

# SÆRLIGT TILRETTELAGTE UDDANNELSER- SAMFUNDSMÆSSIGE PERSPEKTIVER

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KOMITEEN FOR SUNDHEDSOPLYSNING



# HAR VI EN UDFORDRING?

Accelereret global og teknologisk udvikling

Stigende offentlige udgifter til avanceret behandling og sociale ydelser

Flere ældre, kroniske syge, færre på arbejdsmarkedet



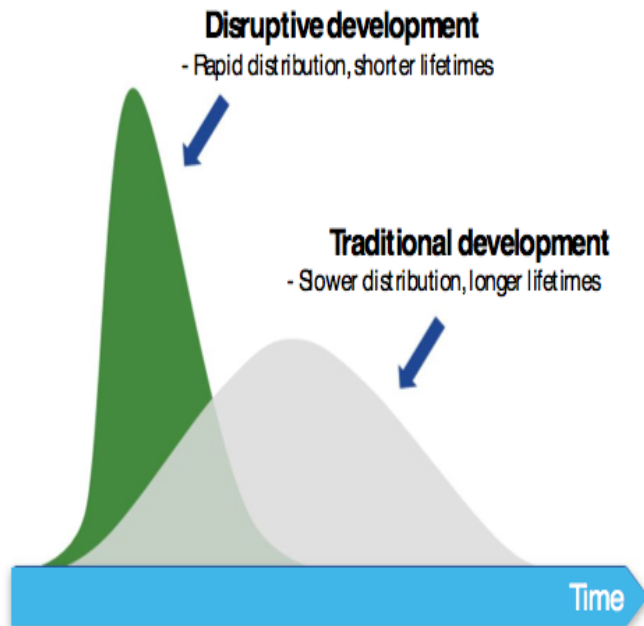
Virksomheder har behov for robuste og innovative medarbejdere

**Flere psykisk sårbare unge?**



# EN UDFORDRING & EN MULIGHED?










## → Shorter product lifetime – disruptive vs. Traditional development



Based on Downes & Nunes (2013)

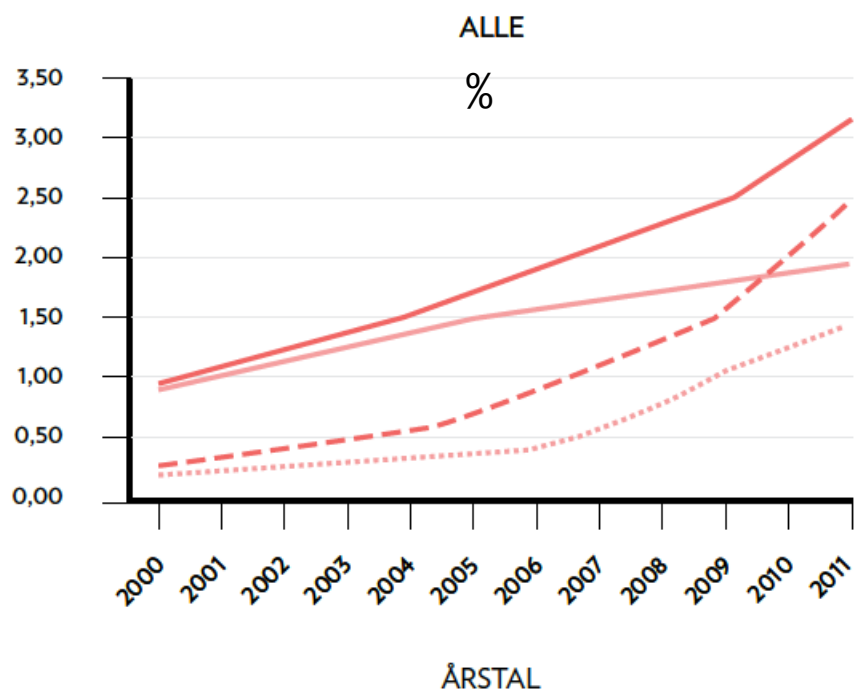
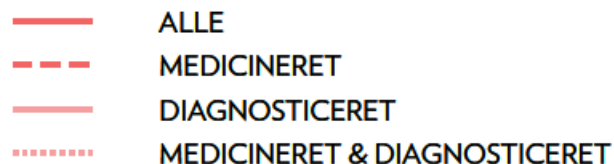
Kilde: Egen tilvirkning på baggrund af Downes & Nunes (2013)

## → Time to reach 50 million users

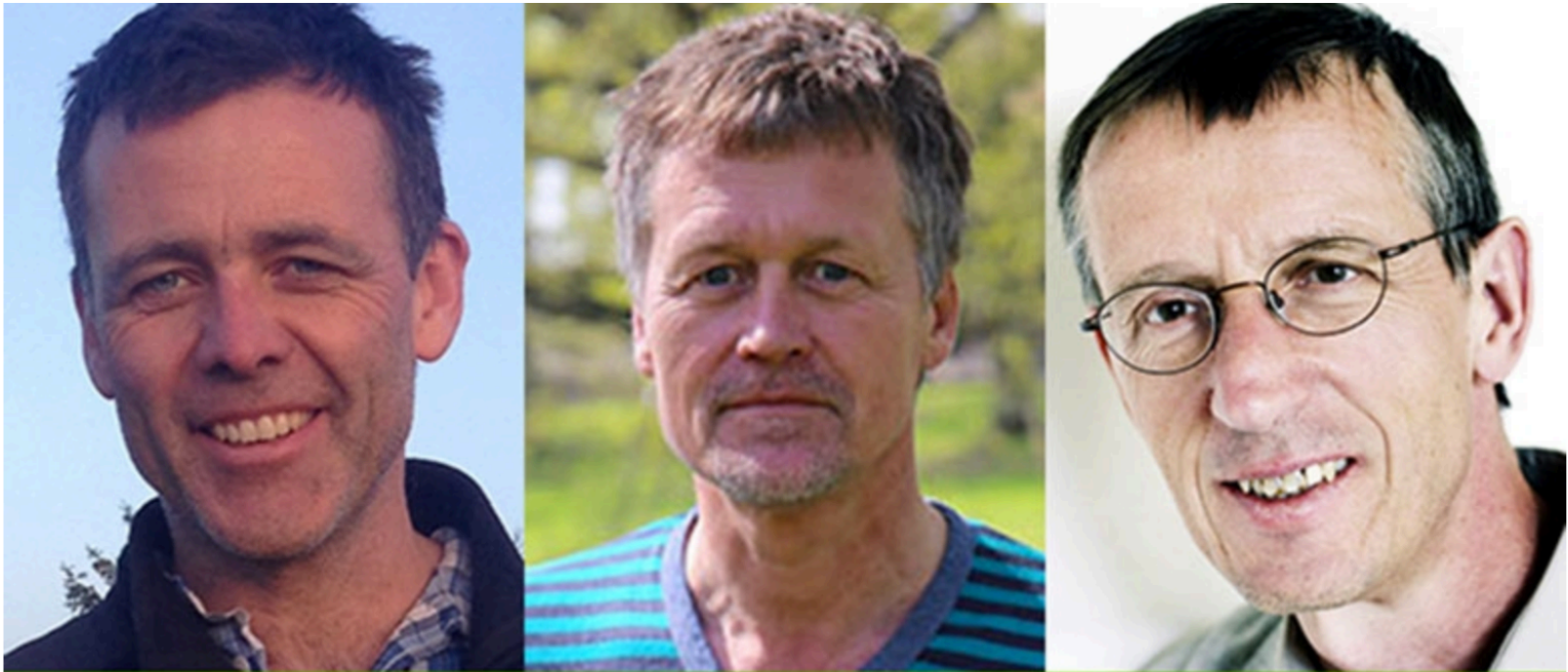
	Telephone	75 years
	Radio	38 years
	TV	13 years
	Internet	4 years
	iPod	3 years
	Facebook	1 year
	Twitter	9 Months
	Angry Birds	35 days
	Pokémon Go	19 days

