

UNGi

UUV 9





Bogen er udviklet af UngiAarhus Ungdomsskolen Syd i tæt samarbejde med ULV underviserne

Mentaliseringsteori er hentet fra Mentaliseringsguiden af Janne Østergaard Hagelquist

Vitaliseringsmodel med inspiration fra Jan Tønnesvang

Målsætningsværktøjer er hentet fra Tilværelsespsykologien af Preben Bertelsen

Tegninger af Trine Schjødt Kjær Hansen
Fotos er fra Unsplash.com

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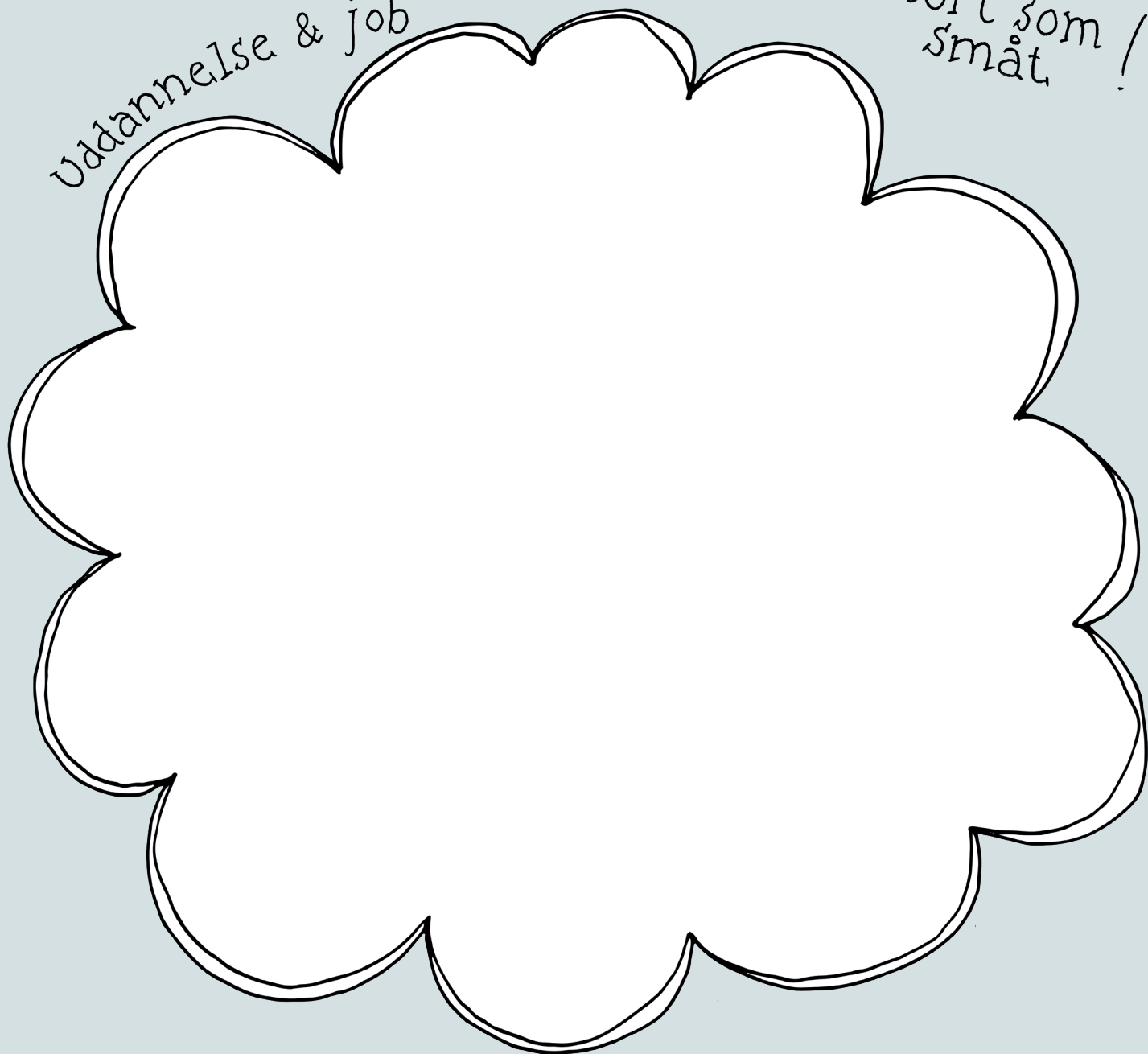
Klasse:



