

Experience report of a speech-language pathology and audiology student in the extension project "Sapeca: Mental health and technology"



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ABSTRACT

Mental health is determined by multiple factors and directly interferes with quality of life. Adolescence is a period marked by several transformations and discoveries, among which the new capacities to feel, think and act stand out. In addition, this phase brings the need to redefine the being about its identity and its environment.

Keywords: Mental Health, Adolescent, Education, Technology.

1 INTRODUCTION

Mental health is determined by multiple factors and directly interferes with quality of life. Adolescence is a period marked by several transformations and discoveries, among which the new capacities to feel, think and act stand out. In addition, this phase brings the need to redefine the being about its identity and its environment. This is a critical moment in the prevention of mental disorders since changes that appear at this age can lead to difficulties in adult life. Much of the adolescent's day happens at school, and it is in this environment that social-emotional skills are developed and, simultaneously, learning occurs.

2 OBJECTIVE

To report the experience of a speech therapy undergraduate student in the project "Sapeca: Mental Health and Technology."

3 METHODOLOGY

This is a descriptive, qualitative, experience report study about the first two meetings held in an extension project. Activities at the school took place monthly, on Saturdays. There was the participation of 7 adolescents in the first meeting and 10 in the second, both sexes, aged between 13 and 14 years. The strategy used by the project to establish a dialogue capable of sensitizing them about mental health was the learning of basic computer notions.



4 EXPERIENCE REPORT

In the first meeting, it was noticed the lack of knowledge of most adolescents concerning the notebook and, consequently, its functions and possibilities. Thus, the first step was to present some features and programs present in the device. The second was to address the theme, "Who am I?" through questions that provoked the observation of singularities. Participants used the Writer® text editor software to scan their answers. For the second meeting, the theme addressed was "What is happiness for you?" and for this activity, the proposal was to elaborate a "mural of happiness" containing images. The participants used Google® to search for images and later developed the wall in the text editor. At the end of each meeting, a conversation circle was formed to sensitize adolescents about mental health, starting from the key issues they presented about the theme addressed.

5 CONCLUSION

From the careful observation of the evolution of the participatory posture of the adolescents during the meetings and the feedback offered by the school coordination, it is concluded that the objective of the meetings was achieved because there was the adherence of the students to the project and aroused of reflection about mental health.



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