Πρόγραμμα Μεταπτυχιακών Σπουδών Εξειδίκευσης
του Τμήματος Ελληνικής Φιλολογίας του Δημοκριτείου Πανεπιστημίου Θράκης
σε συνεργασία με το
ΕΚΕΦΕ Δημόκριτος – Ινστιτούτο Πληροφορικής και Τηλεπικοινωνιών
με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της ένταξης»

ΣΤΡΑΤΗΓΙΚΕΣ ΠΑΡΕΜΒΑΣΗΣ ΣΤΗ ΔΙΑΤΑΡΑΧΗ ΕΛΛΕΙΜΜΑΤΙΚΗΣ ΠΡΟΣΟΧΗΣ (ΚΑΙ ΥΠΕΡΚΙΝΗΤΙΚΟΤΗΤΑΣ) ΜΕ ΤΗ ΧΡΗΣΗ ΤΗΣ ΜΕΤΑΓΝΩΣΗΣ ΚΑΙ ΤΩΝ Τ.Π.Ε.

INTERVENTION STRATEGIES FOR ATTENTION DEFICIT (HYPERACTIVITY) DISORDER WITH THE CONTRIBUTION OF METACOGNITION AND ICTS

της

Μητσέα Ελένης

Μεταπτυχιακή διατριβή που υποβάλλεται
Στην τριμελή επιτροπή για την απόκτηση του μεταπτυχιακού τίτλου του
Προγράμματος Μεταπτυχιακών Σπουδών Εξειδίκευσης
του Τ.Ε.Φ. – Δ.Π.Θ. σε συνεργασία με το Ε.Κ.Ε.Φ.Ε. Δημόκριτος – Ινστιτούτο Πληροφορικής και Τηλεπικοινωνιών
με τίτλο: «Εξειδίκευση στις Τ.Π.Ε. και Ειδική Αγωγή – Ψυχοπαιδαγωγική της Ένταξης»

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ΠΕΡΙΛΗΨΗ

Η εκπαίδευση του 21ου αιώνα βρίσκεται ήδη αντιμέτωπη με νέες προκλήσεις αλλά και μοναδικές ευκαιρίες. Η διαταραχή προσοχής με ή χωρίς συμπτώματα υπερκινητικότητας ανήκει σε αυτές, καθώς επηρεάζει σημαντικό ποσοστό του μαθητικού πληθυσμού. Την ίδια ώρα, τα άλματα της τεχνολογίας και των νευροεπιστημών παρέχουν πολύτιμες γνώσεις και εργαλεία ώστε ο άνθρωπος να μάθει να ρυθμίζει συνειδητά και να αναβαθμίζει τις γνωστικές του λειτουργίες αντισταθμίζοντας τις αδυναμίες με νέες δυνατότητες. Στην παρούσα μεταπτυχιακή εργασία αναζητήσαμε μέσω βιβλιογραφικής ανασκόπησης στρατηγικές παρέμβασης για την αναβάθμιση των δομών, των μηχανισμών και των λειτουργιών που συσχετίζονται με τη συμπτωματολογία της ΔΕΠ-Υ. Η έρευνα καταλήγει σε μια σειρά στρατηγικών παρέμβασης που περιλαμβάνουν τις νέες τεχνολογίες της πληροφορικής, ασκήσεις, τεχνικές και άλλες πρακτικές που αποδεδειγμένα βελτιώνουν τη νοημοσύνη, αφυπνίζουν τον μαθητή και τον καθιστούν συνειδητό ρυθμιστή των ψυχοφυσιολογικών του λειτουργιών. Κοινός παρονομαστής όλων των προτεινόμενων στρατηγικών είναι η ανάπτυξη της μεταγνώσης και της συνειδητότητας. Πρόκειται για στρατηγικές οι οποίες με κατάλληλο σχεδιασμό μπορούν να αξιοποιηθούν στο σχολικό πλαίσιο με μικρό κόστος, ενώ είναι δυνατό να εφαρμοστούν συμπληρωματικά με τα υπάρχοντα προγράμματα παρέμβασης.

Λέξεις-κλειδιά: Τ.Π.Ε., μεταγνώση, συνειδητότητα, εκτελεστικές λειτουργίες, αναδόμηση του εγκεφάλου, ασκήσεις, τεχνικές, στρατηγικές

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