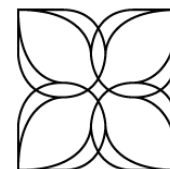


A psychology teacher interviews her psychology student

Teija Jokinen-Luopa
&
Joudi Chikho

Eira High School for Adults, Helsinki



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Eira High School for Adults

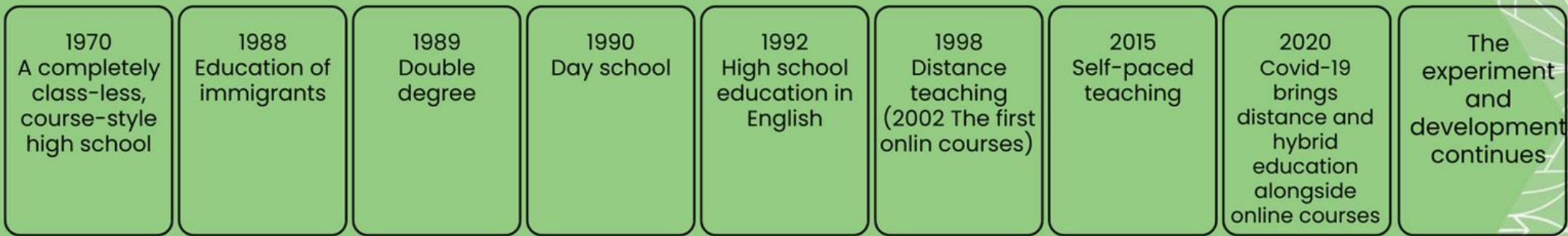
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A pioneer in education



Students

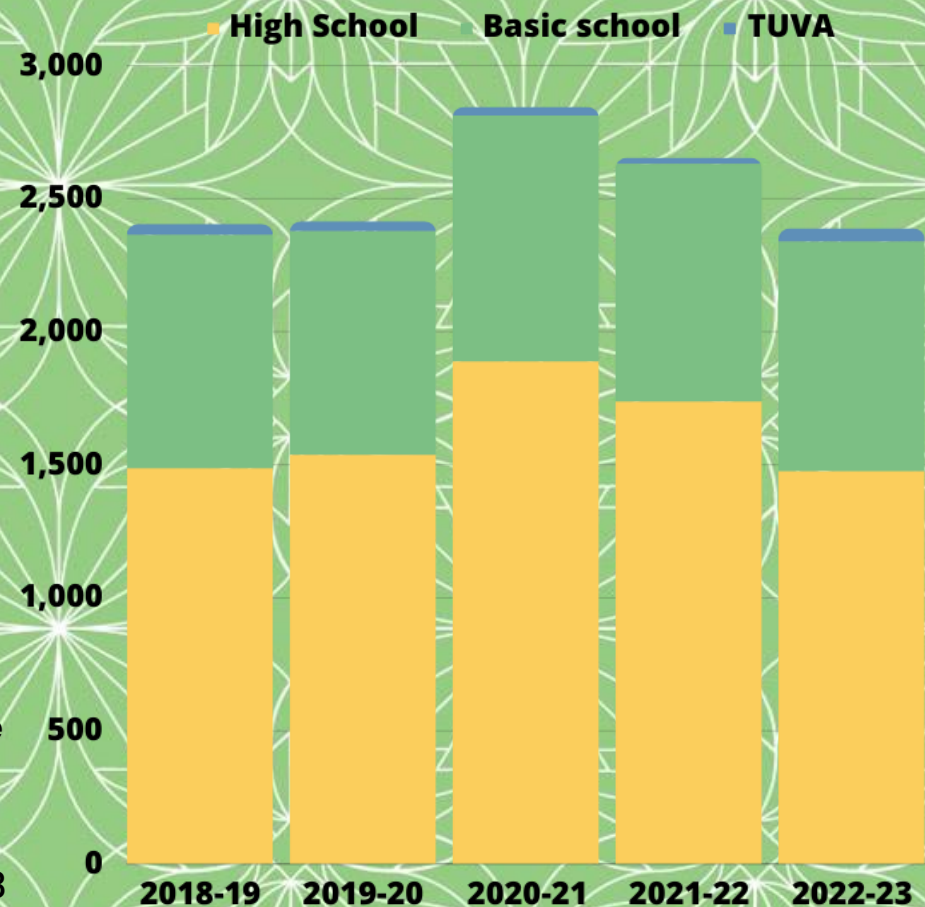
Ennen vuotta 2020, opiskelijat olivat pääasiassa koulusta ja perheistä. Vuonna 2020, opiskelijat olivat pääasiassa koulusta ja perheistä.

We have around **2500 registered students** each year, around 1000 study individual subjects.

Around 1000 students have a migrant background.