Based on McKinsey & Company (2012)

# EKSEMPEL: ADHD UDVIKLING



# ER DER FORSKEL PÅ ATU OG STU?



Afslutningskonference 2016  
Læring og trivsel i gymnasiet

# FÆLLES FORSTÅELSE?



# VORES MÅL FOR ENHVER BORGER

1. YDE DERES BIDRAG TIL  
FÆLLESKABET
2. UDFOLDE DERES POTENTIALE
3. KUNNE MAGTE DAGLIGDAGENS  
ALMINDELIGE UDFORDRINGER
4. KUNNE ARBEJDE PRODUKTIVT OG  
UDBYTTERIGT

# WHO definition på mental sundhed

En tilstand af velbefindende hvor den enkelte

- 1. yde sit bidrag til fællesskabet**
- 2. udfolder sit potentiale**
- 3. kan magte dagligdagens almindelige udfordringer**
4. (kan arbejde produktivt og udbytterigt)

(WHO 2002).



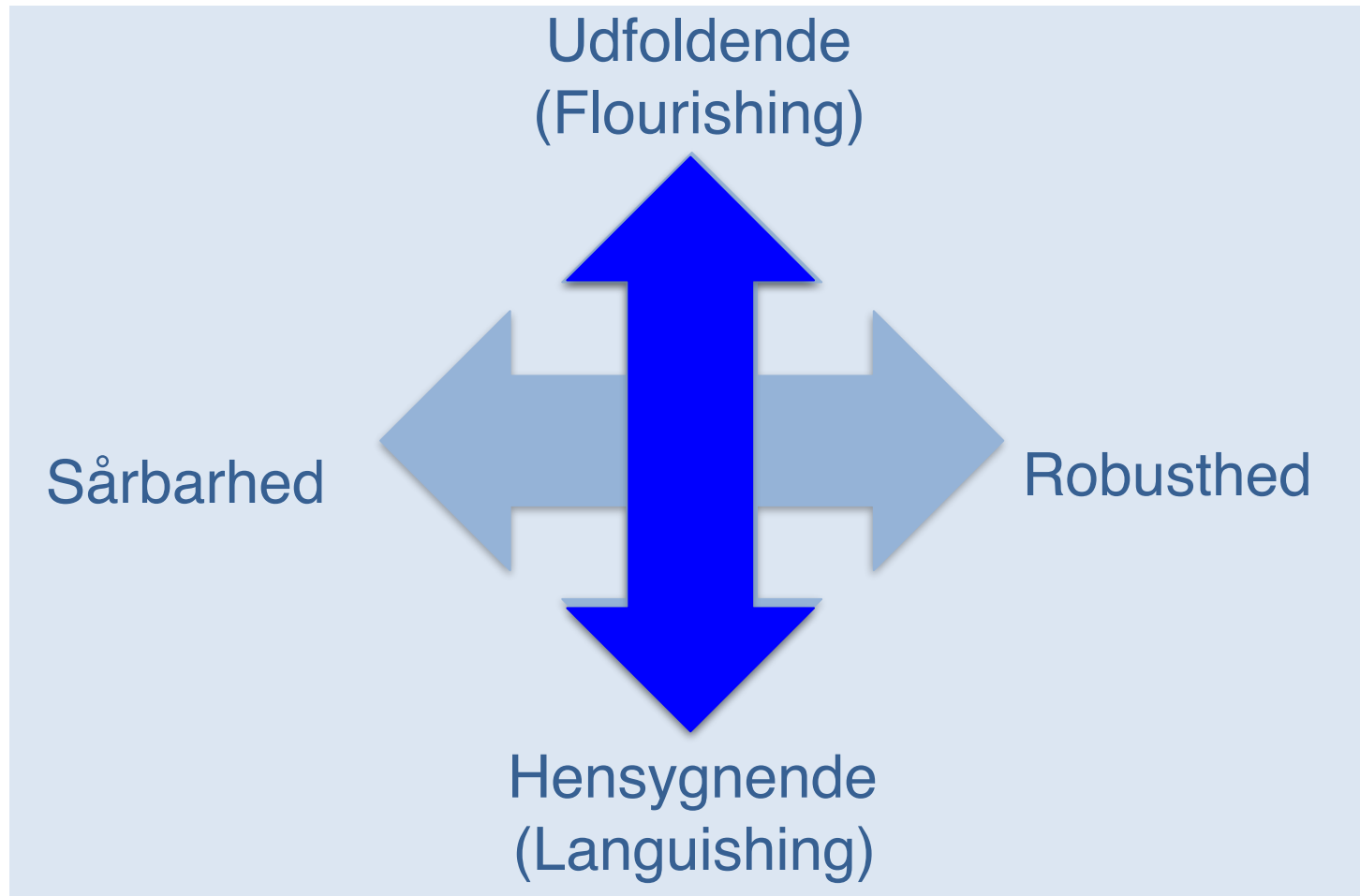
# Sundhedsstyrelsens definition på mental sundhed

En tilstand af trivsel,

- hvor individet kan udfolde sine evner
- kan håndtere dagligdags udfordringer og stress,
- indgå i fællesskaber med andre mennesker

(Sundhedsstyrelsen 2008 og 2012).

