



SOCIAL AND EMOTIONAL LEARNING

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- Five domains of SEL.
- Applying these domains to the every day work.
- Integrating SEL into teaching in a residency.
- Socio-emotional Intelligence.



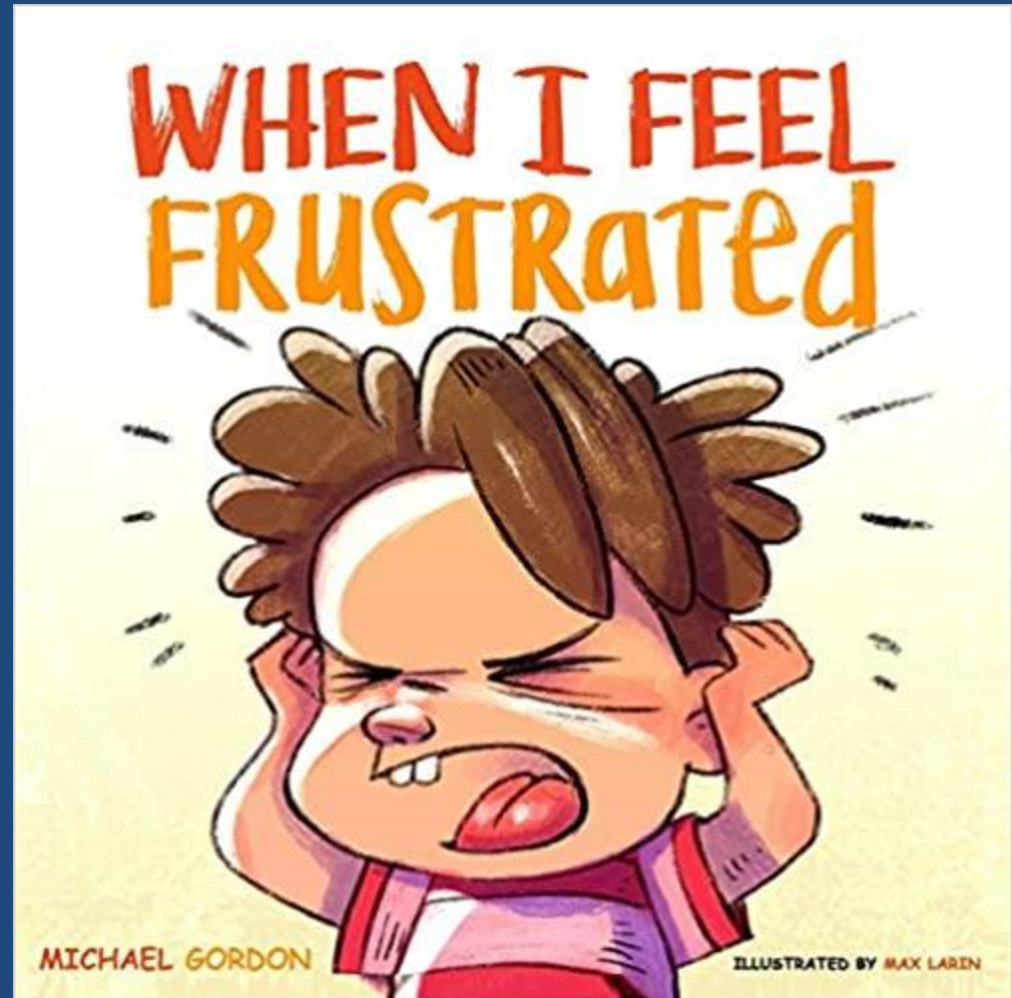
Definition

- Acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions.



