

KØBENHAVNS  
PROFESSIONS  
HØJSKOLE

# ”A sense of belonging” through Collective Study and Career Guidance

Workshop  
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# Agenda

1. Check in
2. Theoretical framework
3. Exercise 1: "I vote with my feet"
4. Exercise 2: "Taking turns to speech"



# Check in – 5 minutes

- Stand up and say hello to your colleagues
- Find someone you do not know very well

## Check in

- Which work task has taken most of your time in 2023 so far?

2 minutes each.



# A sense of belonging



- To be **seen and heard**
- To be a part of a **community**
- To have **agency**

## Why are we here?

- For inspiration: Exercises from collective study and career guidance
- For reflection: how can we point towards social justice in study and career guidance?

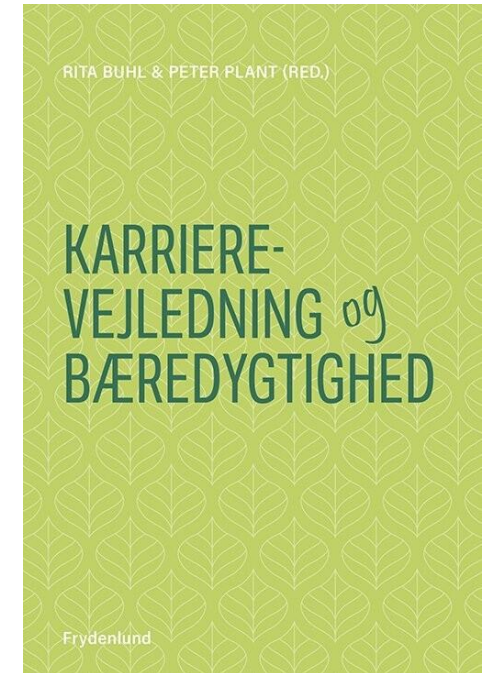
# A critical emancipatory study and career guidance

Study and career guidance as "empowerment to struggle with the world as it is, and to imagine the world as it could be"

(Sultana, Hooley og Thomsen, 2018)

## Study and career guidance:

- Must not focus on an individual adaption to social injustice in society
- Must instead support communities' ability to see and create new options
- Must support the experience of having agency when being a part of a community



# Using five signposts for critical emancipatory guidance

1. Build critical consciousness
2. Name oppression
- 3. Question what is normal**
- 4. Encourage people to work together**
5. Work on a range of levels

(Sultana, Thomsen og Hooley, 2018)



# In our exercises we aim after signpost 3 and 4:

## 3. Question what is normal

- We want to question the norm of "the ideal student"
- We want to visualize diversity as well as equality

## 4. Encourage people to work together

- We believe sharing is liberating
- We want to stimulate and encourage to collective agency
- We want to facilitate dialogue between peers



# Exercise 1: "I vote with my feet"

## When do we use this exercise?

At the workshop "Learn how to master your study life"

## Why?

- To activate the students and to make them see each other
- To visualize and make room for diversity
- To help students explore and get inspired from each other's differences
- To stimulate a sense of belonging



# Introduction to "I vote with my feet"

In a minute we are going to take a look at 5 statements.

Under each statement you can place yourselves in 3 different categories. You must place yourself in the category that suits you the best.

Topic: habits as a student.

Let's try it together! 😊



# As a student I preferred:

Working alone and writing exams alone. I liked independent assignments.

Working in larger groups. I have always liked it when a great teamwork creates good results.

Working with one fellow classmate. I liked to work with someone who knew my strengths and weaknesses.

# Whenever I had a deadline, I would start working on the assignment:

Way ahead of time. I would make a detailed schedule to make sure I would spend my time effectively

A week or two before deadline. I usually had all the ideas in my head.

Very late and close to the deadline. I work very well under pressure.

# How did you feel about presenting your work in front of your classmates?

I liked it. I never really had any problems with nervousness.

It was all right, but not my favorite thing. I would sometimes get a little nervous.

I did not like it. Actually, I never really liked speaking in front of many people.

# When working in groups, I have always admired those who:

Are able to listen curiously to everyone and include all perspectives in a dialogue.

Can structure time and make a detailed schedule.

Can think innovative and creative thoughts, so the group can try working in different ways and see new perspectives.

