

### Q13

1. i soggetti istituzionali e non istituzionali che compongono il sistema integrato di interventi e servizi sociali (L.R. 6/06)
2. Fondo autonomia possibile e disabilità
3. Negative self-talk statement: I am going to be terrible at public speaking about this topic.  
Underlying influence: Limited public speaking experience.  
Action-oriented, empowerment-based talk: To strengthen my knowledge on this topic, I will locate resources I can study prior to the event, such as articles, videos, or books. I will take time to learn more about the audience, the number that will be in attendance, and the specific objectives I should cover. If time allows, I will contact someone who is knowledgeable about the topic and gain their mentorship about key points to cover and what inspires them to speak on this topic. I will learn more about the space I will be presenting in (face-to-face or virtual), the technology tools, and the layout of the room (if face-to-face). I may also create handouts as a further informational resource for attendees. Finally, I will practice my presentation using mock sessions with peers, and obtain their feedback for ways to strengthen.  
As a student or new social work practitioner, negative self-talk may be unexpected or even challenging for you. However, it can be used as a source of information to gain personal insight and promote self-awareness. Through transitioning the unhealthy messages into opportunities for action and growth, your abilities for engaging in a certain task may be strengthened. Take time to be intentional about observing and tracking messages, exploring underlying influences, and defining action steps for growth to be empowered as a new social worker.
4. In informatica qual è l'unità di misura della quantità di informazioni?  
Il byte  
Il metro  
Il sistema binario
5. Come vanno gestite le password? Quale affermazione non è corretta?  
Vanno scritte sui post-it e attaccate ai monitor  
Vanno cambiate spesso  
Si possono salvare in un wallet digitale criptato