

# Capazmente

## PROBLEM TO BE SOLVED

Who here has been, is or will be a finalist student? What good and bad feelings does this final stage have? How is the mental health of the finalist students?

## HOW IT CAN BE DONE

Psychological coaching promoted by association Matriz in partnership with polytechnic Institutes to create a extra curricular unit to develop psycho-entrepreneurial characteristics that help the emotional health of final year students.

## BENEFITS

Professionals more prepared and secure for the job market; Training to raise awareness of the importance of mental health; Students more prepared and willing to enter the job market; To develop of students' soft skills.

## SOLUTION APPROACH

Diagnosis > Understanding > Intervention



### Intervention Approach:

#### Module 1: Diagnosis

Application of BIG 5 personality tests and questionnaires; Division groups based on the predominance of personality traits and identifying the problems faced in this phase.  
Product: Curricular Unit Platform inserted in "Link Me Up".

#### Module 2: Understanding

Creation of information material and guides on mental health; Dialogues with groups student about the importance of mental health; Understanding the problems faced and the emotional impacts.  
Product: Guides and informative materials, group dynamics with finalist students.

#### Module 3: Intervention

Workshops on about mental health and development of soft skills for entering the job market; 8 sessions of psychological coaching during the semester, which can be individual or in groups; Working with 2030 learning compass concept.  
Product: Promotion of events, workshops and psychological assistance.