

Q10

1. le associazioni di volontariato sono enti di terzo settore? Argomentare

2. Fondo autonomia possibile e assistenza economica

3. Observe and Document Your Negative Self-Talk

Empowerment can be defined as putting your abilities into action and building your confidence. In other words, negative self-talk can be transitioned into ability and/or growth-based self-talk. What might this look like? Begin by observing and documenting your general negative self-talk messages pertaining to social work practice, classes, or specific tasks. A great way to track a negative message is through making a quick note in your cell phone, writing it in a journal or notebook, or even documenting it in your daily planner. These are all great ways to track negative self-talk messages, such as: I feel like an impostor. I don't know enough yet to engage in public speaking. I'm not good at this. They are going to laugh at me.

4. Cos'è lo SPID?

Indica il sistema pubblico per l'invio dei dati

Una periferica del computer

Il sistema pubblico di identità digitale

5. A cosa serve la posta elettronica?

A navigare in Internet

A inviare e ricevere dei messaggi

A stampare grandi quantità di file