# SOMATISKE, MENTALE & SOCIALE Sundhedsdimensioner



# 1. Vores biologiske ramme er forskellig

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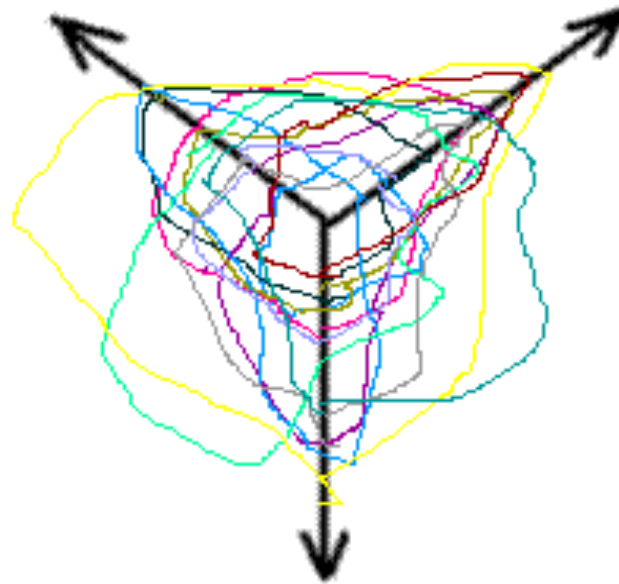


# TRE VIGTIGE AKSER

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ARBEJDSHUKKOMMELSE OG SELVKONTROL

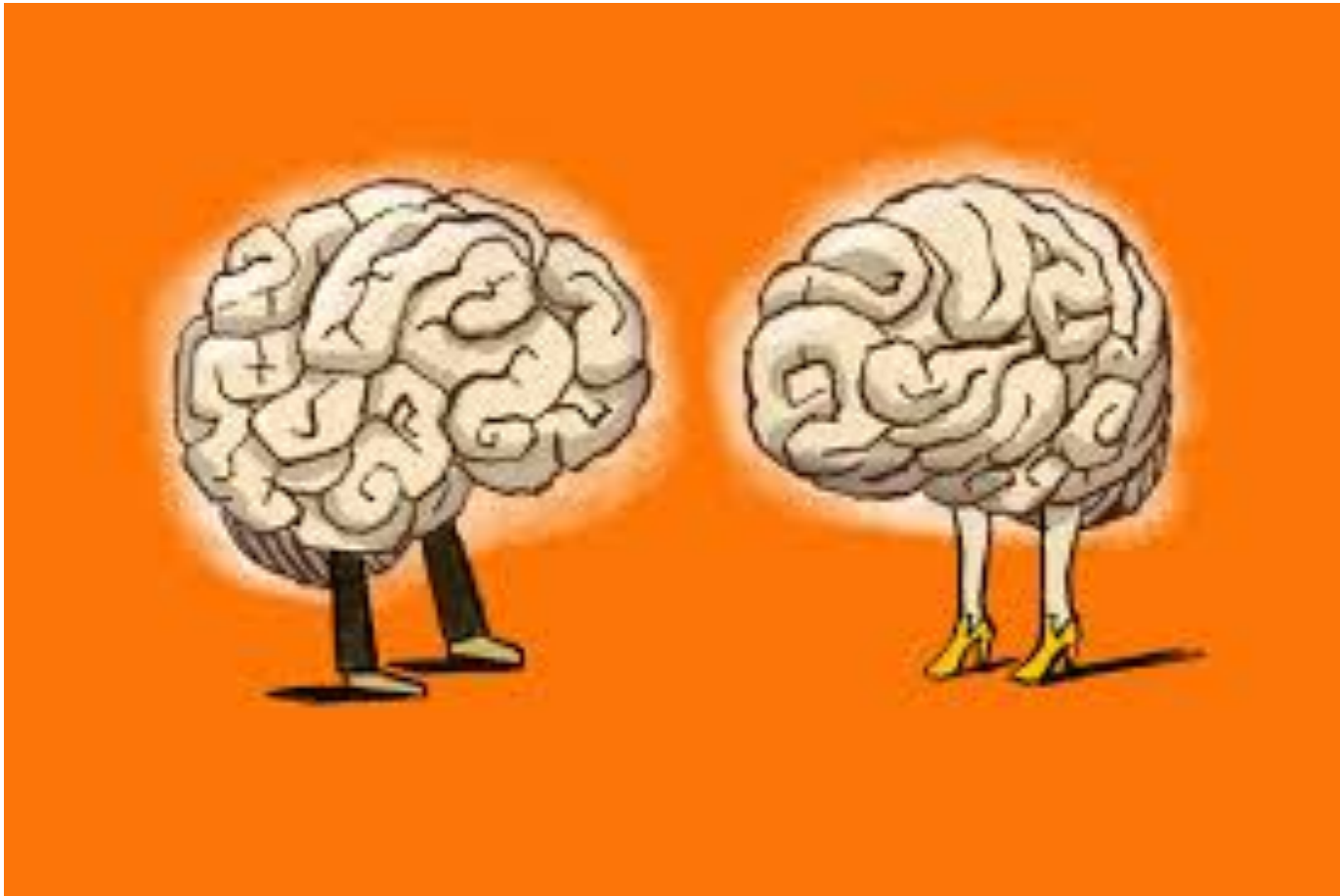
KOGNITIVE EVNER



SOCIALE EVNER (EMPATI)

## 2. Mennesker er sociale væsner

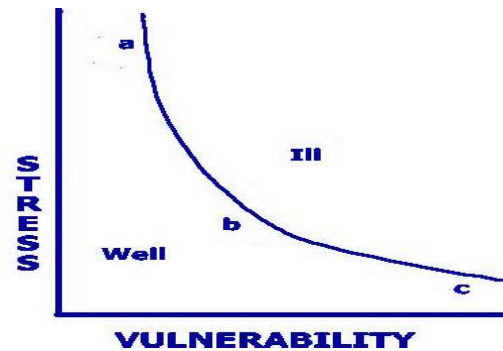
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# 3. Langvarig stress er usundt?

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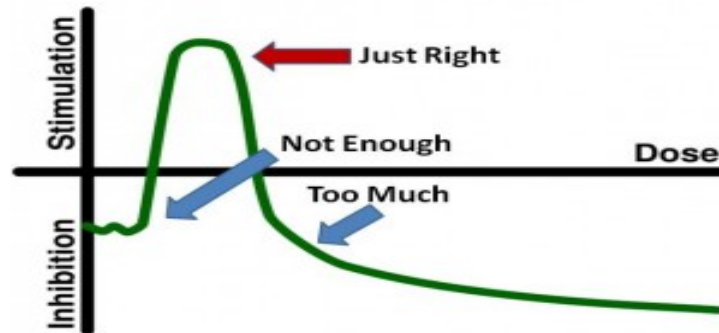
## Stress sårbarhedsmodellen



