

Current Challenges and Trends

Dear readers,

We are pleased to present the third issue of the sixth volume, which focuses on University Counseling – Current Challenges and Trends. We traditionally publish the third issue of the journal in English. Counselling for university students is now a part of everyday university activities. The aim of the monothematic issue is a reflection of the college counselling practice, which could support further development in this area. The issue aims to support all vulnerable groups of college students. Those with special needs (registered or confidential), students with socio-economic disadvantages, and students in acute difficulties and life crises. Counselling services are also available for university staff to assist in dealing with at-risk students, guide personal and professional growth, and resolve problem situations.

In this issue, the reader will find seven contributions (three research studies, one methodological study, one theoretical study, and two reports).

The first contribution, “Possibilities of using the GQ-ASC questionnaire for the screening of autism spectrum disorders in female university students” by Hana

Sotaková, focuses on the possibilities of using the GQ-ASC questionnaire for screening of autism spectrum disorders in adult women. The research is conducted on the cases of 10 female students and compares its results with the diagnostic tool ADOS 2 and an anamnestic interview.

The second text by the author Markéta Švamberk Šauerová “A project for the support of the well-being of university students” based on an analysis of stress susceptibility of students from various fields of study presents a peer project aimed at promoting student well-being. The author focuses on salutoprotective resources applicable in the university environment in various situations. Students gain specific recommendations to prevent those typical stressors for that particular target group. The project is based on the principle of peer interaction with university students studying to be wellness specialists and is significantly linked to real-life practice.

The third text by author Jana Kočí focuses on health and well-being tips for distance learning university students. The research presents the possibilities of active support of the health and well-being of students of Czech universities

and colleges over distance learning, as particular institutions, in its entirety, beyond a circumscribed focus on student academics to a systematic development of academic well-being of all students. The research results represent methodological recommendations aiming to actively support the health and well-being of university students over distance learning.

The fourth text by Matyáš Müller and Lukáš Pánek “Searching for inner resources: An experimental biosynthetic group for Charles University students”, presents an experience of running an experiential group based on the method of Biosynthesis, realized both online and in person from 2020 to 2022 (7 courses with a total of 68 participants) for students and employees of Charles University. The conclusion of a research paper shows the benefits of using the biosynthetic group for students with and without specific needs, as well as for staff, while the benefit for Ukrainian students is questionable.

Fifth text - theoretical study by the author Katarína Mária Vadíková discusses “University Counseling in Slovakia and ethics”. The study reviews the findings of several research projects about the state of the school system in Slovakia and the postmodernity of academic life. Conclusions confirm that ethics is a helping profession and a benefit for students, academics, advisors, and the entire institution and its projects at

home and abroad because freedom needs limits, so counselling needs ethics to be ensured wisely, humanely, and efficiently.

Two reports follow. The first report, “The prevention of academic failure and the promotion of a healthy lifestyle and well-being in students of the third faculty of medicine of Charles University in the pandemic”, by authors Dagmar Schnejdrová and Tereza Kopřivová Herotová informs about the findings of foreign and Czech studies on the impact of social isolation caused by coronavirus pandemic restrictions on lifestyle, well-being and mental health of university students in relevance to counselling. The authors describe counselling strategies based on the principles of health promotion applied when supporting students’ healthy lifestyles. The authors see the main goal in communication and spreading information about counselling services among students.

The second report, “Well-being support for university students and academics through the MBCT-L course” by the authors Eva Šírová, Markéta Niederlová focuses on Mindfulness-based programs (MBPs), which are an increasingly popular approach to improving people’s mental health. Conclusions of the investigation of the MBCT-L method show that it promotes changes in the well-being of university students and academics and reduces the level of perceived stress.

We appreciate your interest and hope that the presented articles are beneficial

for you. If you are interested in contributing a theoretical, methodological, overview study or report or review to other issues of our journal, do not hesitate to contact our editorial board via the contact email gramotnost@pedf.cuni.cz.

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