mine
drømme
for **FREMTIDEN**

Uddannelse & job

Stort som /
småt



Fritid

Familie & venner

airtemperatur

dato: _____



Humør



1

2

3

4

5

6

7

8

9

10

mindre godt

super godt

Skole



1

2

3

4

5

6

7

8

9

10

mindre godt

super godt

Fag



1

2

3

4

5

6

7

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mindre godt

super godt

Familie



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airtemperatur

dato: _____



Humør



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mindre godt

super godt

Skole



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mindre godt

super godt

Fag



1	2	3	4	5	6	7	8	9	10
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mindre godt

super godt

familie



1	2	3	4	5	6	7	8	9	10
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mindre godt

super godt

Venner



1	2	3	4	5	6	7	8	9	10
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Temperatur

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Venner



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super godt

Fritid



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airtemperatur

dato: _____



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familie



1	2	3	4	5	6	7	8	9	10
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mindre godt

super godt

Vänner



1	2	3	4	5	6	7	8	9	10
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mindre godt

super godt

fritid



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Humør



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super godt

familie



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mindre godt

super godt

Venner



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mindre godt

super godt

fritid



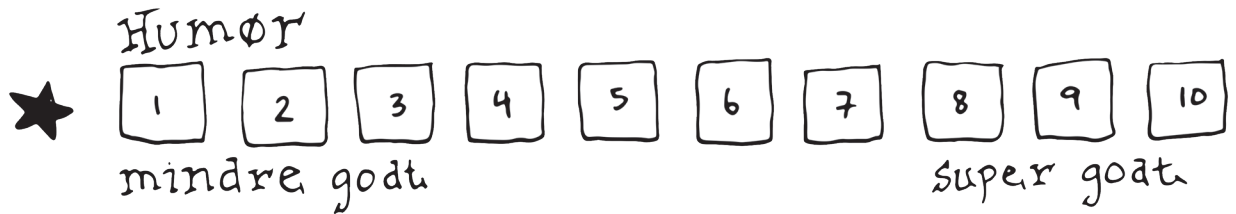
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mindre godt

super godt

date: _____

air temperatur



★ Skole

1	2	3	4	5	6	7	8	9	10
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mindre godt super godt

★ Fag

1	2	3	4	5	6	7	8	9	10
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mindre godt Super godt

familie
 ★

1	2	3	4	5	6	7	8	9	10
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 mindre godt super godt

Vinner

★

1	2	3	4	5	6	7	8	9	10
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mindre godt

super godt

★ fritid

1	2	3	4	5	6	7	8	9	10
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mindre godt

