



Medlefors. På goda grunder.

Many of our students are struggling with different difficulties, for example ADHD, dyslexia, depression, anxiety, sleeping problems or lack of motivation. Many also have negative experiences from school.

These difficulties can often make it harder for them to manage school.

We want school to be an option even for these students so we started a program called PULS (Personal progression and lifestyle), that would support them in their studies.

The main goals with the program is to give the students opportunity to...

- Fill in gaps
  - actual knowledge  
(about many different things)
- Break bad habits
  - opportunity to work with themselves and change their lifestyle
  - practise (to do, and not just to say...)

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# PULS – examples of content

- Input about motivation, communication, stress
- Yoga, relaxation
- Physical exercise
- Cooking
- Study technique
- Planning your week

# PULS – things we practise to do

- Speak in a group – and listen
- Experience new things – go to the theatre or work with our senior students
- Reflect on oneself, set goals and evaluate
- Find feelings/opinions/ wishes – put them into words – dare to express them to others

# PULS

We want to put things in a context and make the students realize that everything they do affects them, their school performance and the people around them, and encourage them to take responsibility for their situation and their actions.