# 4. Positiv stress er sundt



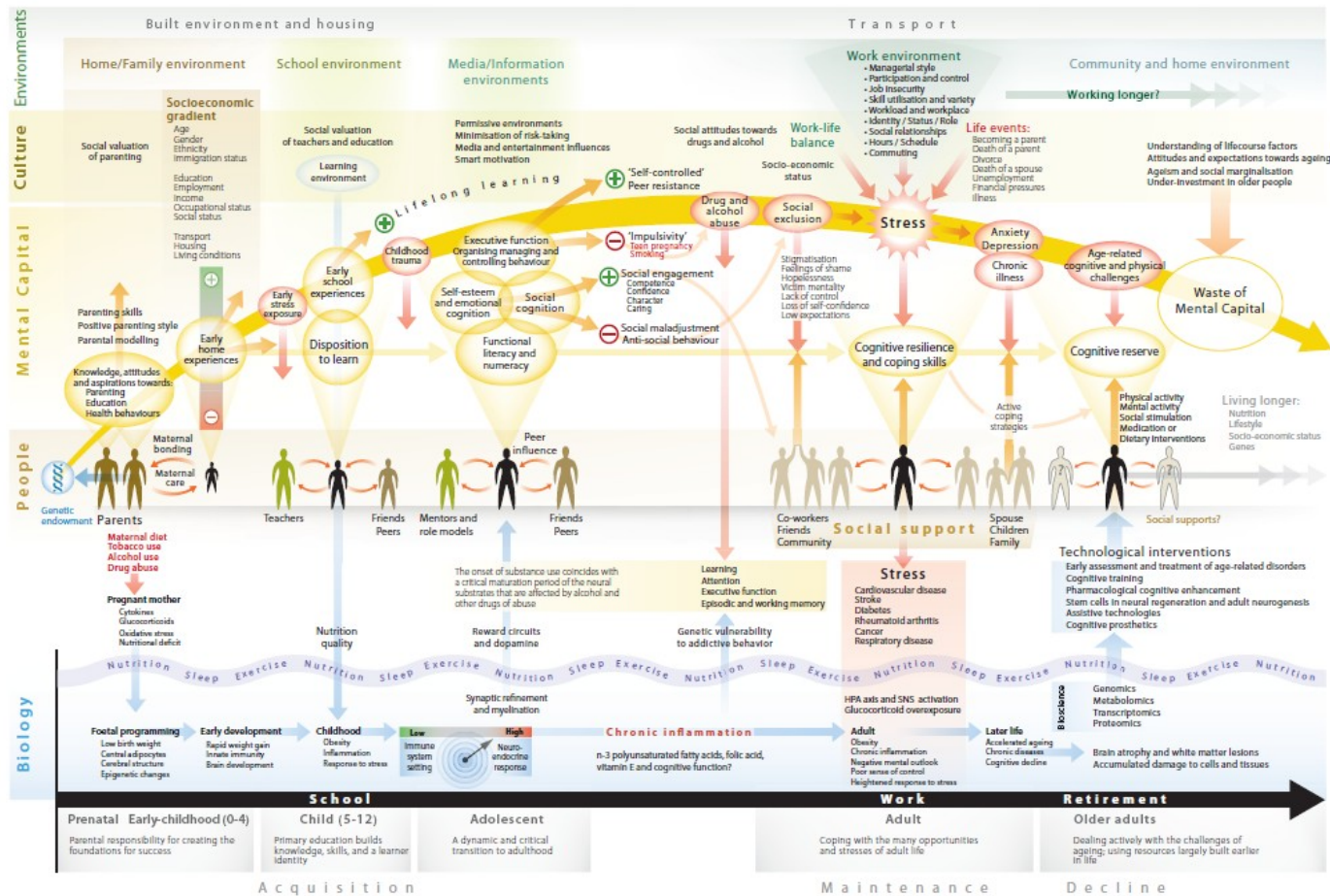
## Stimulation udviklingsmodellen



# MENTAL KAPITAL GENNEM LIVET

Mental capital through life – conceptual overview

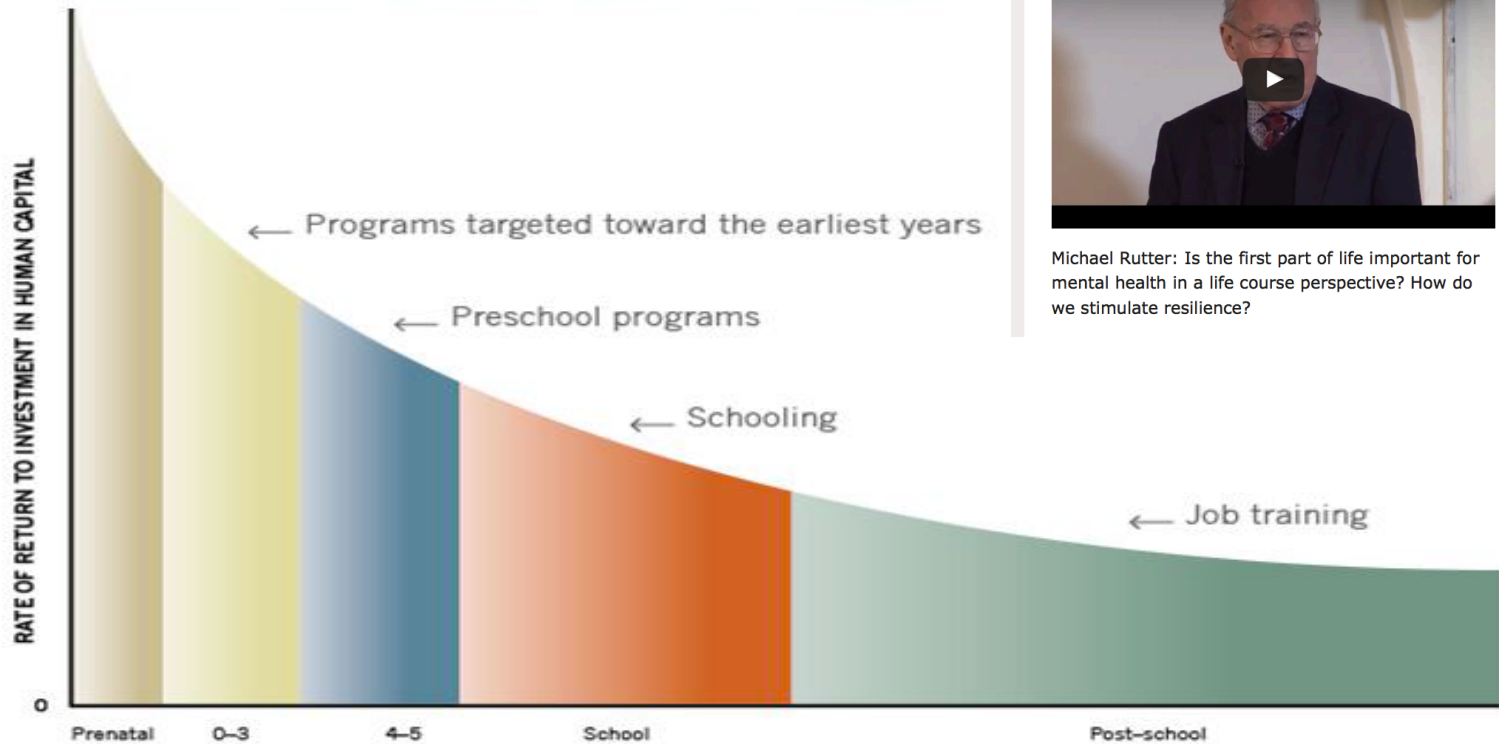
Systems maps





# JO TIDLIGERE DES BEDRE?

## Returns to a Unit Dollar Invested



Michael Rutter: Is the first part of life important for mental health in a life course perspective? How do we stimulate resilience?

