

Erasmus+ Course for Higher Education Staff

Social and Emotional Learning

How can we help our students to learn in more successful and meaningful ways? This is a course for teachers who are looking for effective classroom strategies which will enhance their engagement and connection with students.

COURSE OUTLINE

Social and Emotional Learning (SEL) is the process through which young people and adults acquire the knowledge, skills, and attitudes to develop healthy identities, manage emotions, and achieve personal and learning goals. This course is designed to introduce teachers to the principles of SEL, showing how these strategies can be applied in the classroom to empower students to improve their academic performance while decreasing stress and anxiety.

COURSE OBJECTIVES

Overall objectives of the mobility. To become familiar with the principles of SEL. To learn how to implement these principles in different classroom contexts. To understand the key features of self-management. To explore how to improve social awareness in the classroom. To consider how to apply skills of conflict resolution, problem solving, active listening etc. in the classroom. To improve communicative skills.

Added value of the mobility. As well as learning about SEL participants will have the opportunity to refresh their English language ability. By connecting with fellow educators from all over Europe, participants will benefit from sharing experiences and expertise. The mobility offers valuable networking opportunities for future collaboration between individuals and institutions.

Activities to be carried out. Project and discussion-based classroom activities designed to explore key elements of SEL such as: Strategies to build self-management skills in students; Understanding social awareness in the classroom; Communication skills and conflict resolution; Cultural and Heritage Trips as a chaperoned group.

Expected outcomes and impact. The course provides a valuable professional development opportunity for teachers and educators to become familiar with emerging approaches in contemporary pedagogy which draw a vital connection between students' learning outcomes and their social and emotional development. This mobility offers teachers the chance to discuss these approaches with European colleagues, while learning key elements of the practice. Further positive outcomes include familiarisation with an international setting, and the opportunity to cultivate new contacts beyond the course.



DESIGNED FOR

Teachers working in secondary schools, Vocational or Adult Education, and Higher Education settings.

MINIMUM LEVEL OF ENGLISH

B1 Intermediate (CEFR)

COURSE LENGTH

Monday to Friday, 20 lessons / week
+ Social and Cultural Activities
+ Full-day Tour on Sunday

ACCOMMODATION

Self-Catering Shared Apartment
or Host Family [SEE OPTIONS](#)

CERTIFICATION

Certificate of Participation
and Attendance

DOCUMENTS PROVIDED

STT Invitation, Europass, Work
Plan (on request), Certificate

CULTURAL PROGRAMME

The courses are delivered in Atlantic Language School in Galway on Ireland's 'Wild Atlantic' Coast, and participants will have ample opportunity to learn about the cultural heritage of both Ireland and the local area. The week-long programme includes a full-day cultural tour to a local area of scenic and heritage value, a guided historical walking tour of Galway city, and afternoon social and cultural activities. Our staff are happy to suggest other tours and events to enjoy during your stay in Galway.

SAMPLE TIMETABLE

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Arrival	Full-Day Tour to Wild Atlantic Way Possible tours include: Cliffs of Moher (throughout the year) Connemara (from May to October) Aran Islands (from May to October)	9.00 - 12.30 Self-Awareness Getting to know you! Setting Objectives Sharing intentions, outlining objectives, and defining Social and Emotional learning 13.30 Walking Tour of Galway City	9.00 - 12.30 Self-Management Building a deeper insight of self-management Analysing strategies teachers can use to build self-management skills in their students 15.30 - 16.30 'Getting to Know You' - Tea & Chat Networking	9.00 - 12.30 Social Awareness Gaining a better understanding of social awareness in the classroom Exploring strategies for enhancing student's social awareness 15.30 - 16.30 Wednesday Workshops	9.00 - 12.30 Relationship Skills Identifying key communication skills Listening "between the lines" Resolving conflicts 20.00 Pub Night	9.00 - 12.30 Responsible Decision-Making Considering ethical responsibilities Analysing and solving problems Presenting reflections on Social and Emotional Learning From 12.30 Explore Galway City - Digital Scavenger Hunt

CALENDAR 2024

March: 4 - 8, 25 - 29

April: 1 - 5, 8 - 12

June: 17 - 21

July: 1 - 5, 15 - 19, 29 - 2

August: 12 - 16

September: 2 - 6

PRICE LIST 2024

20 Lessons per Week	All Course Materials	Registration Fee	End of Course Certificate	Afternoon Activities	Full-Day Excursion	Price (1 week)
✓	✓	✓	✓	✓	✓	€ 525

Atlantic Language School
Erasmus+ Organisation ID: **E10256058**

[CONTACT US](#)

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