super godt

Side 13

airtemperatur

dato: _____



Humør



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mindre godt

super godt

Skole



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mindre godt

super godt

Fag



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mindre godt

super godt

familie



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super godt

Venner



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mindre godt

super godt

fritid



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mindre godt

super godt

Temperatur

dato: _____



Humør



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mindre godt

super godt

Skole



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Fag



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Familie



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super godt

Fritid



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Fag



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mindre godt

super godt

familie



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mindre godt

super godt

Vänner



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mindre godt

super godt

fritid



1	2	3	4	5	6	7	8	9	10
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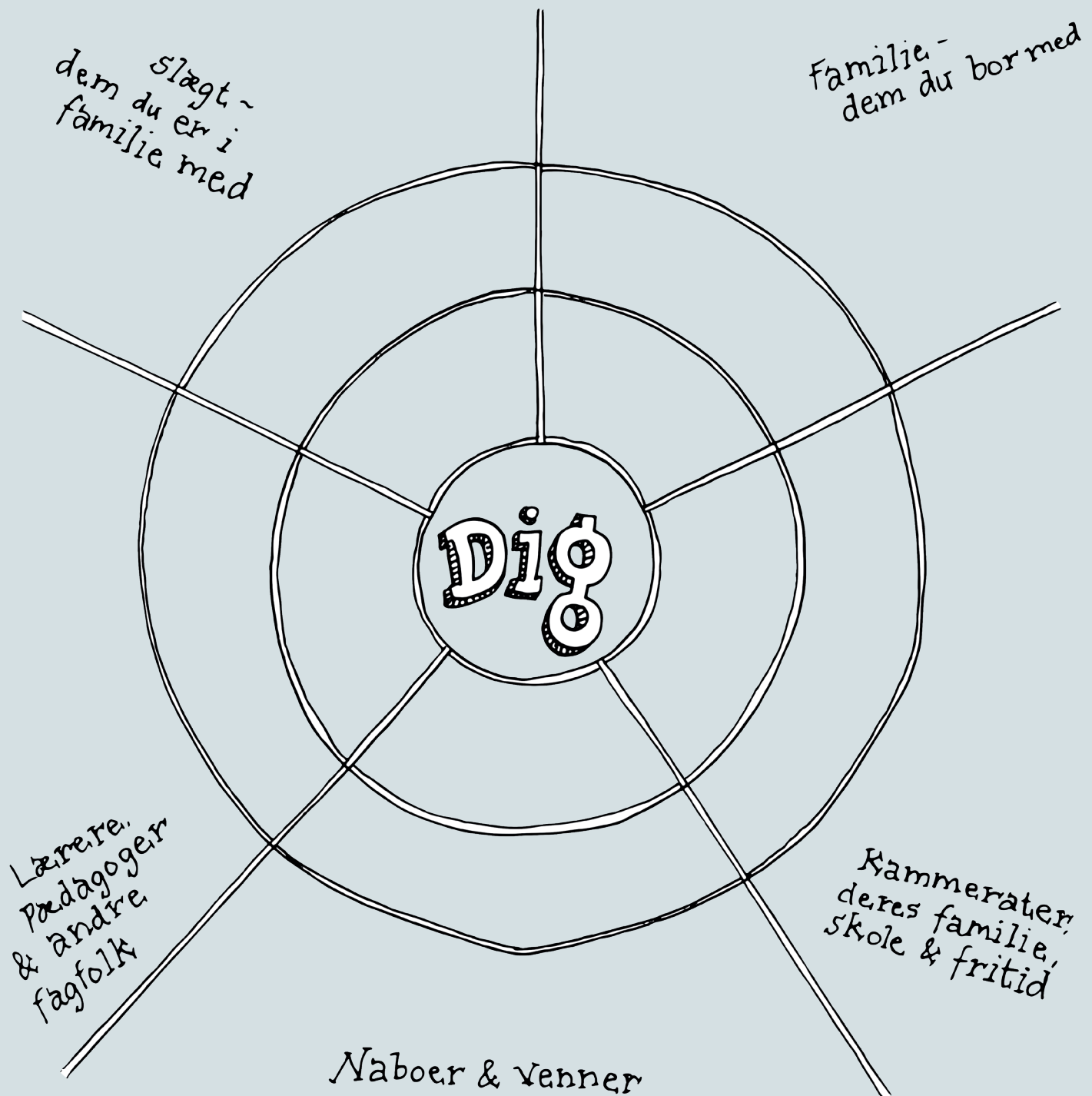
mindre godt