Source: Heckman (2008)

# HVAD ER FORMÅLET MED UDDANNELSE?



# VACCINATION TIL LIVET?

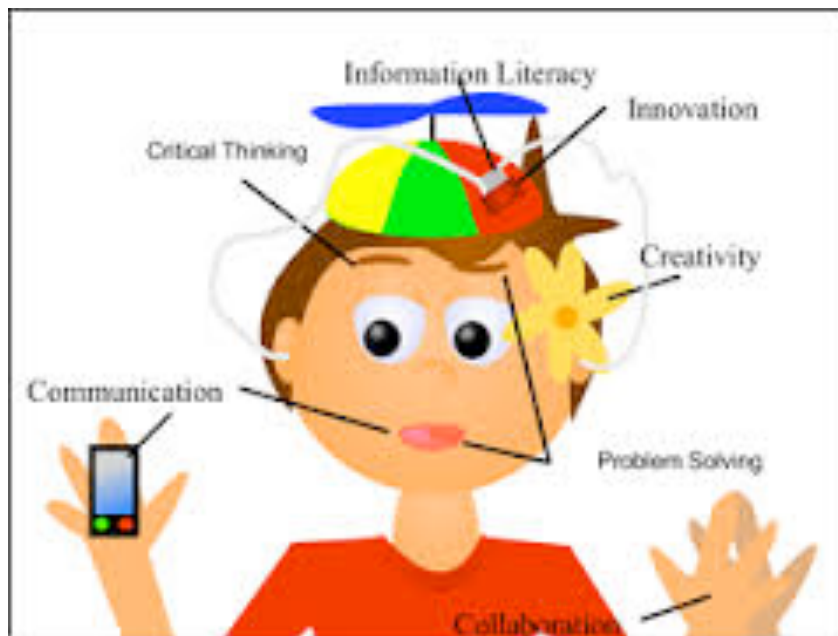


# KLASSISK LÆRING

- FAKTUEL VIDEN
- SKRIVNING OG LÆSNING
- REGNING



# FREMTIDENS LÆRING



# EMU'S 6 BUD

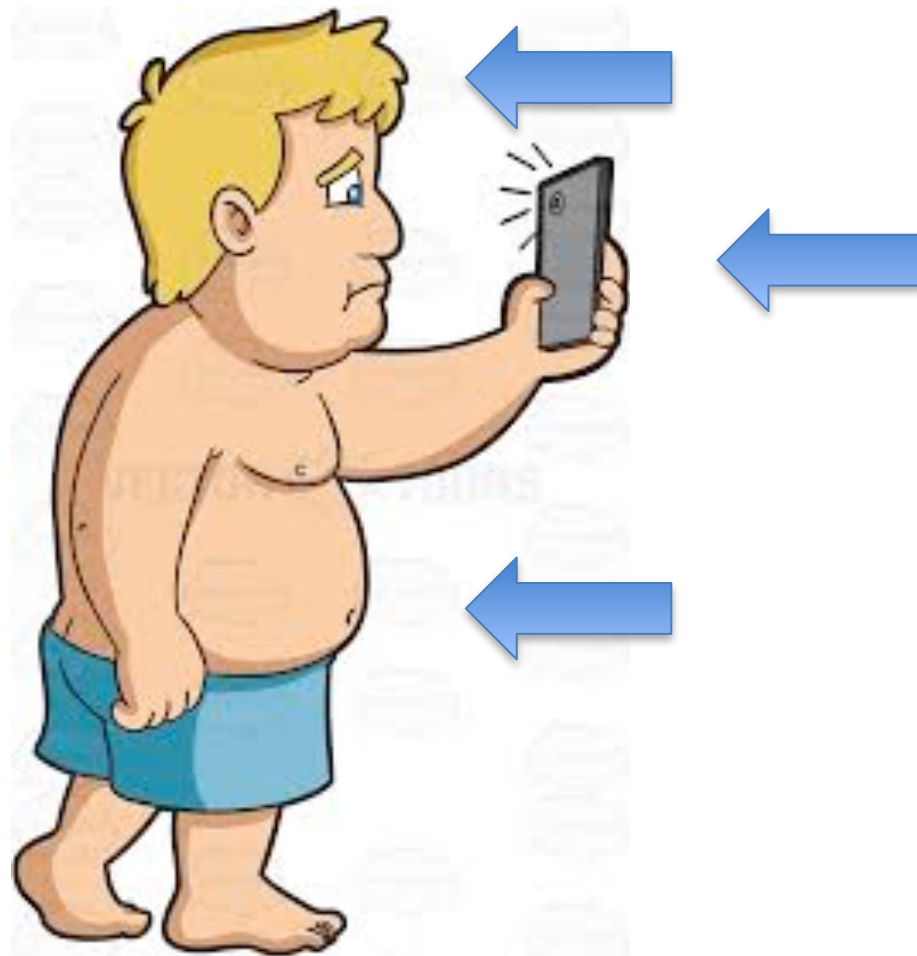
- Videnskonsstruktion: Evne til at skabe ny viden
- Samarbejde: Evne til at samarbejde på en konstruktiv og ansvarlig måde
- Selvevaluering: Evne til at planlægge eget arbejde og til at reflektere over egen læring
- Problemløsning og innovation: Evne til problemløsning og til at anvende viden på nye måder
- Kvaliceret kommunikation: Evne til at argumentere, dokumentere og kommunikere
- It: Evne til at anvende it til videnskonsstruktion og produktudarbejdelse



