

### T12 Case examples 1

#### Written narratives on future time perspective

<b>Report 1 Mr AC</b>
Difficult but feasible list: resist and finish the evening studies; continue to look for work, even if the crisis is huge; get rid of family commitments and cultivate friendships more; do sports activities for well-being and as an outlet valve. Try to complete my studies (except for serious family problems)/ look for work (almost impossible)/ follow the educator advice (to apply good study techniques).
<b>Report 2 Mr YZD</b>
future projects? The only project I have is to do a softball technical course next year. I don't have plans for a distant future, I live the present. Take this diploma / continue playing soft-ball game Under the advice of the group, be persevering and do not stop dreaming.
<b>Report 3 KAS</b>
Try to overcome my fears and uncertainties I will have to schedule my commitments/ have more decision/ have more perseverance/ have more courage. To get closer to my family, especially to grandparents who would do everything they could do to find a good job. But I do not give up if I don't find. I would like to find a hobby that will make me realize and stay with others and cultivate my great dream.

<p><b>Report 4 ADM</b></p> <p>To get closer to my family, especially to grandparents who would do everything they could do to find a good job/do not give up if I don't find / find a hobby that will make me realize and help others / cultivate my great dream.</p> <p>Don't give up into small difficulties but go straight to the target (school) Ask for help if necessary to my son, but I need more and more optimism, a comparison with other experience with other experiences.</p> <p>I must pursue my school goal, I must strengthen some constructive relations.</p>
<p><b>Report 5 NKH</b></p> <p>Do extracurricular courses on a field that interests me (I will ask the social services for courses for foreigners); take the driving license</p> <p>More commitment in what I do/start a thing and finish it/do things that I would have liked to do, but I have sent them back for laziness.</p> <p>I intend to do more and make a list of what I want to do and try to follow it</p>
<p><b>Report 6 LKF</b></p> <p>I will try to complete this school project taking into account that if all goes well, more than a year is missing. I would like to be able to continue with other studies, but I am afraid that it becomes too demanding with respect to my work commitments</p> <p>I will have to try to increase commitment and listening to others.</p> <p>I try to improve my cultural background.</p>
<p><b>Report 7 KHS</b></p> <p>First, physical activity and proper nutrition because more lucidity and stamina are needed. According to have all the bases to study and learn the best possible because it would give me serenity also on the mental plane.</p> <p>Third, to identify a work for the future that ages and therefore less manual skill that requires fresh energy and use more of my mind with my experience, such as being the trainer for those who start my work. Last to learn how to use a few words, but effective in describing each thought, useful for a new future.</p> <p>I want to find methods of learning, memory and concentration because it would give me and my profession the right peace of mind. Peace of mind I need for an incisive future on every target</p> <p>I wan to improve alternative massage techniques for eventual change of role in the job, because I'm old, I want another work also from sitting. But learning English would be the maximum because I find it difficult, in fact I hate it and I love it at the same time.</p>
<p><b>Report 9 MAK</b></p> <p>1 learning English well, I would like to go to London, find myself a job, set aside money to achieve my goals; 2 manage to finish school so that I have more job opportunities in Italy or abroad; 3 grow up personally, living, accepting my choices even if the future may prove to be wrong.</p> <p>Engage me more in the things I want to do, have greater self-control, be more determined, complete what I begin without asking social services.</p>

