

CHAPTER 3

METHODOLOGY FOR USING BOARD GAMES ON SOFT SKILLS DEVELOPMENT

Playing boardgames at home or with friends, as a leisure activity, can be useful also for achieving or developing some soft skills, but we realized that doing this on purpose, targeting specific skills and playing some games in a specific order, can help a lot the youngsters to develop themselves and to include easier on the labor market.

We used a specific methodology for soft skills development of youngsters:

PREPARATORY ACTIONS:

- Target group selection
- Soft skills selection
- Boardgames selection - according to target group (for egs, the games should be inclusive if the target group has specific characteristics or if the group is heterogeneous. The boardgames sheets are in appendix of this manual
- Preparing a program, including: information for introducing the topics, order of boardgames, debriefing questions



IMPLEMENTATION:

- Initial evaluation of target group (evaluating the soft skills before the program)

- Participant's Diary - an instrument that youngsters can use for taking notes about their AHA moments, about the soft skills development and ideas for implementing in their daily life what they have learned during the program

- Final evaluation of target group (evaluating again the soft skills) - same questionnaire
- Interpretation of improvement - analyzing the questionnaires and conclude about the difference between initial and final evaluation - in terms of efficiency of the program and how the youngsters improved their soft skills playing boardgames.



3.1. TARGET GROUP



ASPAYM CASTILLA Y LEÓN

ASPAYM Castilla y León works with people with some disability in general, and with physical one in particular. People with disabilities have barriers to access to the full social inclusion, which can be analyzed and reflected in different areas of the person: physical condition, emotional well-being, interpersonal relationships, job access and educational and socio-cultural resources. In this way, and following the main proposal of this project, which works to minimize the social exclusion risks, we include in our target group young people, between 16 to 30 years old. In this collective, there are included people with and without disabilities.

UEMC – UNIVERSIDAD EUROPEAN MIGUEL DE CERVANTES

Students between 18 and 24 years who are studying different University degrees. After finishing their studies, they will have difficulties to find a job due to their lack of experience and their youth.

There will be a lot of competition due to the high number of graduates in Spain, so it won't be enough just to have a University degree. It would be necessary to exhibit more than knowledge in a job interview. For this reason, we think that this project will develop in our students' soft skills which will help them in their future employments.





CEIPES

The target groups that CEIPES involved in the implementation of the project consist of:

Young unemployed and in disadvantaged socio-economic conditions and Young people with migration background. CEIPES, having received a property confiscated from the mafia, is now based in the district of Uditore, one of the most disadvantaged in Palermo.

In contact with the offices of the district and with the offices of the social services sector, it arose the need to initiate paths that could provide young people in the neighbourhood with the possibility of developing transversal skills according to employability.

Young people with migration background: the city of Palermo is characterized by a substantial presence of young migrants who need support even in the labour market.

The inclusion process is really difficult, given also by the current European context characterized by fear and rejection of the "different", which also affects the choices of the entrepreneurs, sometimes influenced by prejudices and stereotypes.

For both target groups it is about providing them with an alternative to the possibility of approaching the criminal world, finding in themselves and in their abilities, the necessary tools to undertake a different and satisfying life path.





ROSTO SOLIDARIO

In Rosto Solitario the participants need to be young people between 18 and 30 years old. We created at least two groups:

- 1st in Rosto Solidário office acrossing local volunteers, international volunteers and others;
- 2nd in the local agency for the employment where we plan to work with youth who are looking for a job and are unemployed.

We will include in each groups:

- Participants coming from communities and groups socially excluded;
- Participants with few opportunities;
- Cultural diferences (as migrants, roma people, etc);
- Economic obstacles (unemployed or coming from poor contexts, unemployed, facing social and economic obstacles in their communities).

AICSCC – GAMMA INSTITUTE

Gamma Institute included in this project the following target group:

- People (all ages) with psychological issues as: low level of self-esteem, anxious or depressive episodes, bullying in schools or organisational environment, difficulties in lifespan transitions (launching in independent life on youngsters, divorce, career transitions – re-professionalization) etc. This target group will be selected from the health department – Gamma Clinic Psychology (clients in psychotherapy and participants on Gamma Events)
- Professionals in education and psychology field: people which are working with youngsters and with people with psychological problems, teachers and school/career counsellors, systemic psychotherapists, clinical psychologists, etc.
- Future professionals in psychology: students from psychology (bachelor and master degree), which are making internships in Gamma Institute
- People (all ages) from Iasi city which are interested in personal development process.