TUVA= Preparatory education for the degree

The school's student numbers in 2018-2023



Students

Student demographic

Age	15-17	18-20	21-23	24-26	27-30	31-40	41-50	51-60	61-80
#	272	828	487	326	210	199	56	24	21

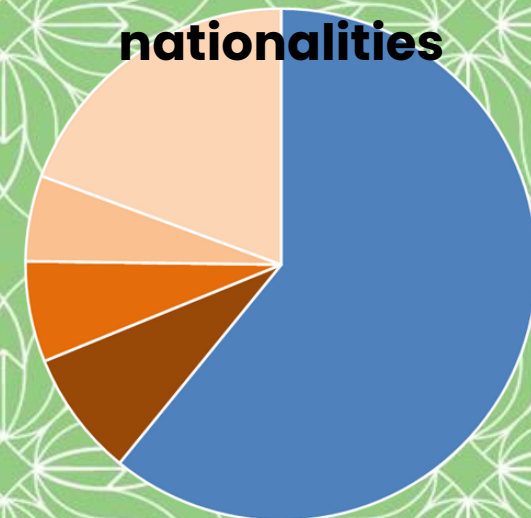
The most typical age is 19 years, the median age is 21 years and the average age is 23,6 years.

Our school has students from over 90 different nationalities and they speak over 70 different languages. The official language of the school is Finnish.

TOP5 (Whole school 2022)

Finnish	133
Iraq	1
Somalian	138
Afghanistan	130
Vietnam	126

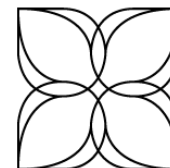
90 different nationalities



■ Suomi ■ Somalia ■ Irak ■ Afganistan ■ Muut

My psychology student Joudi Chikho

- childhood in Syria
- the civil war breaks out in 2011; Joudi is 10 and continues her studies
- In 2015 the family left the country (Lebanon, Iraq, Turkey)
- In 2020 to Finland: lockdown, PM Sanna Marin, Plan International, started her own organization
- support from home crucial from the very start

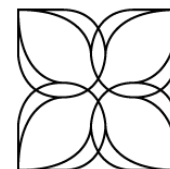


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Psychology is not mandatory in adult high school. Why did you choose it?

7

- **curiosity**
- **external motivation changed into intrinsic motivation: a need to learn more!**
- **The role of the teacher**
- **Studied all 5 national courses and a school-based course on psychological methods**
- **Already ready to take the final exam in psychology and a revision course before that**



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Expectations and hopes concerning psychology

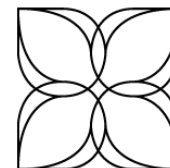
Can psychology answer the WHY question?

How did I manage to cope?

Joudi's methods:

- close people
- thinking!

- Everybody deserves to have a good life!

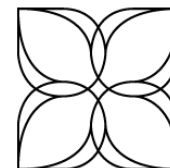


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Did psychology meet your expectations? Challenges?

It certainly did!

- Psychological knowledge can be applied to your own life (learning strategies, growth mind set)
- Everyday information is changed into scientific facts(eg. facts about sleeping)
- challenges: new language but you just need to practise a lot!
- Joudi's view on people: Everybody is unique!



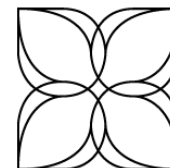
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Would you change any themes or add something to the syllabus?

- No forbidden topics
- Everything could be debated

Teacher's concerns:

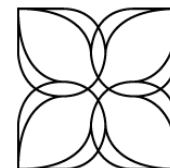
- Does psychology only represent western attitudes and ideals?
- Crosscultural issues
- Sensitive issues (e.g. sexuality, gender)



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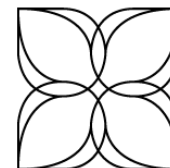
How did you study?

- I always tell myself, "Yes, I can!" (self-efficacy)
- I do not allow anyone to tell me what I can or cannot do!
- All topics were interesting, which helped!
- Class discussions together help a lot
- Retrieval of knowledge an important learning strategy
- Challenges in studying Finnish and outlining test answers



How could a teacher better support F2 students?

- Students themselves are responsible
- Different students, different study methods
- The teaching style of a teacher important
 - language awareness (e.g. teacher speaks slowly, explains hard concepts)
 - everything needs to be easily understandable (slides, pictures, gestures)
 - lessons can also be fun, not stressful
 - supportive feedback every now and then
- The role of the school: Has given Joudi **a second chance in life!**



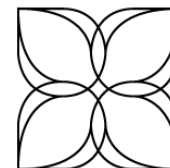
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Mention a few important things you have learnt in psychology

Learnt

- a lot about herself (development, emotions & coping)
- how psychological research is done
- to be critical about information

Joudi's optimistic motto in life, "Flourish wherever you are!"



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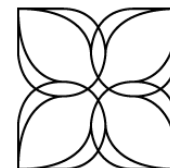
What Joudi taught me and my students

Joudi achieved many goals we have set for psychology studies in Finland

- developed study strategies
- showed self-reflection
- critical concerning research methods
- factors impacting well-being

Joudi as a role model for

- resilience
- empathy
- self-efficacy = "Yes, I can"



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