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## The Training Session “Know Thyself: Secrets of My Inner “I”

On October, 10, 2017, at The Center of Self-knowledge and Self-development of Pedagogical Institute, Borys Grinchenko Kyiv University, a training session “Know Thyself: Secrets of My Inner “I” was provided for first year students.

The aim of the training session is to become self-aware of the psychological state of first year students, their new social role of a student. During the training session, participants could identify their inner “I” using art-therapy techniques, gestalt therapy and psychoanalysis. As results, students became aware of their individuality, unique identity and diversity, developed world comprehension ability and self-regulation skills.

Moderator: Anna Pasichnyk, PhD, senior lecturer of the Department of Pedagogy and Psychology at Pedagogical Institute.

Participants of the training session were eager to take the following training sessions. Thank you for being active! We are looking forward to meeting you!