



Supported Education

2.3 Choose and Get

The toolkit has been developed according to the Choose-Get-Keep model.

- *Choose*: to select an educational course compatible with the participant's values, skills, aptitudes, career interests, finances and learning objectives
- *Get*: to secure enrollment in a preferred course.
- *Keep*: to sustain enrollment and maintain an acceptable level of success and satisfaction until completion/ graduation. This is clearly the intervention stage of the model, and is the most labor intensive for both the student and the practitioner.

Throughout the process, interpersonal skills such as listening, demonstrating understanding, and coaching/inspiring are used to connect and develop the relationship with the student.

In this part of the toolkit, the focus is on the choose and get phases of the model, operationalized through a preparation course manual—the Impuls career guidance course—that helps dropped out adolescents with psychiatric disabilities to return to school/university. Although the course has been developed for groups, the content is also applicable for individuals following a personalized choose and get process.