains user-friendly guidelines for Trainers – School Counsellors. However, if in any case trainers or participants need any further clarifications or instructions, they can contact anytime the SUCCESS partner consortium through our online platform: [www.successtraining.eu](http://www.successtraining.eu).

### **How to Utilise Training Package:**

- Training Guide for School Counsellors (or any other relevant expertise with similar role) working with adolescence.
- Reference Tool by Trainers and teenagers / young adults who have already gone through the training.

The Material is split in to **four elaborated modules** which derive from the literature review and the need's analysis we conducted earlier during the SUCCESS Project:

1. **Positivity**
2. **Character Strengths**
3. **Resilience**
4. **Meaning (Meaning of Life)**

Each module starts with introducing to the reader-trainer all the needed theoretical background. In addition, an elaborated References List is also provided to each module for those who might wish to investigate specific aspects and notions into more depth.

At the activities section, you will firstly find a Synoptic Table of the activities in finding order, including their Objectives and a brief description for each activity. Last you will find the elaborated description of each activity with appendices, worksheets and references.

Trainers / School Counsellor are encouraged to alter, adapt and implement all the material provided in compliance with their own specific goals or limitations (time availability,

cultural differences, education system – curriculum of each country, specific characteristics of trainees group, material availability, desired learning outcomes, facilitator’s own characteristics).

The trainings can be conducted with around 10-24 participants. The duration of the training can vary again, depending to the audience and availability, however do keep in mind that the consortium proposes around 5 hours for each skill (around 5 activities of 45 minutes, plus brief pause in between to be used as deemed needed by the facilitator - break / room alterations / audience following instructions / material give always etc ).

Please bear in mind that it is mandatory and of utmost importance that the Trainers must be in a position to answer questions and to engage in elaborated conversation amongst themselves and the participants. Hence it is highly recommended to read carefully the material provided and if possible, to do their own background research as well according again with the group of trainees’ unique characteristics.