

ENGAGING LEARNERS IN THE TWENTY FIRST CENTURY

122.585.452.451.448.445

Sanjayan T.S.

ISBN 978-81-953392-66



75
Azadi Ka
Amrit Mahotsav


Indian Council of
Social Science Research



Certificate

This is to certify that ~~Prof. Dr. Mr.~~ /Ms. Indu R Mathew has ~~elavied~~ a ~~session~~ / participated / presented a paper titled Impact of Blended Learning in Distance Education in the Two-Day International Conference on "Constructivism in Teaching and Learning in the context of Formal and Distance Learning" held on October 13-14, 2022, at Pondicherry University, Puducherry. Distance Education and School of Education, Pondicherry University, Puducherry.


Prof. Chennupati K. Ramaiah

Organising Secretary & Director,
Directorate of Distance Education,
Pondicherry University




Prof. K. Chellamani

Joint Organising Secretary & Dean,
School of Education,
Pondicherry University

Impact Of Social And Emotional Learning [Sel] In Life Skills Training.

INDU K MATHEW,

Ph.D. Scholar, Department of Education, DDE, Alagappa University, Karaikudi

Dr S MALATHI,

Department of Education, DDE, Alagappa University, Karaikudi

INTRODUCTION

The term "social and emotional learning" [SEL] was coined in 1997 to describe learning that involves an individual's ability to comprehend, express, and regulate social and emotional aspects of life in ways that contribute to positive developmental outcomes in academic learning, life skills training, and soft skills training. We define social and emotional learning as an integral part of human development and education. Students may learn a variety of skills and attitudes that will help them build healthy identities, regulate emotions, and form healthy relationships via SEL.

Through true school-family-society relationships, SEL offers educational justice and excellence in order to create learning settings and experiences that will give students confidence in the future. SEL has a very positive impact on academic performances, life skill training and soft skill training. SEL describes the mindsets, skills, attitudes, and emotions that enable kids to achieve success in school, work, and life. It focuses on kids' basic motivation, social connection, and self-regulation requirements. People who have excellent social-emotional abilities are better able to deal with everyday obstacles, form healthy connections, solve problems, and make decisions.

The development and use of social and emotional skills is referred to as SEL. It assists in the development of life skills from preschool through maturity.

Social and Emotional Learning or SEL

Social and emotional learning is a vital trend that is sweeping the country. By considering the complete kid, SEL is altering the way schools approach education. It is also designed to assist and encourage how parents raise their children and prepare them for school.

SEL is the process through which we learn to control and understand our own emotions as well as the emotions of others. As a result of this increased awareness, we are able to:

- Understand socially acceptable behaviors
- Develop empathy for others
- Control urges and impulses.

The SEL Framework

Five basic competences contribute to the overall development of social and emotional learning in the context of social and emotional learning. Children and adults may learn to identify and manage their emotions, develop empathy for others, control cravings and impulses, and develop life skills through developing these abilities.

1. **Self Awareness**– The capacity to identify one's emotions and thoughts, as well as how they impact conduct. This entails properly appraising one's skills and limits, as well as having a strong feeling of self-assurance and optimism.
2. **Self Management**– The capacity to properly control one's emotions, thoughts, and actions in a variety of settings. This encompasses stress management, impulsive control, motivation, and creating and working toward personal and academic objectives.