super godt



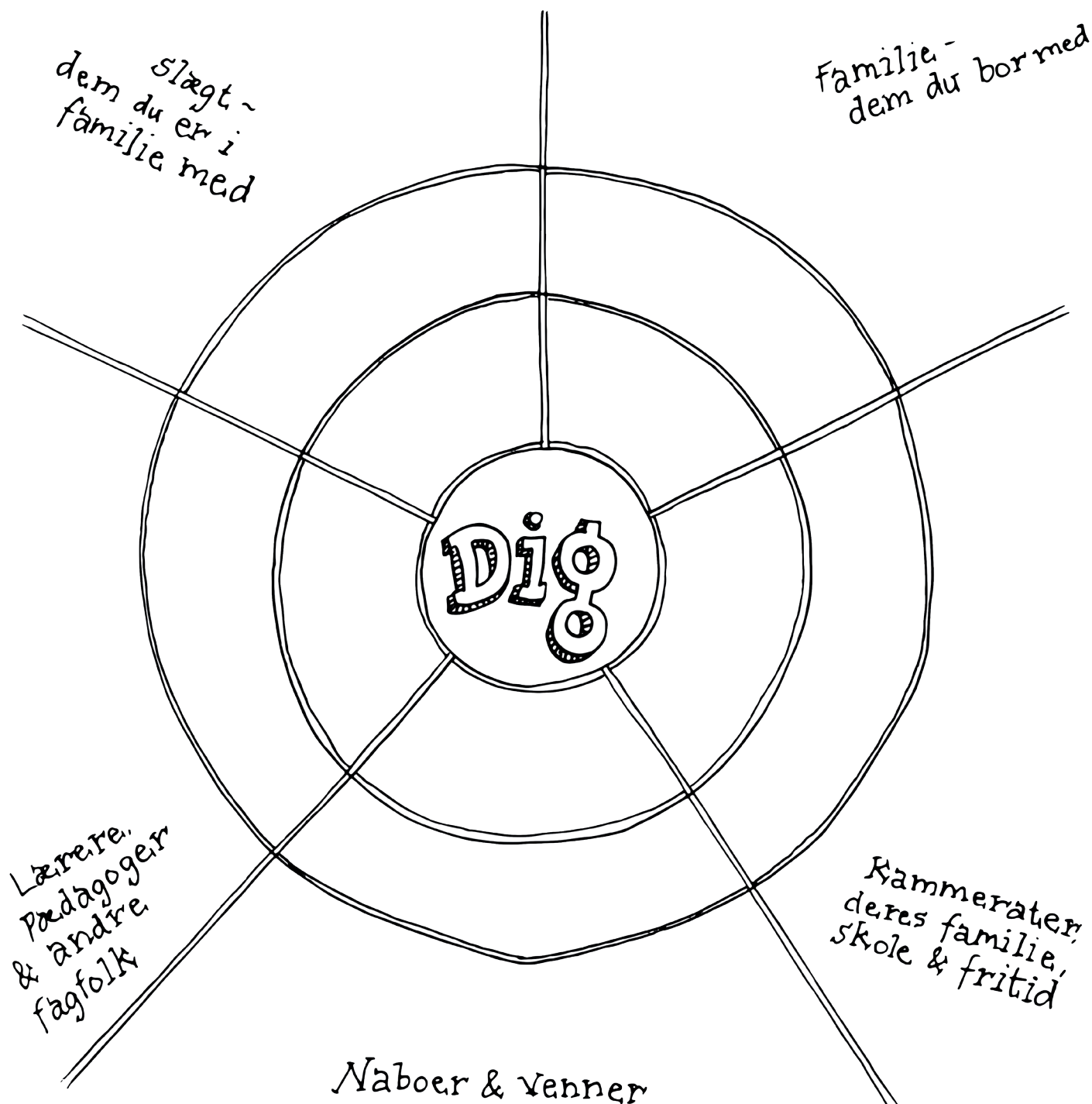
Netværk

Før camp



Netværk

Efter camp







**EXCITED
ABOUT
LIFE**

Mål

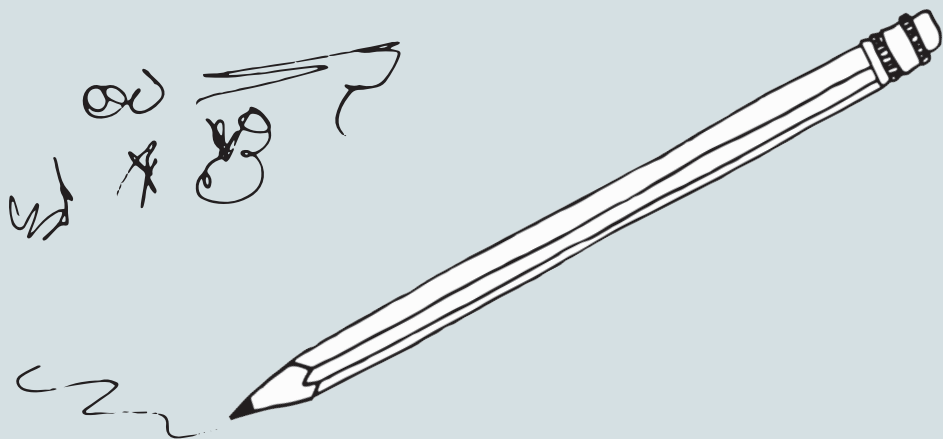


HVILKEN UDFORDRING VIL DU ARBEJDE MED ?

HVILKET MÅL KAN HJÆLPE DIG PÅ VEJ ?

S.M.A.R.T.

- ☐ SPECIFIK ?
- ☐ MÅLBART ?
- ☐ AFSTEMT ?
- ☐ REALISTISK ?
- ☐ TIDSAFGRÆNSET ?



Mål



