

Reflection tips for youth workers

What to take into consideration when talking about plans and possibilities in higher education with young people who have special needs

Your own thoughts on education

What are my thoughts on education? Do I have any prejudices about certain schools or fields?

What has my educational path been like? What kind of educational background does/was my childhood family have? What has my own career path been like?

Dealing with difficult topics

Do I have the courage and skills to raise difficult issues that I find?

Do I have the courage and ability to remain neutral when difficult issues arise in coaching?

Do I recognize my own prejudices so that they do not affect my work with the young person?

How do I relate to people with mental health problems?

Communication

When am I an active listener? What can get in the way of me becoming an active listener? Do I know what active listening is?

How do I respond to a young person's question if I don't know anything about it? How should I react in order to support the young person? Think about your own attitude: Is it important to know "everything" or to work things out together?

Do I have the courage and ability to remain neutral when difficult issues arise in coaching?

Do I have strong opinions on issues that may come up in discussion when working with young people? Do I remember how to keep my part of the conversation neutral so that my own opinions do not influence the young person's thinking?

Support services

Am I familiar with the support services available in my community/country? Do I know where to get the information or where to refer a young person who needs support in their situation?