COURSE CONTENT

SOCIAL AND EMOTIONAL LEARNING (SEL) FOR SUCCESSFUL SCHOOLS

The course will help the participants to:

- Understand and implement aspects of the CASEL integrated framework;
- Gain greater emotional and social literacy;
- Experience an SEL environment first-hand;
- Increase self-awareness, empathy, resilience, and assertiveness;
- Implement strategies for effective communication, Mindfulness, and collaboration in a tailor-made program to bring home;
- Immerse themselves in an environment of empowerment that will enable participants to continue generating a culture of SEL in their own schools.

– Course introduction
Introduction to the course, the school, and the external week activities;
Icebreaker activities;
SEL activities to create our group;
Establishing the foundations for a school community that embraces SEL.
– Emotional Intelligence and Communication
The CASEL framework for implementing SEL;
The science of emotions and Emotional Intelligence;
Self-awareness tools and strategies – practical activities;
Effective communication: changing our tune.
– Social Intelligence and Collaboration
Collaboration and relationship skills;
Group SEL activities;
Autonomy, responsibility and healthy interdependence.
– Self-regulation, Resilience and Conflict Management
Mindfulness in Schools, healthy boundaries for better relationships;
Obstacles as opportunities and other building blocks to resilience;
Facilitating constructive conflict management with SEL.
– Community building
Extending SEL to families and greater community;
Design your unique path to SEL;
Share and compare with course mates;
Closing activities for group.
– Course Closure & Excursion
Course evaluation: round-up of acquired competencies, feedback, and discussion;
Awarding of the course Certificate of Attendance;
Excursion and other external cultural activities.