FIVE DOMAINS OF SELF REGULATION

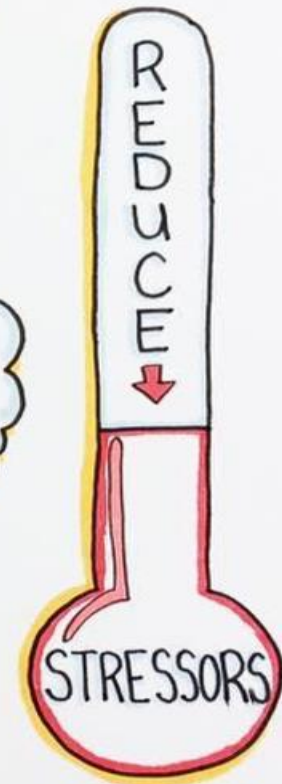
- Biological
- Emotional
- Cognitive
- Social
- Pro Social





STUART SHANKER'S FIVE STEPS of SELF-REG

Visuals by @kwiens62



- DEVELOP PERSONALIZED STRATEGIES TO PROMOTE RESILIENCE & RESTORATION



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FOR MORE INFORMATION
VISIT: www.self-reg.ca









Social- Emotional Learning

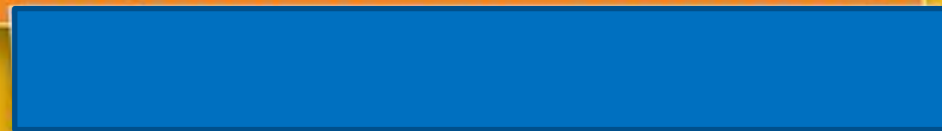
Self-Awareness

Self-Management

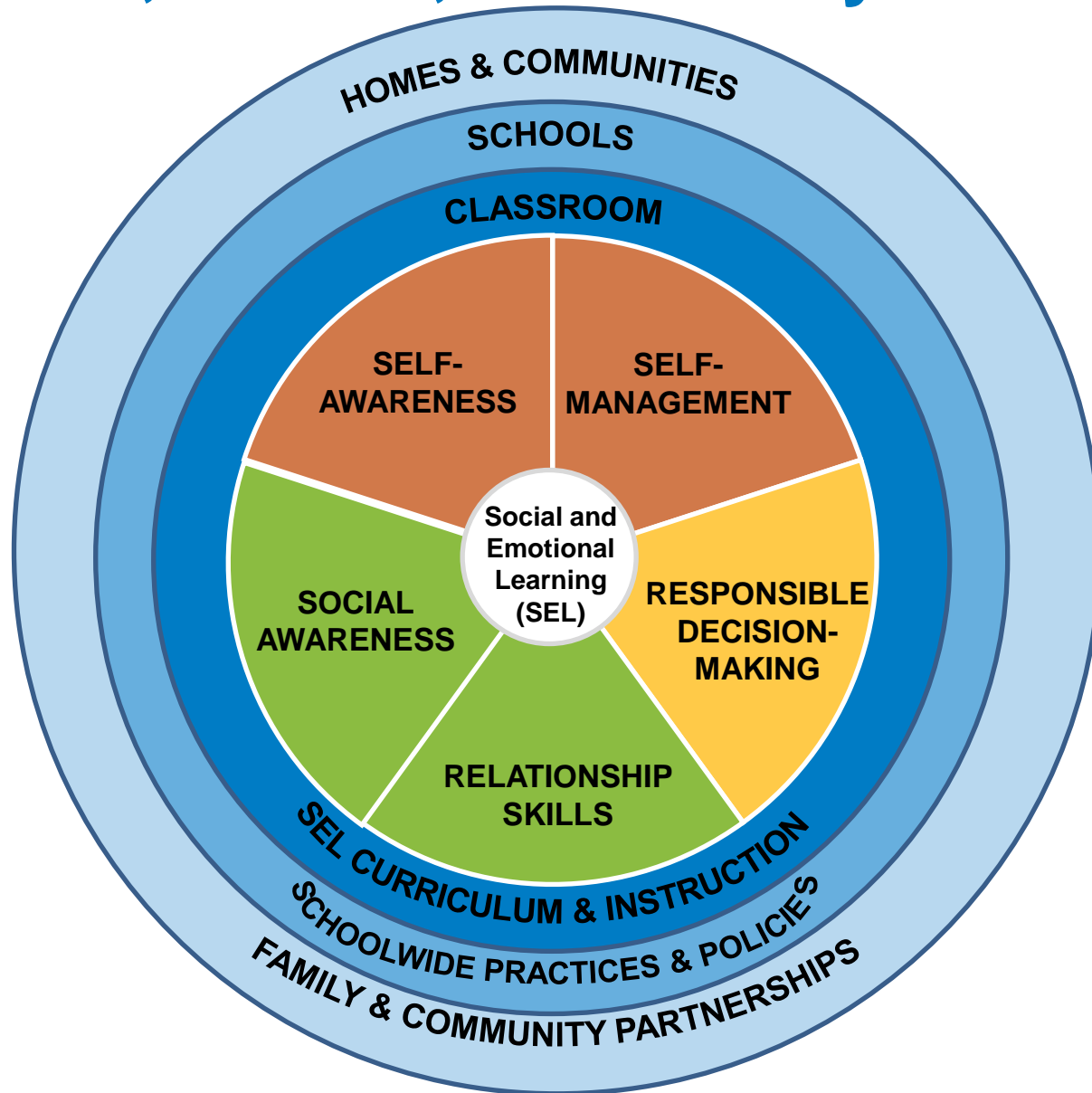
Social Awareness

Relationship Skills

Responsible Decision-Making



What does SEL look like in a classroom, school, community?





SELF AWARENESS





SELF AWARENESS SKILLS

- Keep an open mind.
- Positive mind set/ Optimism.
- Assessing one's strengths and limitations.
- Stay focused and set boundaries.
- Know your emotional triggers.
- Embrace your intuition.
- Practice self discipline.



SELF AWARENESS







SELF-MANAGEMENT

- Regulate one's own emotions and behaviours.
- Ability to delay gratification.
- Manage stress.
- Control impulses.
- Persevere through challenges in order to achieve personal and educational goals.