HVILKEN UDFORDRING VIL DU ARBEJDE MED ?

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Mål

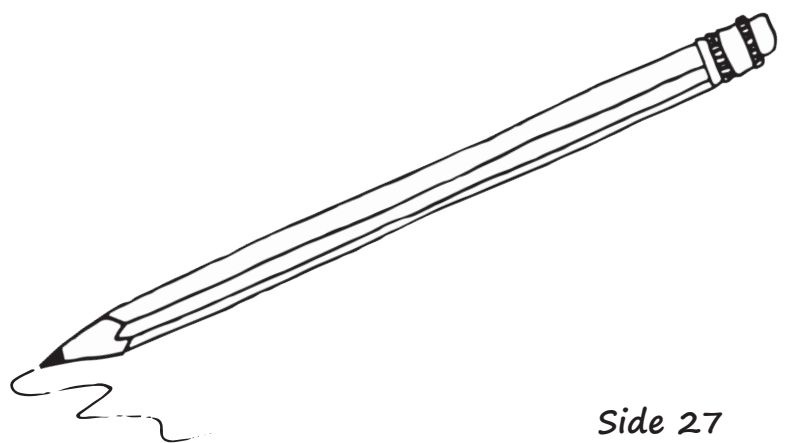


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Mål

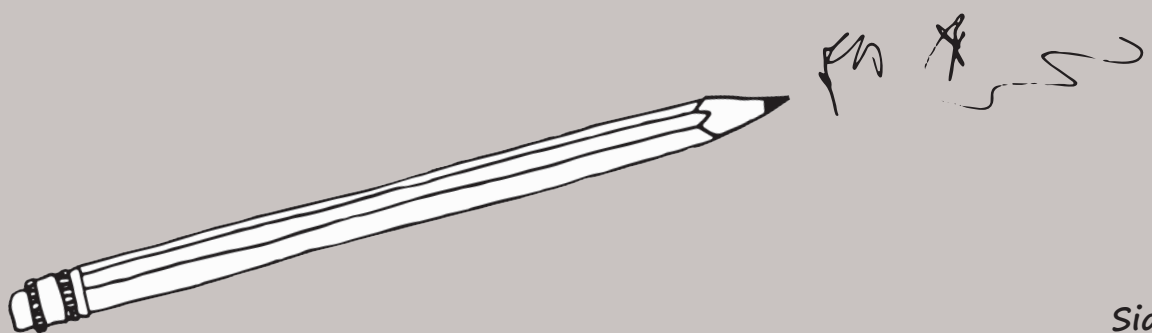


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Mål



HVILKEN UDFORDRING VIL DU ARBEJDE MED ?

HVILKET MÅL KAN HJÆLPE DIG PÅ VEJ ?

