



Empowering Teachers across Europe to deal with Social, Emotional and Diversity related Career Challenges

## Hand in Hand

# What is the role of teachers in supporting emotional wellbeing and nurturing social skills?

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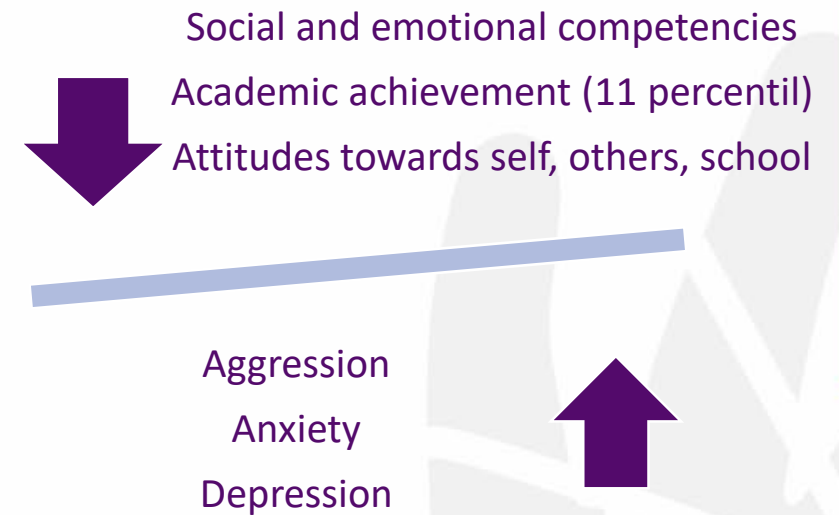


