

# COU104e Social Emotional Learning

**Level:** 1

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY SEMESTER

**E-Learning:** BLENDED - Learning is done MAINLY online using interactive study materials in Canvas. Students receive guidance and support from online instructors via discussion forums and emails. This is supplemented with SOME face-to-face sessions. If the course has an exam component, this will be administered on-campus.

## **Synopsis:**

COU104e aims to develop your five social-emotional competencies (SECs), namely, self-awareness, social awareness, self-management, relationship management and responsible relationship for the 21st century. The domains of self-awareness and self-management relate to the understanding of self which helps in identifying strengths and weaknesses, and managing one's emotions and personal behaviours. The domain of social awareness and relationship management relate to understanding the needs of others and one's social interactions. In responsible decision-making, moral and ethical choices have to be considered with regard to how to handle oneself, relate to others and deal with challenging situations. The course will build one's SECs, by providing relevant real-life activities that address social and emotional dimensions, so that one may be given opportunities to practise these SECs through role-plays and other hands-on activities.

## **Topics:**

- Importance of self-awareness
- Developing and promoting social awareness
- Managing emotions and practising self-regulation techniques
- Relationship management strategies
- Making responsible decisions
- Demonstrating social emotional competencies

## **Textbooks:**

Ee, J.: Infusing Thinking and Socio-emotional Learning in Children and Youth. 2012 Pearson, Singapore  
ISBN-13: 9789810692599-AA

Kenneth W. Merrell and Barbara A. Gueldner: Social Emotional Learning in the Classroom: Promoting Mental Health and Academic Success Guildford  
ISBN-13: 9781606235508-AA

Ee, J.: Infusing Thinking and Socio-emotional Learning in Children and Youth. 2012 Pearson, Singapore  
ISBN-13: 9789810692599

### Learning Outcome:

- List the factors influencing social-emotional competencies.
- Identify the mental blocks that affect positive and creative thinking and describe skills to challenge them.
- Recognise that everyone has emotions but their emotions may differ because of their experiences, cultural backgrounds or levels of confidence.
- Determine and apply strategies for staying in control of emotions.
- Discuss ways of building and maintaining healthy relationship.
- Evaluate the criteria for making responsible decisions.
- Determine realistic goals that help one to build their strengths, overcome their areas of weaknesses and work towards excellence in one's life.
- Develop ways of nurturing one's strengths and minimising weaknesses.
- Discuss relevant strategies for managing negative emotions and promoting reflection, analytical thinking and innovative thinking.
- Review one's efficiency in relationship management and social problem-solving.
- Explain the pros, cons and consequences of one's decision on self and others, and act on the appropriate decisions for a given context.
- Recognise the motives behind one's action, and have the moral courage to make the right decisions.

### Assessment Strategies:

<b>Continuous Assessment Component</b>	<b>Weightage (%)</b>
PRE-CLASS QUIZ	5
PRE-CLASS QUIZ	5
TUTOR-MARKED ASSIGNMENT	40
<b>Sub-Total</b>	<b>50</b>

  

<b>Examinable Component</b>	<b>Weightage (%)</b>
Written Exam	50
<b>Sub-Total</b>	<b>50</b>

**Weightage Total** **100**