# 21. CENTURY SKILLS

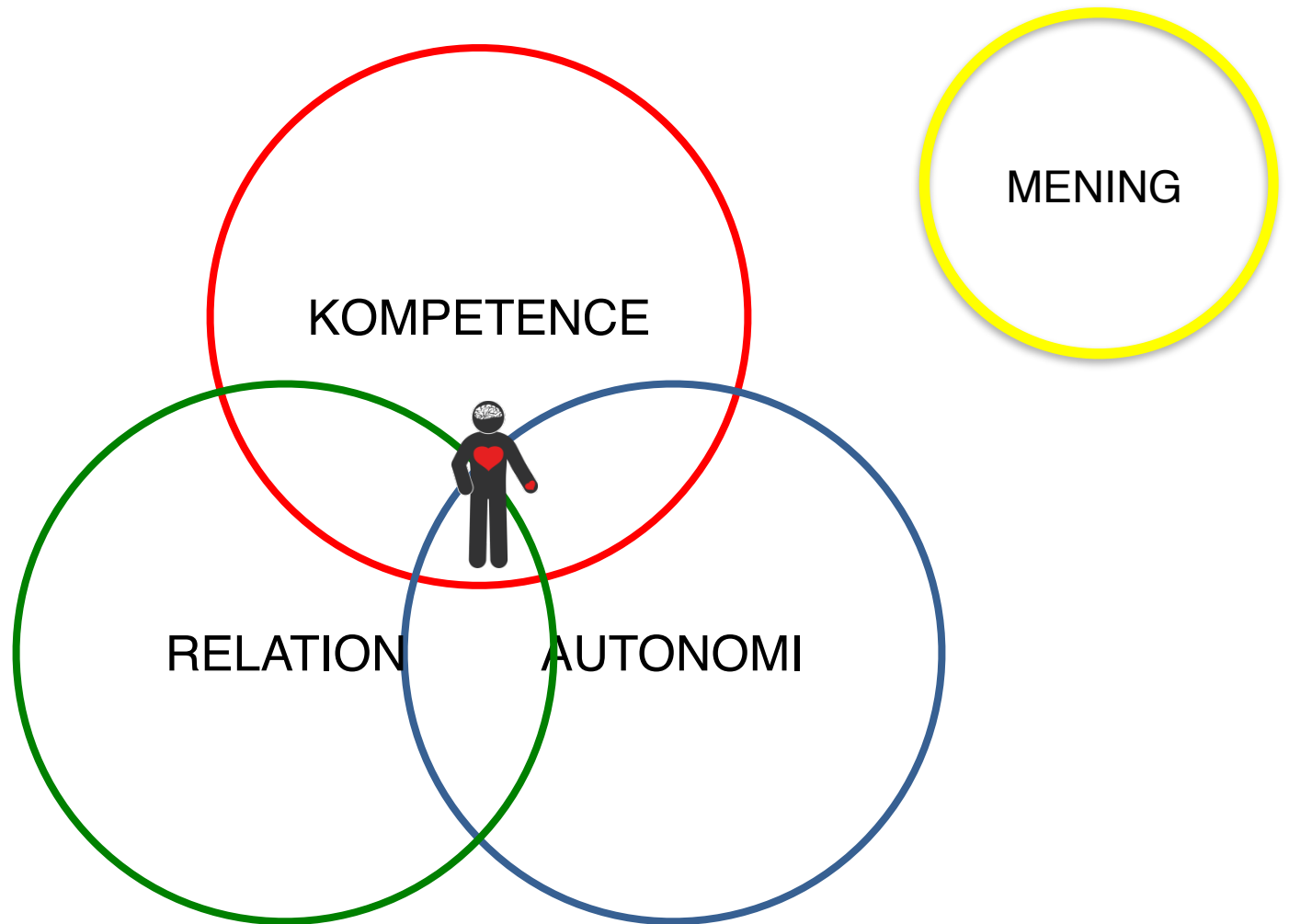
- Critical thinking, problem solving, reasoning, analysis, interpretation, synthesizing information
- Research skills and practices, interrogative questioning
- Creativity, artistry, curiosity, imagination, innovation, personal expression
- Perseverance, self-direction, planning, self-discipline, adaptability, initiative
- Oral and written communication, public speaking and presenting, listening
- Leadership, teamwork, collaboration, cooperation, facility in using virtual workspaces
- Information and communication technology (ICT) literacy, media and internet literacy, data interpretation and analysis, computer programming
- Civic, ethical, and social-justice literacy
- Economic and financial literacy, entrepreneurialism
- Global awareness, multicultural literacy, humanitarianism
- Scientific literacy and reasoning, the scientific method
- Environmental and conservation literacy, ecosystems understanding
- Health and wellness literacy, including nutrition, diet, exercise, and public health and safety

# KAN VI ALLE FØLGE MED?





# HVORDAN?



# FREMTIDENS STU FOKUS?

- Active
- Belonging
- Contribute
  
- Durability
- Emotionability
- Failability
- Groupability
- Heartability

## Reducing the Racial Achievement Gap: A Social-Psychological Intervention

Geoffrey L. Cohen,<sup>1\*</sup> Julio Garcia,<sup>2\*</sup> Nancy Apfel,<sup>2</sup> Allison Master<sup>2†</sup>

Two randomized field experiments tested a social-psychological intervention designed to improve minority student performance and increase our understanding of how psychological threat mediates performance in chronically evaluative real-world environments. We expected that the risk of confirming a negative stereotype aimed at one's group could undermine academic performance in minority students by elevating their level of psychological threat. We tested whether such psychological threat could be lessened by having students reaffirm their sense of personal adequacy or "self-integrity." The intervention, a brief in-class writing assignment, significantly improved the grades of African American students and reduced the racial achievement gap by 40%. These results suggest that the racial achievement gap, a major social concern in the United States, could be ameliorated by the use of timely and targeted social-psychological interventions.

# TIDLIG 360° - BØRN MED SÆRLIGE BEHOV

The image shows a screenshot of the Skolesundhed PLUS website. At the top right, there is a link for "Login til fagprofess". The main header features the text "Skolesundhed PLUS" in white and orange. Below the header is a navigation bar with three items: "Info til forældre", "Besvar", and "Hvad er SkolesundhedPLUS". The main content area is a large photograph of a young boy with short brown hair, wearing a blue and white striped shirt, smiling broadly while holding onto a thick rope on a playground. In the bottom right corner of the photo, there is an orange circular button with the text "Besvar klik her". At the bottom of the page, there is a teal footer bar with three columns: "Hvad er Skolesundhed PLUS?", "Info til forældre", and "Besvar".

