

St.Charles College of Education



Life Skill Education Elective B.Ed Sem IV



UNIT 1

SOCIAL EMOTIONAL

LEARNING



Unit: 1

Social- Emotional Learning

Skill Development: Its used to refer to the productive capabilities acquired through all levels of learning and practicing , occurring in formal, non formal , informal and on the job settings.

Hard Skills: These include knowledge and technical skills that one develops over the course of education and career.

Eg: Translation, Video Presentation, Data mining, Data base, Management and software, Coding, Accounting and finance, Civil engineering and bilingualism or Multilingualism.



Soft Skills: Harder to measure or define. They constitute traits and attributes that we associate with positivity , openness, good habits and interpersonal skills. Eg: Good communication, Time Management Etc.

Social Emotional Learning(SEL) : Introduction

Definition:

- Social Emotional Learning (SEL) is the process through which individuals acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

Importance:

- SEL promotes students' social, emotional, and academic development.
- Helps in reducing emotional distress, improving classroom behavior, and enhancing academic performance.

Key Areas:

- ❑ - Self-awareness
- ❑ - Self-management
- ❑ - Social awareness
- ❑ - Relationship skills
- ❑ - Responsible decision-making



Self-awareness:

- ✓ Recognizing one's emotions, thoughts, and values and how they influence behavior.
- ✓ Understanding personal strengths and limitations.
- ✓ Examples: Identifying emotions, accurate self-perception, recognizing strengths, self-confidence.

Self-management:

- ❑ Managing emotions, thoughts, and behaviors in different situations.
- ❑ Setting and working toward personal and academic goals.
- ❑ Examples: Impulse control, stress management, self-discipline, self-motivation, goal setting, organizational skills.



Social Awareness:

- ❑ Understanding the perspectives of others and empathizing with them.
- ❑ Recognizing and appreciating diversity.
- ❑ Examples: Perspective-taking, empathy, appreciating diversity, respect.

Relationship Skills:

- Establishing and maintaining healthy and rewarding relationships.
- Effective communication, listening, cooperation, resisting inappropriate social pressure, negotiating conflict constructively.
- Examples: Communication, social engagement, relationship-building, teamwork.

Responsible Decision-Making:

- Making ethical, constructive choices about personal and social behavior.
- Considering the well-being of oneself and others.
- Examples: Identifying problems, analyzing situations, solving problems, evaluating, reflecting, ethical responsibility.

Benefits of Social Emotional Learning (SEL)

- ☐ Enhanced Academic Performance
- ☐ Improved School Climate
- ☐ Better Learning Attitudes



Emotional and Social Benefits of SEL

- Emotional Regulation
- Improved Relationships
- Increased Empathy

☐ *Long-term Benefits of SEL*

- ☐ - Career Success
- ☐ - Positive Life Outcomes
- ☐ - Reduced Risky Behaviors, suitable for a presentation.



Ways to integrate Emotional Learning in the class room

- ☐ Use Journal Writing
- ☐ Use read aloud
- ☐ Do daily greetings
- ☐ Incorporate art activities
- ☐ Talk about managing emotions
- ☐ Give responsibilities
- ☐ Practice problem solving skills
- ☐ Build community team work
- ☐ Encourage positive self talk
- ☐ Celebrate diversity
- ☐ Incorporate Hands – on crafts
- ☐ Encourage reflection
- ☐ Practice mindfulness
- ☐ Create a calm down area
- ☐ Promote a growth mindset
- ☐ Encourage kindness
- ☐ Play games



Ways to integrate Emotional Learning in the classroom

- Provide a daily check in
 - Discuss empathy
 - Create smart goals
 - Teaching coping skills to manage stress
 - Highlights the skills through out the day
 - Teach active listening skills
 - Teach group ground rules
- Practice respectfully disagreeing



Emotional Skills: Emotional skills refer to the ability to recognize , express and regulate emotions. Emotional skills are the foundation of self awareness and good mental health.

Coping with stress:

- ☐ Use guided meditation
- ☐ Practice deep breathing
- ☐ Maintain physical exercise and good nutrition
- ☐ Manage social media time
- ☐ Connect with others



Dealing with Emotions:

It is the process of recognizing and acknowledging your feelings.

Following are the guidelines to deal with emotions

- ☐ Allow yourself to feel with your emotions
- ☐ Express your emotions in a healthy way
- ☐ Write down your feelings
- ☐ Cry if you need to
- ☐ Release the tension
- ☐ Be mindful of how you express your emotions to others



Importance and benefits of life skills:

- ✓ To find creative ways of problem solving and decision making
- ✓ To identify the impact of your actions and to take responsibility
- ✓ To build confidence in interpersonal communication and makes room for group collaboration
- ✓ To analyze available choices or resources before making important decisions
- ✓ To develop empathy, a greater sense self awareness and appreciation for others

Benefits of life skills

- Self awareness
- Self - Esteem
- Interpersonal relationships
- Assertiveness
- Effective communication
- Critical thinking
- Decision making
- Time management
- Negotiation
- Empathy



Humanistic Curriculum Design

Definition:

Humanistic Curriculum Design focuses on the whole person—emphasizing personal growth, self-actualization, and the development of a sense of meaning and purpose in education.

Key Features:

- Student-Centered Learning**

Focuses on students' needs, interests, and experiences.

- Emphasis on Personal Growth**

Aims for emotional, social, and intellectual development.

- Holistic Approach**

Addresses cognitive, emotional, and social aspects of learning.

- Active and Experiential Learning**

Includes discussions, projects, and creative activities. Teacher as Facilitator guides and supports students in their learning journey.

Personal Curriculum Design:

Definition:

Personal Curriculum Design tailors the curriculum to meet the unique needs, interests, and goals of individual students, providing a customized educational experience.

Key Features:

•Individualized Learning Plans:

Unique plans based on students' specific needs and goals.

•Flexibility and Choice:

Offers choices about what and how to learn.

•Goal Setting and Self-Assessment:

Encourages setting personal goals and reflecting on progress.

•Adaptation of Content and Methods :

Adjusts based on students' strengths and interests.

•Focus on Learner Autonomy:

Develops students' ability to take charge of their learning.

