

IFCU 7th International Psychology Congress - Psychology in Dialogue: Three paths, one goal

Abstract submission

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Theme / Tema / Thème / Tema: **University mission's dimensions**

Title: AGIT: What is the cause that inspires you?

Abstract / Resumo / Résumé / Resumen:

Contextualized in the humanist and Christian nature of UCP, the 1st Cycle in Psychology in the Faculty of Philosophy and Social Sciences sees teaching and research as promoters not only of professional skills but also human dignity. In this sense, students can participate in Community Service, an extracurricular program that aims to provide students with a volunteer experience, imbued with the spirit of service, through which students can develop their relational and social intervention skills. Anchored in the AGIT motto, this community service is organized around several participation options: one-time actions (Agit Once), involvement institutional projects (Agit Once Again) and the construction of their own projects ("Every Drop Counts" - blood donation campaign; "Trade with Me" – sustainable consumption). Throughout the program the students are accompanied from selection to project construction, implementation, and final evaluation. 28 students were part of the program and are now finishing and evaluating the experience. The evaluation made by the host institutions is very positive. "We believe that little by little, we are beginning to do"...small pieces of good that together help transform the world".

Bibliography / Bibliografia / Bibliographie / Bibliografía:

Serviço Comunitário de Psicologia (2021). Regulamento. Universidade Católica Portuguesa. Faculdade de Filosofia e Ciências Sociais.

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