Login til fagprofess

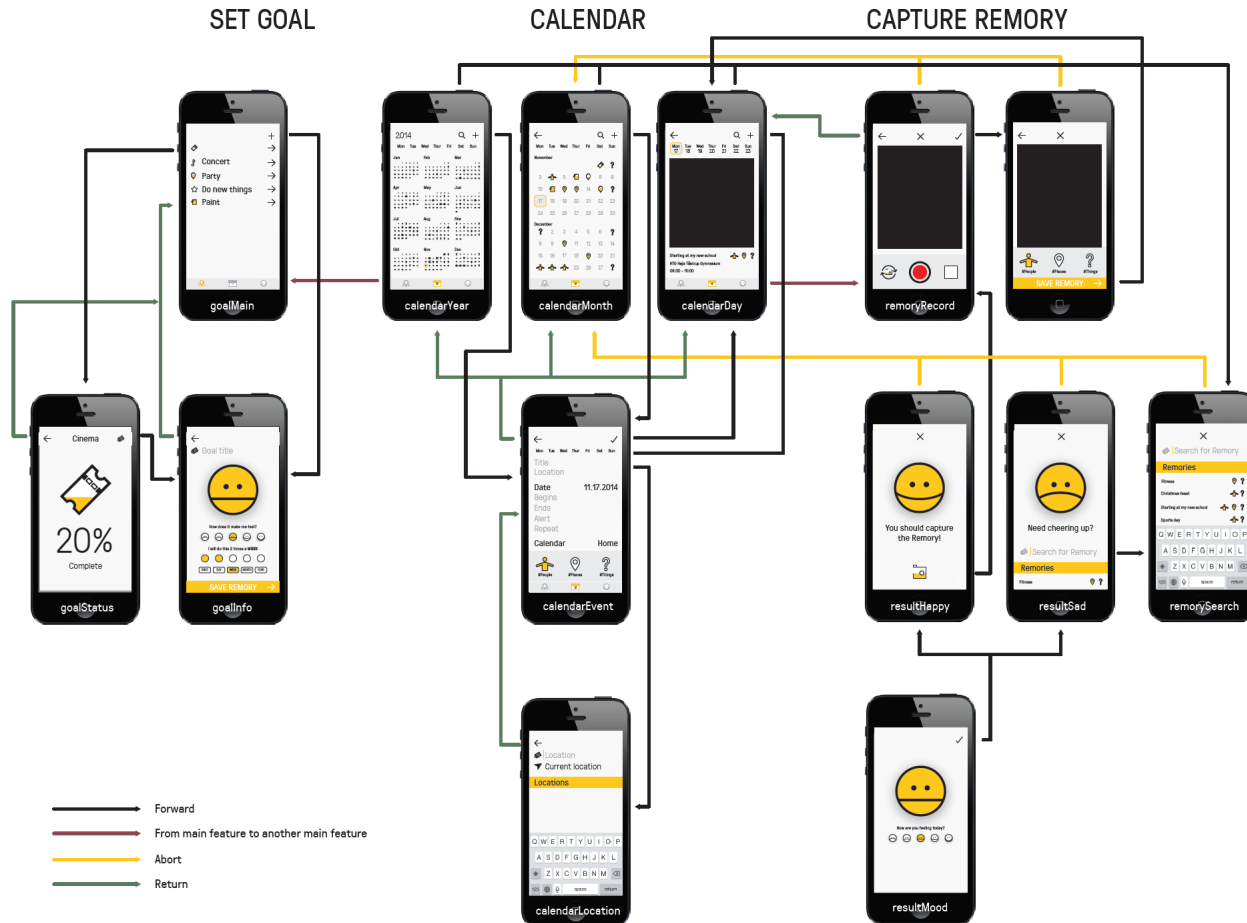
## Skolesundhed PLUS

Info til forældre    Besvar    Hvad er SkolesundhedPLUS

Besvar  
klik her

Hvad er Skolesundhed PLUS?    Info til forældre    Besvar

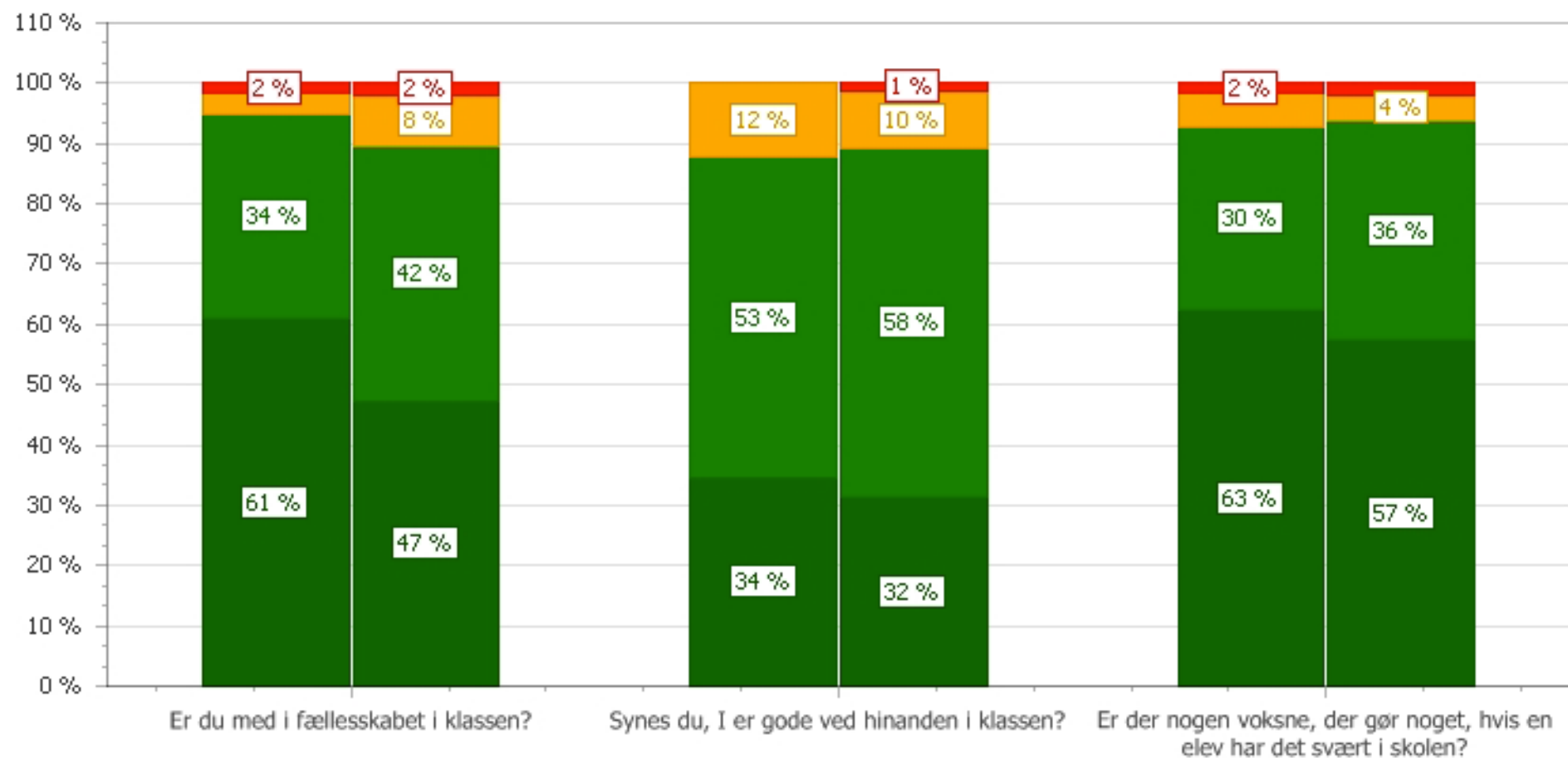
# TEKNOLOGISK POTENTIALE



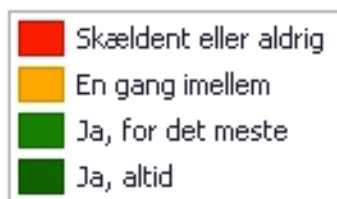
# OPLÆG TIL DISKUSSION

- VIL VI SE ET ØGET BEHOV FOR STU I FREMTIDEN?
- HAR ALLE BRUG FOR STU?
- HVAD ER UDDANNELSE
  - AKADEMISKE EVNER
  - SOCIALE EVNER
  - 21. ÅRHUNDREDE EVNER