SELF MANAGEMENT AT WORK PLACE

- Punctuality.
- Set Goals.
- Plan for each work day- **To do list.**
- Preparedness for the assigned task/ Challenges.
- Good Listener and keen Observer.
- Think twice before you speak.



SELF MANAGEMENT

**SET
GOALS**

**MAKE
PLAN**

**BE
PATIENT**

**STAY
FOCUSED**

**SELF
MANAGEMENT**

**STAY
ORGANIZED**

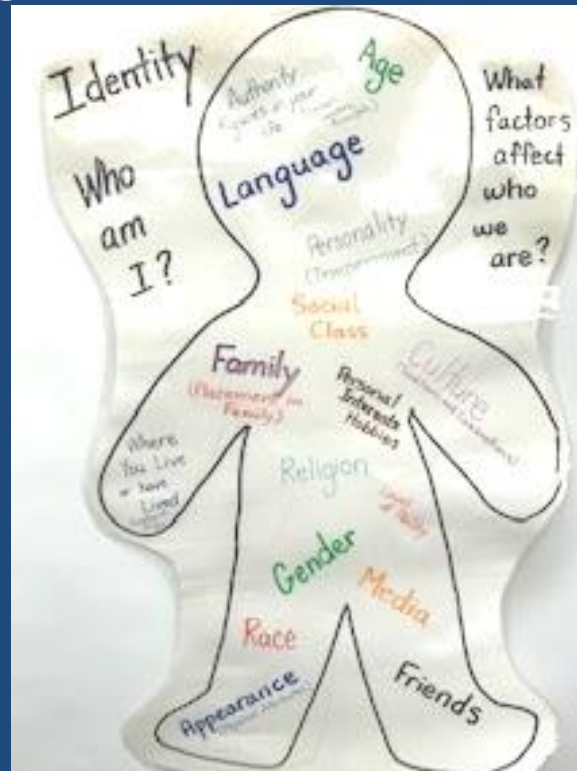
**WORK
HARD**

**REACH
GOALS**



SOCIAL AWARENESS

- Compassion towards -Backgrounds or cultures.
- Understanding social norms for behaviour
- Family.
- School.
- Community.





RELATIONSHIP SKILLS

- Healthy rewarding relationships in accordance with social norms.
- Communicating clearly.
- Listening actively, co-operating, resisting inappropriate social pressure
- Negotiating conflict constructively and seeking help when it is needed.



RESPONSIBLE DECISION MAKING

- Constructive choices - Personal behaviour and social interactions across diverse settings.
- Ethical standards, safety concerns.
- Behavioural norms for risky behaviours.
- Health and well-being of self and others.
- Evaluation of various action's consequences.

