

CPD Programme on Social-Emotional Learning (SEL) in the 21st Century



Mode of Delivery

- Online
- Face-to-face
- Blended



Programme Duration

- 4-5 hours
- 1-2 days



Mapped to RQF, UK,
at Level 1



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Social-Emotional Learning (SEL) in the 21st Century

Social-Emotional Learning (SEL) refers to the process of developing skills and competencies related to managing emotions, building relationships and making responsible decisions. It's a teaching technique that helps students learn to manage their emotions in a positive way, build healthy relationships and make responsible decisions. It not only improves student well-being but also academic performance. SEL also promotes fairness and excellence in education by fostering genuine partnerships among schools, families and communities. It prioritises an environment of trust and collaboration, engaging and challenging curriculum and instruction and continuous assessment. It can play a role in resolving different kinds of inequity and give individuals the ability to help build successful educational settings and contribute to secure, healthy and fair communities. SEL programmes typically focus on developing skills such as self-awareness, self-management, social awareness, relationship skills and responsible decision-making through a variety of activities and strategies. By promoting Social-Emotional Learning in teaching, educators aim to help students develop lifelong or 21st-century skills that will benefit them personally and professionally.

Completing this course will help you meet the challenge of change in the modern classroom and become more successful, confident and forward-thinking. You'll also develop a working understanding of successful SEL-based teaching strategies that you can apply in your practice. You'll receive a wide variety of tools that can be used to navigate complex emotions, nurture awareness and exhibit pro-social behaviour for both yourself and your students. You'll gain a deeper understanding of the impact of SEL and you'll learn how to design engaging, inspiring, inclusive and accessible SEL-based learning programmes. Completing this programme will also open doors to national and international employment opportunities and provide you with a globally recognised certification.

Programme Highlights

This programme aims to provide you with practical ideas for integrating social and emotional learning in your classroom practice.

In this programme you will

- learn strategies for better classroom management with the help of SEL;
- developed an understanding of how you could apply SEL in your classroom practice;
- gain knowledge and understanding of the components of social and emotional learning;
- learn how to effectively implement social emotional learning programmes in your classroom practice;
- receive an opportunity to build a pool of SEL practices for your mental and emotional well-being;
- deepen your own self-awareness, empathy and social skills which will enrich your own social and emotional intelligence;
- receive tips, techniques and strategies for building, managing and maintaining healthy relationships in the classroom;
- analyse why healthy relationships are integral to classroom motivation, classroom behaviour, student performance and teacher well-being.

Faculty

This programme is developed and delivered by QAI's team of subject and assessment specialists, teacher trainers, lecturers, conference speakers and researchers.



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Assessment and Certification



QAI

Qualifications
and Assessments
International, UK

Authenticating Learning

This programme is externally validated and certified by Qualifications and Assessments International (QAI), UK, a private international awarding, accrediting, assessing and quality assurance body.

In order to achieve the Certificate of Participation, attendees are required to fully attend the programme.

ZQ points and Professional Development

This programme equals 40 ZQ points and contributes towards your overall ZQ score. It also contributes four hours to your continuous professional development (CPD).

For more information and registration, please visit:

www.zamit.one

ZQ | **zamit[®]**
Quotient

The quotient that matters

Duration	Session Details
50 min	<ol style="list-style-type: none">1. Social-Emotional Learning (SEL): An overview<ul style="list-style-type: none">▪ What is SEL?▪ Key concepts and practices
90 min	<ol style="list-style-type: none">2. SEL approaches, programmes and delivery methods<ul style="list-style-type: none">▪ The SEL classroom▪ Creating an emotionally safe environment▪ Cooperative and collaborative learning▪ Cognitive and emotional engagement through projects▪ Tips for resolving conflict
90 min	<ol style="list-style-type: none">3. From assessment to action<ul style="list-style-type: none">▪ Implementing SEL▪ SEL in action: Practical ideas
10 minutes	End-of-course quiz



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Explore more CPD Programmes

Content and Language Integrated Learning (CLIL)



The Key Elements of Successful Teaching



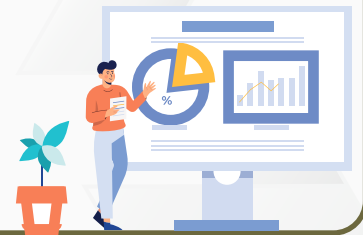
Innovative Teaching Methods



Research grants for teachers to help students become future ready



Teaching Excellence And Relevance Management (TERM) analysis across 80+ parameters



zamit®

Let's begin...

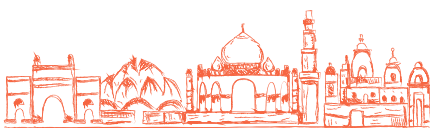
Zamit is an innovative solution that revolutionises the school ecosystem with its unique Measure, Improve, and Monitor (M-I-M) method. Powered by an advanced AI model, Zamit offers personalised improvement programmes for students and teachers and insightful impact analyses through Learner Analytics (LA).

Students benefit from a comprehensive co-curricular programme that integrates over seventy 21st-century skills in the context of curricular subjects. The ground-breaking Zamit Quotient (ZQ) surpasses traditional IQ, EQ, and SQ tests, setting the Gold Standard for future readiness.

For teachers, Zamit provides Continuous Professional Development (CPD) using its TERM framework, covering 80+ teaching and management skills. Access to a vast Resource Vault further enhances classroom support.

Zamit also supports students from low-income households with scholarships and facilitates skills and knowledge-integrated learning research grants for teachers through The Future Foundation.

In partnership with QAI UK, Zamit awards international certifications mapped to the Regulated Qualifications Framework (RQF), England, Wales & Northern Ireland (UK's regulatory framework), and high-quality educational content from global experts.



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