## Skolen og kammeraterne



Note: Venstre søjle er rapportens søjle, højre er referencedata





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VED AARHUS UNIVERSITET

# NEW COLLABORATIVE MODELS

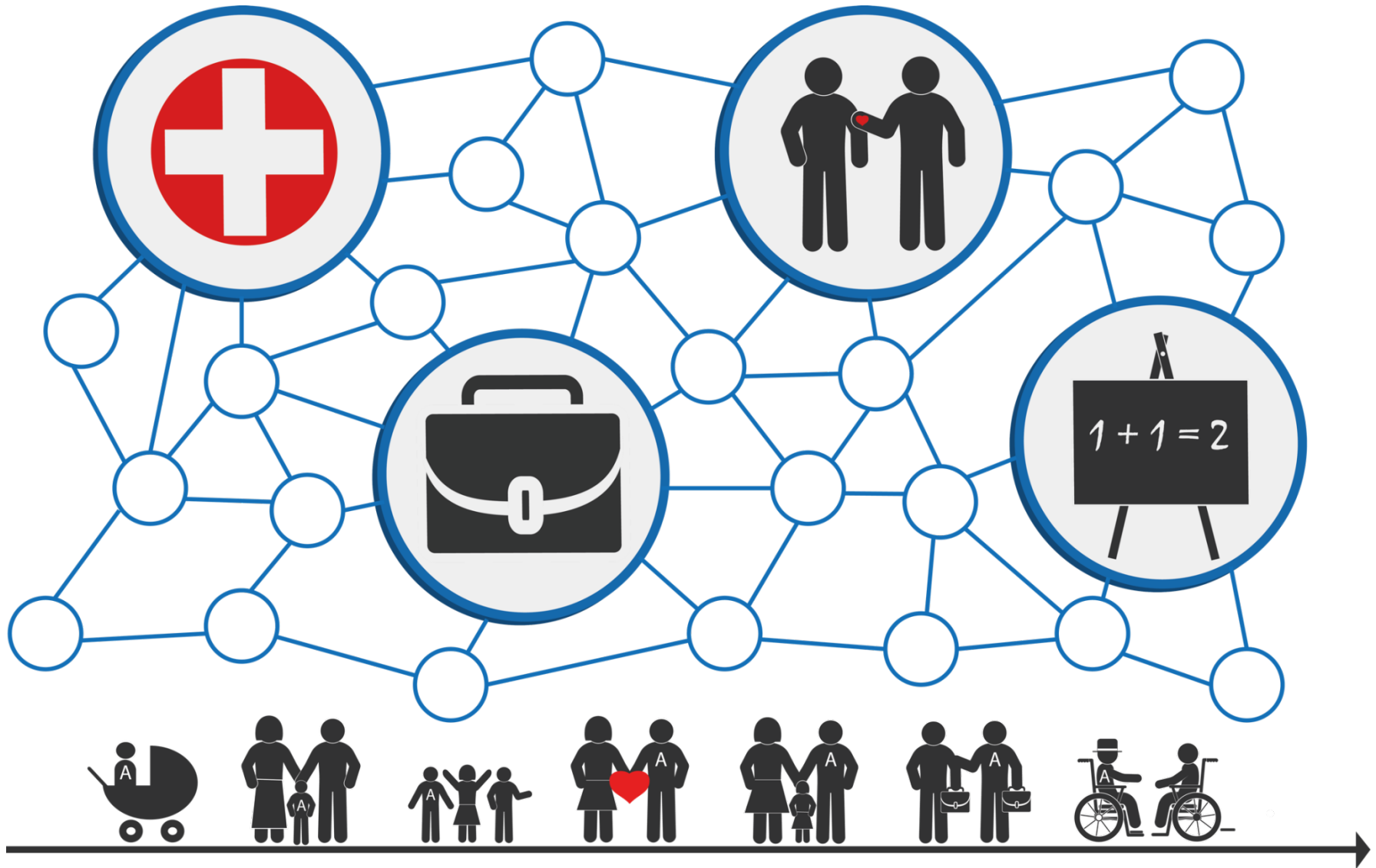
The Centre for Collaborative Health explains why European health challenges call for new collaborative models

Europe will face a number of complex health challenges over the coming decades. We will see the development in health perspectives move from a primary focus on disease to a focus on the individual. A growing understanding of mental health as an important factor and the technological development, especially smart phone platforms, drives this development. With this follows a fast and more user driven and centred health perspective than we have seen before. We have the potential to secure the participation of Europeans in the development of the best solutions and further secure that these are well documented based on the unique European infrastructure for testing integrated health solutions.

## **The Danish Centre for Collaborative Health at Aarhus University ([susa.au.dk](http://susa.au.dk))**

The centre facilitates collaboration between researchers at Aarhus University and societal actors to solve health-related issues. The centre aims to support cross-disciplinary collaboration with public stakeholders through a variety of approaches including new user-centred models for collaboration between research, public authorities and company stakeholders. The centre includes researchers from all the scientific faculties of Aarhus University – bringing the health sciences together with the social sciences, humanities and natural sciences. The centre also aims to facilitate innovative, interactive and resilient collaborative models.

# OVERORDNET FORSTÅELSE

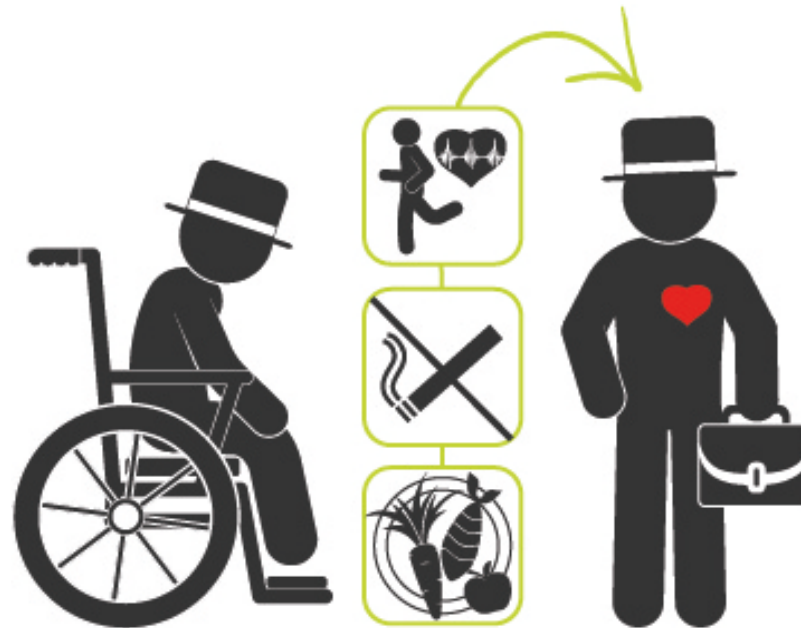




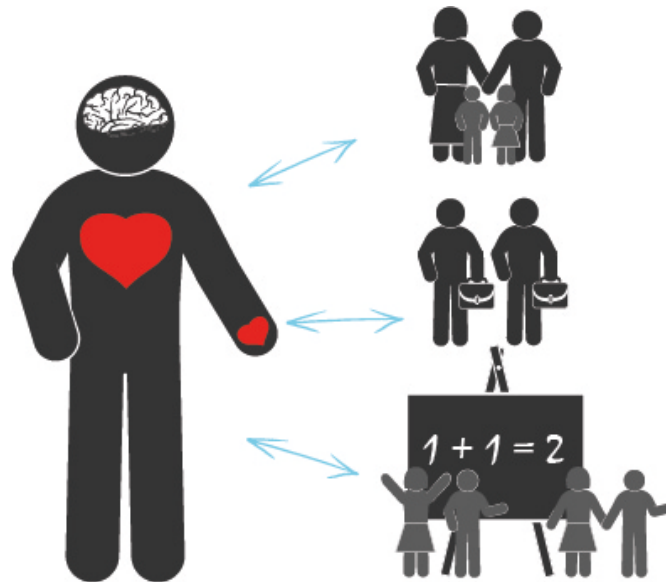
# Sundhed- Version 1.0 (Immunitet)



# Sundhed- Version 2.0 (Metabolisk)



# Sundhed- Version 3.0 (Mentalt)



# Den sorte svane