INTEGRATING SEL IN RESIDENCY PROGRAMME



Task performance (Conscientiousness)

- a) Achievement Orientation.
- b) Responsibility.
- c) Self Control.
- d) Persistence.



EMOTION REGULATION

- a) Stress resistance.
- b) Optimism.
- c) Emotional Control.

COLLABORATION (AGREEABLENESS)



a) Empathy.

b) Trust.

c) Co-operation.

OPEN MINDNESS (OPENNESS TO EXPERINCE)



- a) Curiosity.
- b) Tolerance.
- c) Creativity.



ENGAGEMENT WITH OTHERS

- a) Sociability.
- b) Assertiveness.
- c) Energy.



COMPOUND SKILLS

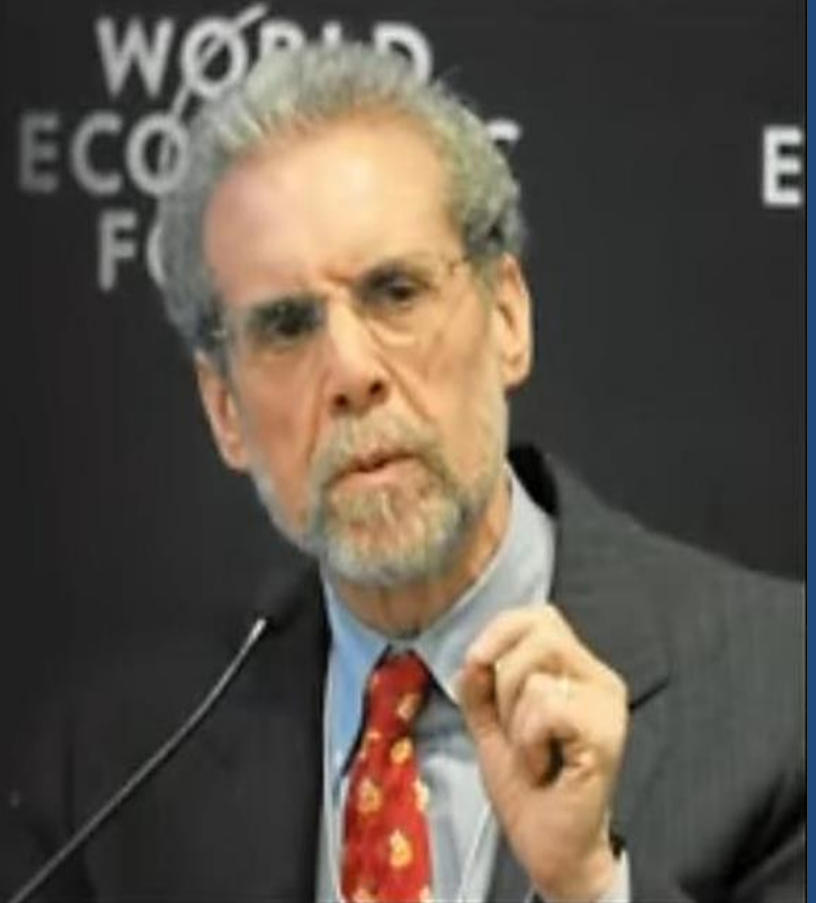
- a) Self efficiency.
- b) Critical thinking/Independence.
- c) Self – Reflection.



EMOTIONAL INTELLIGENCE

"Emotional Intelligence is the ability to identify, assess, and control one's own emotions, the emotions of others, and that of groups"

