

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:

COU104 Social and Emotional Learning aims to develop five Social Emotional Competencies (SECs), namely self-awareness, social awareness, self-management, relationship management and responsible decision-making. It assists students to understand the importance of developing social emotional competencies for tomorrow's world. The domains of self-awareness and self-management relate to the understanding of self which help in identifying students' strengths and weaknesses and managing their emotions and actions, are addressed. The domains of social awareness and relationship management which relate to understanding the needs of others and one's social interactions are discussed. The course also encourages students to apply the SECs when making moral and ethical choices and responsible decisions with regard to handling oneself and others, and dealing with challenging situations. COU104 will enhance students' social emotional competencies by providing relevant real-life activities that deal with the relevant social and emotional dimensions, so that students may be given opportunities to practise these SECs through the use of role-plays and other hands-on activities.

Topics:

- What is Social Emotional Learning?
- Understanding Self through Social Emotional Learning
- Managing and Regulating Emotions
- Developing and Promoting Social Awareness
- Developing Interpersonal Skills
- Relationship Management
- Responsible Decision-making
- Skills of Emotional Intelligence
- Emotional Intelligence and Healthy Individuals
- Motivating Self and Overcoming Setbacks
- Reaching Out to Help Others
- Evaluating Goals and Competencies

Textbooks:

Hendrie Weisinger Ph.D.: Emotional Intelligence at Work. John Wiley
ISBN-13: 9780787951986

Joseph Ciarrochi, Joseph P. Forgas, John D. Mayer: Emotional Intelligence in Everyday Living. 2
Taylor & Francis
ISBN-13: 9781135205713

Learning Outcome:

- Describe the five social and emotional competencies and demonstrate how they can be used in the workplace, home and other social settings.
- Discuss and be aware of cultural diversities, perspective-taking and prejudices, and be able to apply empathy and perspective-taking skills in relating to people.
- Demonstrate self-awareness of strengths and weaknesses in managing self and relating to people.
- Appraise one's emotions and formulate ways to deal with stress and anxiety.
- Identify roadblocks to communications and obstacles to relationship management.
- List the mental blocks to responsible decision-making and be able to analyse the pros and cons in decision-making.

Assessment Strategies (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	PRE-CLASS QUIZ 1	5
	PRE-CLASS QUIZ 2	5
	TUTOR-MARKED ASSIGNMENT 1	40
Overall Examinable Components	Written Exam	50
Total		100