

# SOCIAL & EMOTIONAL LEARNING FOR EDUCATORS

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

### 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.

## CULTURAL PROGRAMME

The courses are delivered in Atlantic Centre of Education 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 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.



### Suitable for:

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

### Minimum Level of English

B1 (CEFR)

### Programme Length

5 days tuition (Monday – Friday) +  
1 full-day activity  
25 hours

### Certification

Certification of Participation and Attendance

### Documents Provided

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



**Atlantic**  
CENTRE OF EDUCATION

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# SAMPLE TIMETABLE

\*SUGGESTED TIMETABLE ONLY, ACTUAL CONTENT MAY VARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Full-Day Excursion on Wild Atlantic Way</b>  Options include;  Connemara  Aran Islands  Cliffs of Moher	Self-Awareness	Self-Management	Social Awareness	Relationship Skills	Responsible Decision-Making
	Getting to Know You	Building a Deeper Insight of Self-Management	Gaining a Better Understanding of Social Awareness in the Classroom	Identifying Key Communication Skills: Listening "between the lines"	Considering Ethical Responsibilities
	Setting Objectives	Analysing Strategies Teachers can use to Build Self-Management Skills in their Students	Exploring Strategies for Enhancing Student's Social Awareness	Resolving Conflicts	Analysing & Solving Problems
	Sharing Intentions, Outlining Objectives and Defining Social & Emotional learning		Academic collocations	Sharing Anecdotes	Presenting Reflections on Social & Emotional Learning
	Walking Tour of Galway	Pub Night	"Skills Boost" Wednesday Workshop	Irish Culture Workshop	Explore Galway Interactive Tour

## COURSE DATES

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
		24-28	14-18	5-9	16-20 30-4	14-18	4-8 11-15	1-5			