# How to continue working with this exercise

Group dialogue:  
Talk to someone who  
answered the same  
as yourself – what do  
you have in  
common?

Group dialogue:  
Talk to someone who  
has not answered the  
same as you.

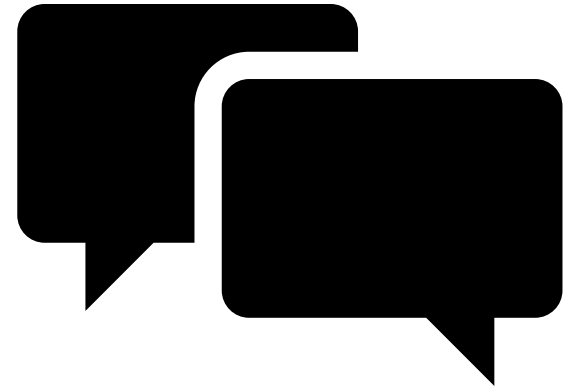
# Exercise 2: "Taking turns to speech"

## When do we use this exercise?

- At the workshop "The Study and Career Guidance says hello"

## Why?

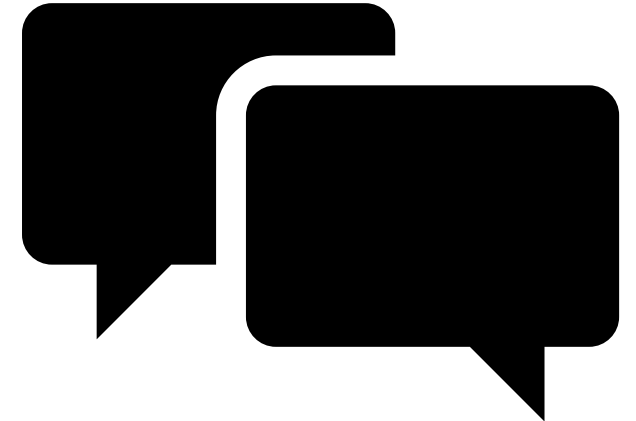
- Students can practice being an individual in a group
- Students learn how to engage with peers
- It stimulates the understanding of differences in groups





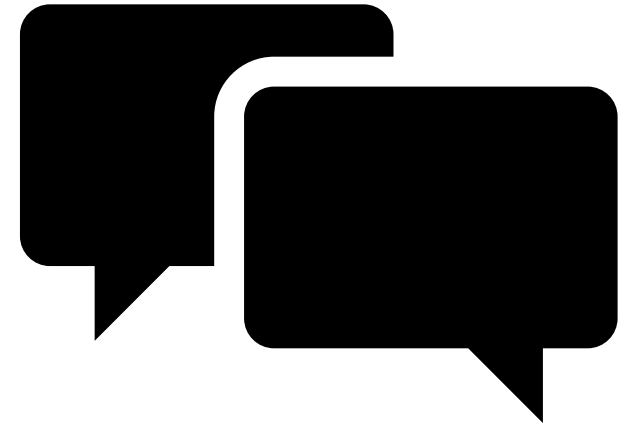
# Tell about an important experience that has formed your choice of education?

- 1-2 minutes per person

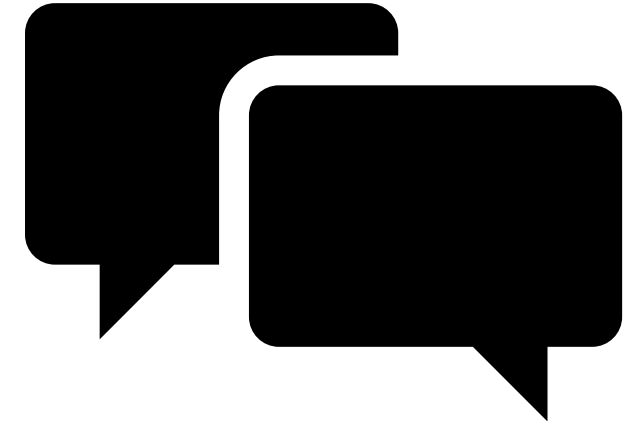


# If you could change one thing within your education or your job, what would it be?

- 1-2 minutes per person



# Have you chosen a career that is different from your parents'?



- 1-2 minutes per person

**Which thoughts and reflections do you have in relation to your own practice?**

# Thank you for your participation!

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