S.M.A.R.T.

☐

SPECIFIK ?

☐

MÅLBART ?

☐

AFSTEMT ?

☐

REALISTISK ?

☐

TIDSAFGRÆNSET ?

KS



Mål

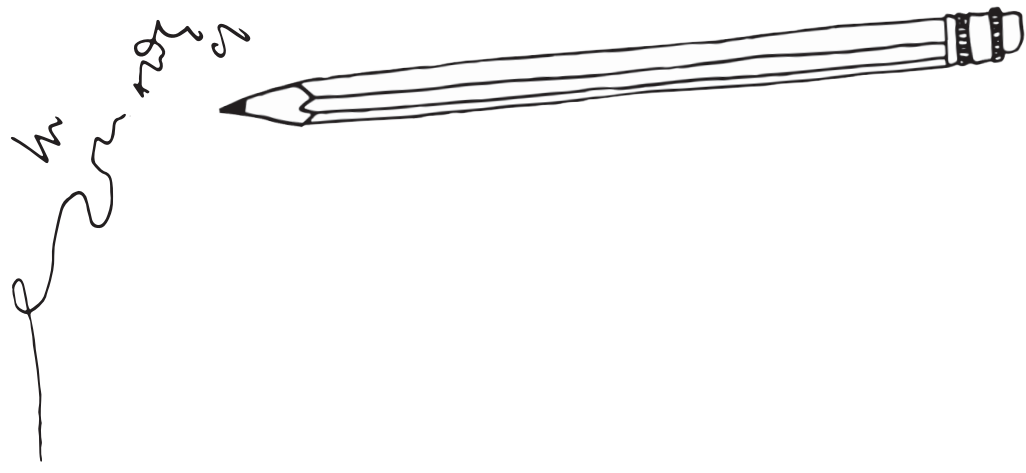


HVILKEN UDFORDRING VIL DU ARBEJDE MED ?

HVILKET MÅL KAN HJÆLPE DIG PÅ VEJ ?

S.M.A.R.T.

- ☐ SPECIFIK ?
- ☐ MÅLBART ?
- ☐ AFSTEMT ?
- ☐ REALISTISK ?
- ☐ TIDSAFGRÆNSET ?





UPV

Personligt

Mødestabil
Valgparat
Ansvarlig
Motiveret
Selvstændig

Fagligt

Standpunkt:

