



BACK TO SCHOOL: Psychology Class



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Story about a hero

▶ Coderella (Updated Cinderella)

In a kingdom hosting a prestigious innovation contest, Cinderella dreams of participating despite her stepmother's disapproval. When challenged with an impossible task—separating poppy seeds from ashes—Cinderella uses coding and engineering to build a robot that performs the task efficiently. She later develops the robot further to create clothing from scraps, ultimately winning the contest. Her talent is recognized through her invention, leading her to university and earning her the name "Coderella.,,

▶ Female Leadership Highlight:

Cinderella showcases problem-solving, self-initiative, and STEM expertise, overcoming domestic oppression to lead through her creativity and technical acumen. Her journey from servitude to celebrated inventor positions her as a role model in female empowerment and tech leadership.

Story about a hero (2)

▶ Hansel and Gretel

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▶ Female Leadership Highlight:

Gretel displays critical thinking under pressure, coding proficiency, and tactical leadership. She calmly devises a plan, executes it using available resources, and protects her brother—redefining female roles in traditional narratives from passive to powerful.

Story about a hero (3)

▶ Rapunzel the Engineeress

Imprisoned in a tower by a witch, Rapunzel spends her time reverse-engineering appliances to invent creative gadgets. When the witch cuts off her hair to trap a visiting knight, Rapunzel constructs a drone-powered rescue system from household items, saving him and herself. They escape, and Rapunzel later becomes a renowned inventor with her own workshop.

▶ Female Leadership Highlight:

Rapunzel demonstrates technical innovation, courage, and vision, transforming her captivity into an opportunity for creative development. Her proactive leadership and engineering skills challenge traditional damsel-in-distress tropes and empower young girls to see themselves as inventors.

▶ **Snow White and the Seven Engineers**

After fleeing from her evil stepmother, Snow White joins a group of tech-savvy dwarfs and becomes a key innovator in their workshop. She proposes and helps build an AI-based facial recognition security system to detect intruders. This invention ultimately thwarts another assassination attempt and ensures her safety.

▶ **Female Leadership Highlight:**

Snow White is portrayed as a collaborative innovator and security strategist. Her technical contribution to the dwarfs' inventions and her idea for a smart monitoring system underscore her leadership in teamwork, design thinking, and applied technology.

Planning

Why?

1. You will know your emotional conditions
2. Will motivate you on first step
3. Will focus you on good in every situation
4. Encourage change for new solutions
5. Affirm positive attitude
6. Reminder of why are you doing it
7. Enable success

Analyze your life aspects (WORKSHEET 1)



Well formed goals

- ▶ **IN POSITIVE NARRATIVE**
 - ▶ what do you want
- ▶ **SUITABLE CONTENT**
 - ▶ where, when and with who
- ▶ **EXPRESSED IN AN APPROPRIATE SENSORY FORM**
 - ▶ what will you see, hear, feel
- ▶ **UNDER ONE'S CONTROL**
 - ▶ what can stop us in achieving the goal, are we responsible for it or someone else, resources, what I can do, what I can do when I try harder, how can I reward myself
- ▶ **POSITIVE ASPECTS OF THE CURRENT SITUATION PRESERVED**
 - ▶ will we lose sth we have now
- ▶ **VALUABLE**
 - ▶ does it represent something we are and what we want to be
- ▶ **POSITIVE OUTCOMES**
 - ▶ for us and people around us, how our life will change
- ▶ **FIRST STEP**

Well formed goals - BENEFITS

- ▶ Positioning and setting priorities in work and life
- ▶ Functional goal setting
- ▶ Acquiring new habits
- ▶ Encouraging self-control, self-motivation, self-knowledge, self-realization

HOW TO PLAN?

SHORT TERM GOALS

- **INSPIRES ACTION** (experimentation, clarify next steps, boost motivation, cultivate confidence)
- **< 1 YEAR** (weekly, monthly, quarterly)
- **PRECISE** (specific actions, feels achievable, clear next steps)
- **PROCESS** (action oriented, drive consistency, in your control)
- **TRACKABLE** (task focused, tangible milestones, instant feedback)

LONG TERM GOALS

- **PROVIDES VISION** (meaningful direction, clarify aspirations, guide decisions, cultivate purpose)
- **1+ YEAR** (yearly, 5 year goals, legacy goals)
- **ASPIRATIONAL** (big objectives, may feel daunting, unclear success path)
- **RESULTS** (outcome oriented, drive success, limited influence)
- **VISIONARY** (future focused, abstract outcomes, less immediate)

Month	Plan	Realization
1. January		
2. February		
3. March		
4. April		
5. May		
6. June		
7. July		
8. August		
9. September		
10. October		
11. November		
12. December		

Period	Plan	Realization
1 year		
3 years		
5 years		
10 years		

LET'S WORK!

WORKSHEET 2

UNDER MY CONTROL?

- ▶ **NOT UNDER MY CONTROL** : Other people's actions, thoughts, feelings, behavior and reactions, past, future, weather, external events, other people's opinion, outcomes of your efforts
- ▶ **UNDER MY CONTROL** : thoughts, actions, choices, reactions, effort, attitude, words, coping with my feelings, what will I do with those feelings, how you treat others
- ▶ control how will i feel?

Stress relief

Deep
breathing

Progressive
muscle
relaxation

Mindfulness

Exercise

Visualization

Laughter

Music

Meditation

Cuddling