



# GROUP WORKSHOP: SELF-MANAGEMENT PATH FOR INTERNATIONAL STUDENTS AT FEDERICO II UNIVERSITY OF NAPLES

## WHY

If you are an **international student**, moving to another country may require some changes in your **expectations, motivations and goals** in order to adjust to the challenges of your new reality. Reflecting on the tools that you are using and eventually **acquiring new tools** can improve the way you adjust to this new experience.

## WHAT

**Self-Management** is the ability to **work effectively** towards meaningful goals and to be **flexible** in the face of setbacks. This attitude, based on **self-awareness**, allows you to learn to set **realistic** goals and reach them independently and, in case you encounter problems along the course of study, be able to **recognise** them, seek help and **solutions** to **overcome** them.

## AIM

**The Group Workshop: Self-Management Path** aims to work on the transversal strategic skills: strategies for **motivation** in one's training and professional projects; strategies for effective **time management**; strategies for **achieving goals**; strategies for creating a **social support network**; strategies for **Problem-Solving**.

## WHEN AND WHERE

The Group Workshop is composed of 6 meetings with the following schedule:

- **June 17th and 24th from 11am to 1pm**
- **July 1st from 11am to 1pm**
- **September 10th, 17th and 24th from 3pm to 5pm.**

At **SInAPSi Factory Orto Botanico** – Palmeto Area in the Group Room.

Address: Via Foria 223 – 80139 Napoli.

## RESERVE

To enroll please send an email with your Name and Surname to **mapper.sinapsi@unina.it** and place in the object: international students.