

Understanding My Journey Case Study – ANESPO

The educational advisor and teacher (Mrs. Jani Silva) who participated in the pilot test found the instruments produced in the UMJ project to be of utmost relevance.

Being also a teacher in seven different classes, started using these tools in all classes, the impact of the application of the instruments was an increase in the self-confidence of many of these students in the different **soft skills**, an aspect also of great impact is the change in attitude towards the development of basic skills, for example the preconceived idea that leadership cannot be worked on or that not all they can be leaders among other competencies.



The teacher when using the toolkit and the app of the **UMJ** project felt a change in the students' **behaviour** and a more conscious attitude of the students.

In the application of the tools in the classes, the students, according to the teacher, felt that the teacher really wanted their development as people making the learning of the contents of the discipline with greater **behavioural** maturity on the part of the classes.