# SOCIAL AND EMOTIONAL LEARNING (SEL) (CASEL, 2013)



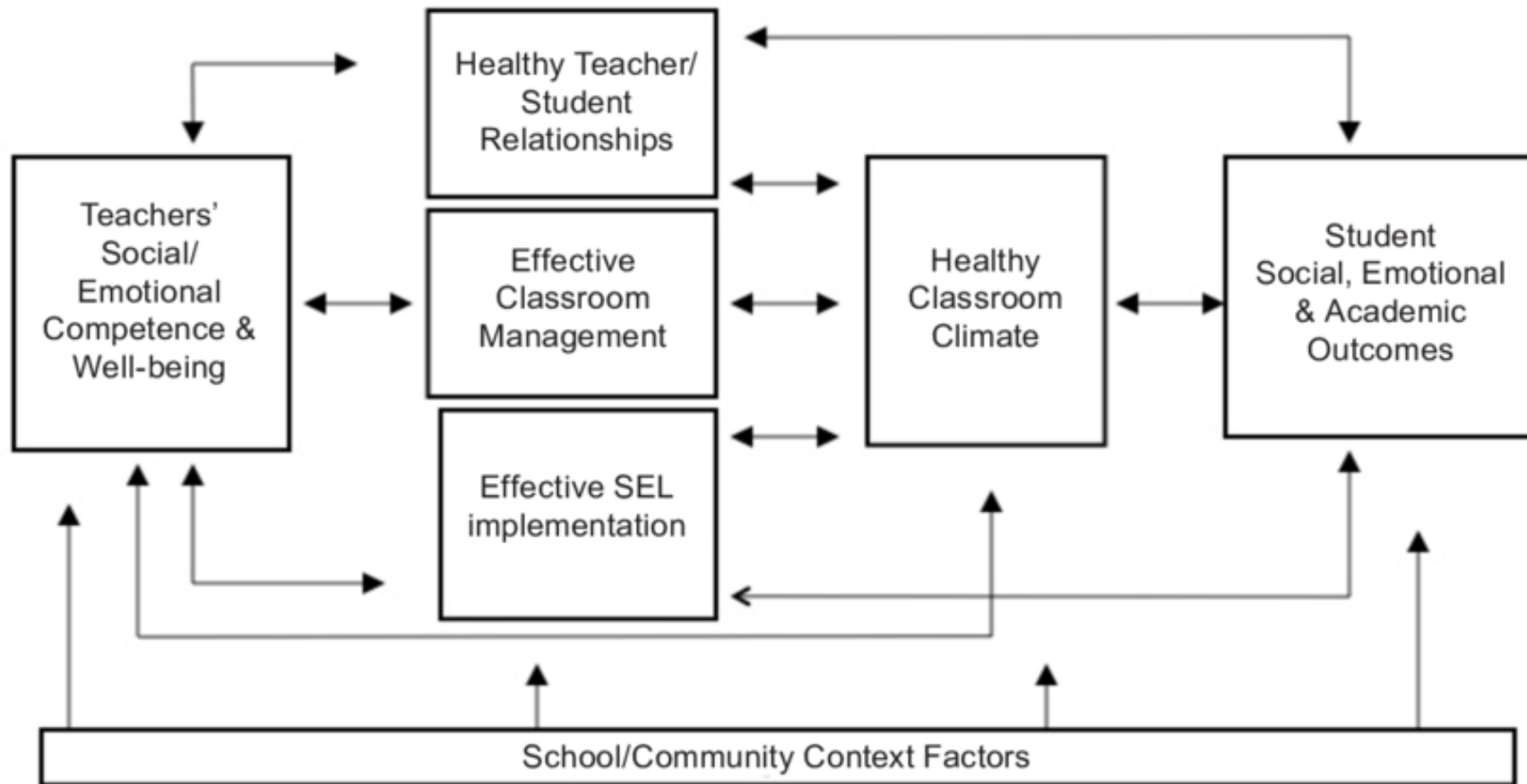
# SOCIAL AND EMOTIONAL LEARNING IN RESEARCH

- The scientific work related to SEL
  - Payton et al., 2008: reviewing 317 studies
  - Durlak et al., 2011: reviewing 213 studies
  - ...
- Evidence of several beneficial aspects: students
  - Improvement in social and emotional skills
  - More prosocial behaviors
  - Less conduct problems
  - Less emotional distress
  - Better academic performance
  - ...
- Evidence of several beneficial aspects: teachers
  - Reducing distress
  - Increasing well-being
  - More job satisfaction
  - ...



# SOCIAL AND EMOTIONAL LEARNING IN CLASSROOM

(Jennings & Greenberg, 2009)



# SOCIAL AND EMOTIONAL LEARNING (SEL) (CASEL, 2013)



# SELF-AWARENESS

## CASEL:

- The ability to recognize one's emotions and thoughts and their influence on behavior.
- This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.

## HAND IN HAND:

- The ability to recognize one's **emotions, bodily sensations and thoughts** and their influence on how we react.
- This includes having a sober, accepting/recognizing way of looking at oneself, and **the will and wish** ongoing to be working at establishing all of it.



# SELF-MANAGEMENT

## CASEL:

- The ability to regulate one's emotions, thoughts, and their influence on behaviour. This includes accurately assessing one's strengths and limitations and possessing well grounded sense of confidence and optimism.

## HAND IN HAND:

- The ability to regulate one's **emotions, bodily sensations, and thoughts and their influenced on how we react**. This includes managing stress, sensing and using impulses in a **constructive way**, motivating oneself, and setting and working toward achieving personal and academic goals).



# SOCIAL-AWARENESS

## CASEL:

- The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behaviour, and to recognize family, school and community resources and supports

## HAND IN HAND:

- The ability to take perspective of and to have empathy and compassion with others from diverse backgrounds and cultures, to **understand, accept and recognize** social and ethnical norm of behaviour and to make space for different point of views and recognizing the **influence** and importance of **belonging to groups** (e.g. family, school and community).





# RELATIONSHIP SKILLS

## CASEL:

- The ability to establish and maintain a healthy and rewarding relationship with diverse individuals and groups. This include communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively and seeking and offering help when needed.

## HAND IN HAND:

- The ability to establish and maintain constructive relationships and **the will to carry on** when it seems impossible to maintain the constructive relationship.
- This includes the ability to take as well personal as social responsibility, and **to go into the relationship with personal presence** being aware that a constructive relationship needs that the individuals involved can make a synergy between **taking care of their integrity and taking care of the society/the group.**



# RESPONSIBLE DECISION MAKING

## CASEL (AND HAND IN HAND):

- Ability to make constructive and respectful choices about personal behaviour and social interactions based on considerations of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions and well being of self and others.

SELF-AWARENESS  
SELF-MANAGEMENT

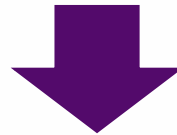


AWARNESS - IN

SOCIAL AWARENESS  
RELATIONSHIP SKILLS



AWARNESS - OUT



RESPONSIBLE DECISION MAKING  
(RECOGNISING DIFFERENT PERSPECTIVES)  
&  
DIVERSITY AWARENESS





Empowering Teachers across Europe to deal with Social, Emotional and Diversity related Career Challenges

Hand in Hand  
**THANK YOU!**