- Daniel Goleman





Emotional Intelligence

Self Awareness

Social Awareness

**Relationship
Building**

Empathy



IQ v/s EQ



IQ

VS



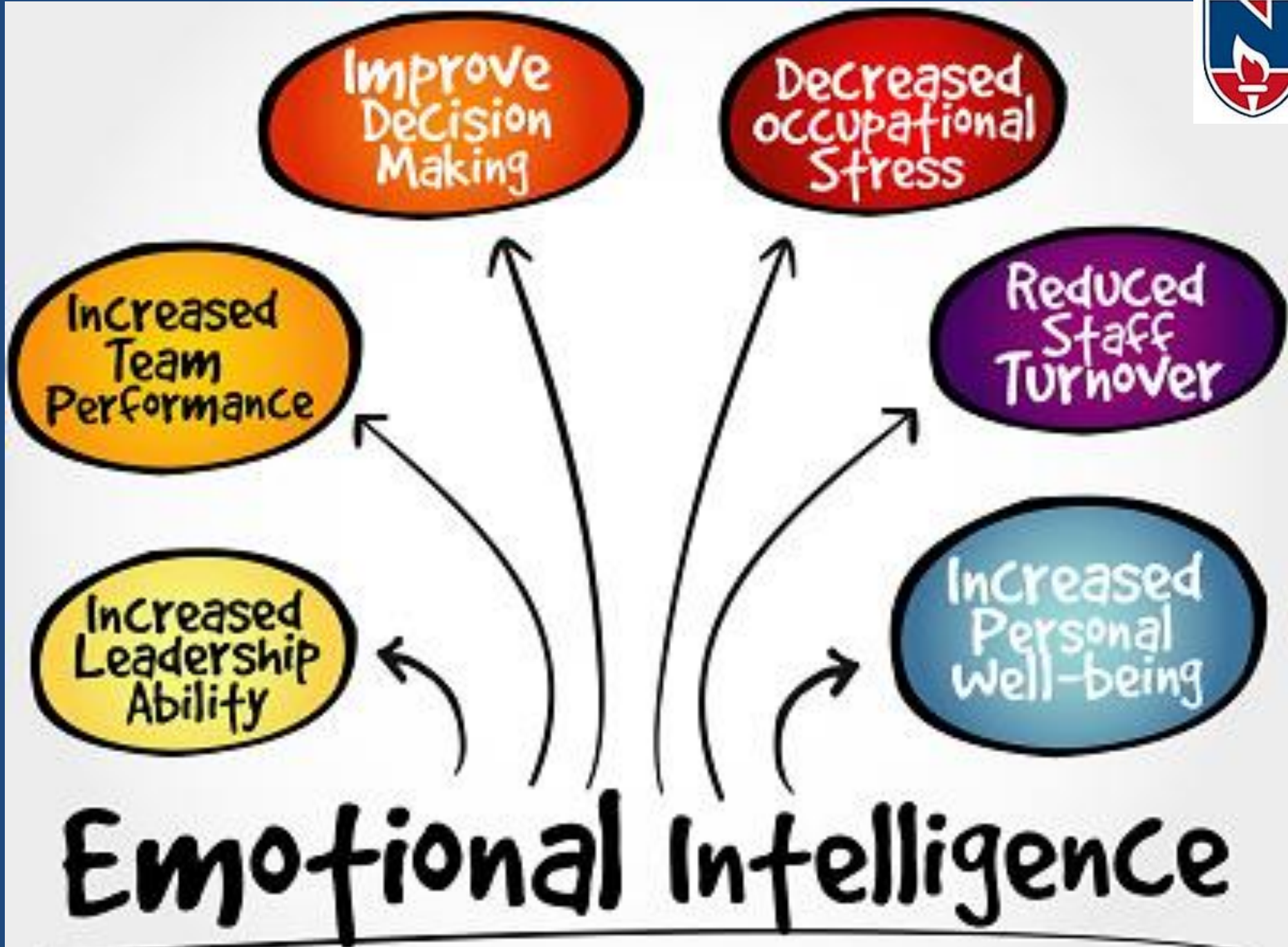
EQ



SOCIO-EMOTIONAL INTELLIGENCE

- a) Perception.
- b) Facilitation.
- c) Understanding.
- d) Regulation.







Signs of Low Emotional Intelligence



Being Argumentative



Not Listening



Blaming Others



Emotional Outbursts



art in motion



be creative

C COMMUNITY
R RESILIENCE
E EXCELLENCE
A ACCOUNTABILITY
T TENACITY
I IDENTITY
V VOICE
E EMPATHY



“If We Judge People,”
“Nobody is Ours.....”

“If We Understand People,”
“Everyone is Ours...”





TAKE HOME MESSAGE

“Kill tension before tension kills you.”

“Reach your goal before goal kicks you.”

“Live life before LIFE leaves you:”





Thank
you