

Course code CSS.1.SEL

Last update 03/08/21

Course information

Title	Social and Emotional Learning (SEL) for Successful Schools
Concept by	Susan Gagliano
Course URL	teacheracademy.eu/course/social-and-emotional-learning/
N. of participants	Min. 4- max. 14
Course length	One week (6 days, Monday - Saturday)
Language	English. Other languages may be available upon request
Locations and starting dates	<ul style="list-style-type: none"> • Barcelona - Fourth Monday of the month • Dublin - First Monday of the month • Florence - Second and fifth Monday of the month • Budapest - Third Monday of the month <p>On request, we can organize this course directly at your school. Discover all the dates at teacheracademy.eu/courses-dates/</p>
Free time activities offered	All courses include at least one city guided tour and one full-day Cultural Activity.
Type of certification awarded	Certificate of Attendance, including a description of the course contents (80% of attendance required); other Certificates may be available upon request
Price	<p>Starting from 480€ *</p> <p>* Our courses are eligible to be completely funded by the Erasmus+ KA1 funds and several other programs.</p>

Course contents

Description

Today's educators know that the key to optimal learning lies in creating a school community that supports, teaches, and models Emotional and Social Intelligence. Our students face a world of complex relationships that require them to identify and manage their emotions, interact constructively with others, understand healthy boundaries, and take responsibility. These "intelligences", as described by Daniel Goleman, can be incorporated into our teaching practices through Social and Emotional Learning (SEL) methods and strategies.

Through the framework of the Collaborative for Academic, Social, and Emotional Learning (CASEL), course participants will gain a deeper understanding of the impact of SEL and steps to implement it. Through practical and experiential activities, course members will deepen their own self-awareness, empathy, and social skills, which will enrich their own Social and Emotional Intelligence. Concrete tools and strategies for conflict management, stress reduction, and resilience will empower the group to not only **do** SEL activities but to **be** an SEL educator.

Each participant will develop their own course of action for promoting SEL in their school, through reflection, experience, sharing and creating the path that best fits their unique school community, in a highly interactive, engaging learning experience.

Learning outcomes

- 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.

Tentative schedule*

Day 1 – Course introduction	Day 2 - Emotional Intelligence and Communication
<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.
Day 3 - Social Intelligence and Collaboration	Day 4 - Self-regulation, Resilience and Conflict Management
<ul style="list-style-type: none">• Collaboration and relationship skills;• Group SEL activities;• Autonomy, responsibility and healthy interdependence.	<ul style="list-style-type: none">• Mindfulness in Schools, healthy boundaries for better relationships;• Obstacles as opportunities and other building blocks to resilience;• Facilitating constructive conflict management with SEL.
Day 5 - Community building	Day 6 - Course Closure & Excursion
<ul style="list-style-type: none">• Extending SEL to families and greater community;• Design your unique path to SEL;• Share and compare with coursemates;• Closing activities for group.	<ul style="list-style-type: none">• Course evaluation: round-up of acquired competencies, feedback, and discussion;• Awarding of the course Certificate of Attendance;• Excursion and other external cultural activities.

*The schedule describes likely activities but may differ significantly based on the requests of the participants, and the trainer delivering the specific session. Course modifications are subject to the trainer’s discretion. If you would like to discuss a specific topic, please indicate it at least 4 weeks in advance.

Links and resources

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