

Using digital storytelling to explore the help-seeking behaviour of international students.

Dr Nadia Lovett

School Counsellor
University Senior College
c/ The University of Adelaide
Adelaide. 5005.
Email: nadia.lovett@adelaide.edu.au

Nadia is the school counsellor at University Senior College and has been at the college since 2005. She has more than ten years experience as a school counsellor. Recently Nadia completed her Doctorate in Counselling at the University of South Australia. Nadia also has over 15 years teaching experience.

Abstract

To explore the findings of a doctoral thesis called “Using digital storytelling to explore the help seeking behaviour of seven teenage girls from a senior secondary school in Adelaide.” The workshop’s particular foci are on the data generated by those digital stories created by the female international participants of the qualitative study and these girls’ views about adolescent help – seeking behaviour.

As part of the doctoral thesis a training manual called “Supporting Young People” for staff in secondary schools was developed. During the workshop participants will engage in activities that form part of the manual. These activities give workshop participants opportunities to engage in activities that promote discussion and self-reflection.

Key Words

Help-seeking behaviour, Cultural influences, Supporting young people, Digital stories, Counselling, Multicultural competencies, Coping, Adolescent, Mental health