3-årig gym → 5,0

2-årig hf → 4,0

EUD/EUX → 2,0

Socialt

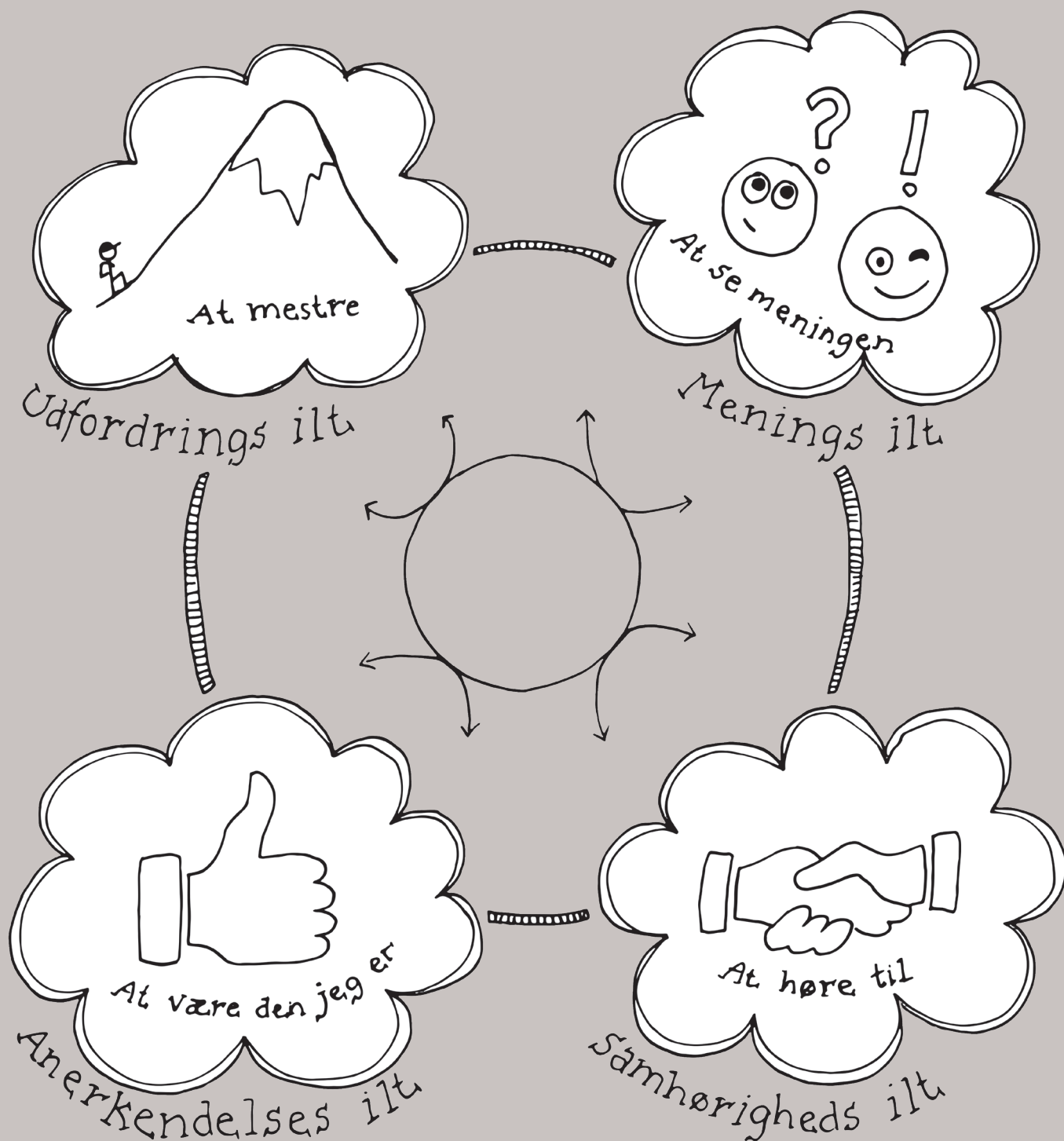
Respektfuld
Samarbejdende
Tolerant

Praksisfagligt

Kreativ
Praktiske
færdigheder
Arbejdskendskab
Kan føre teori
ud i praksis

Vitalisering:

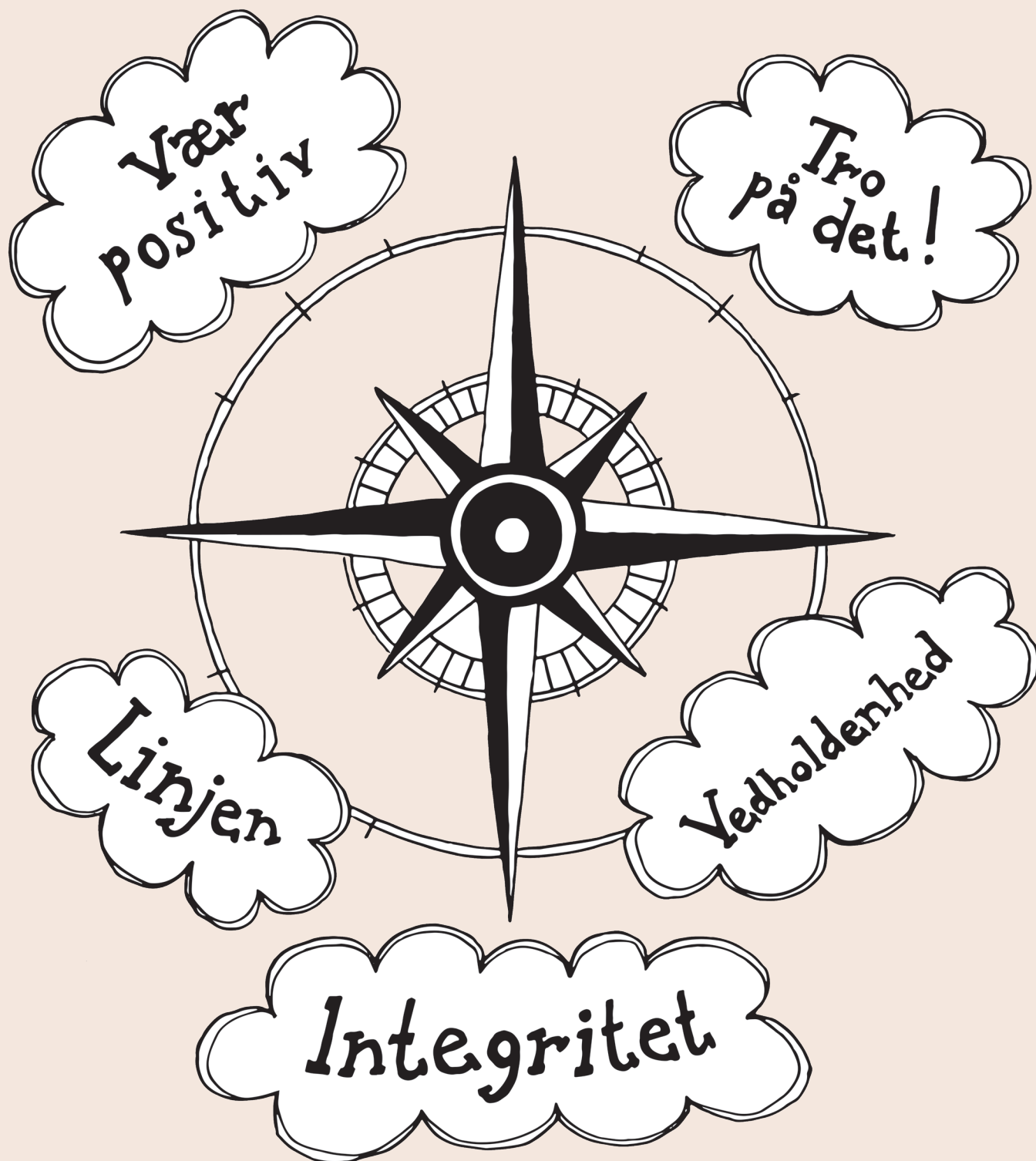
Modellen





Kompas

retningerne





TRY TO
BE A

Rainbow

in
someone
else's

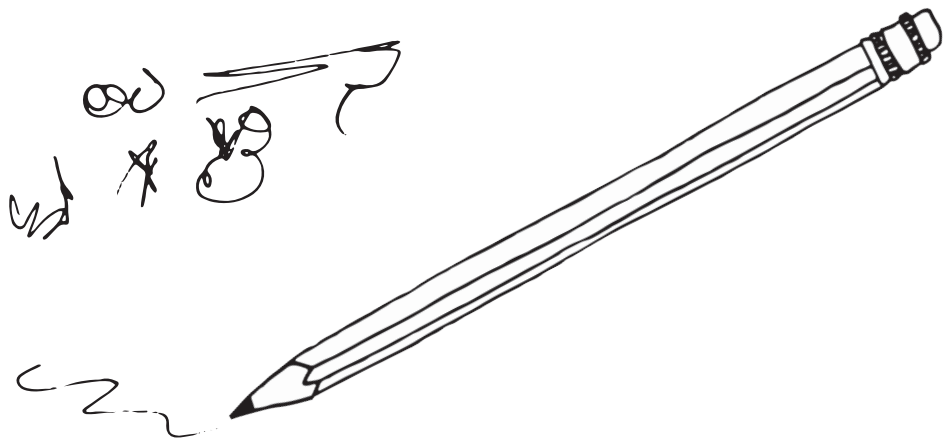
CLOUD

Notater











Good
...Vibes
Only...



ULY

UNG i

Aarhus

