



SHARDA
UNIVERSITY
Beyond Boundaries



**SCHOOL OF
EDUCATION**



— COURSE —

**MINDFUL CONNECTIONS:
DEVELOPING SOCIAL AND
EMOTIONAL SKILLS (NV70002)**

VALUE ADDED
COURSE BROCHURE-30 HRS
2024-25

ABOUT THE UNIVERSITY

Sharda University envisions to serve the society by being a global University of higher learning in pursuit of academic excellence, innovation and nurturing entrepreneurship. It has 14,000+ students from 95+ countries, 29 states, and Union Territories, providing cultural diversity and global exposure to students. It has 26000+ alumni who are today leaders in their realms. Sharda University is NAAC A+ University with Overall NIRF Rank of 86. Teaching Learning Center at Sharda University is to equip the faculty members with the expertise, skills and knowledge they need for capacity building of students. Teaching as a profession requires highly specialized skills and knowledge to impact significantly on student learning and therefore teachers must refine their conceptual and pedagogical skills.

ABOUT SCHOOL

The School of Education was established in 2015 to prepare students who would be leaders in their classrooms, effective practitioners in their particular field and lifelong learners. The school currently runs Integrated Teacher Education programs and Ph.D. programme. The faculty of School is committed to enrich the lives of the students from diverse national and international communities through collaborative, transformative approaches to educational research and research-led teaching. The School of Education believes that high quality student experience is eminent; it has been and always will be our topmost priority. Sharda University's School of Education has its fully equipped labs and other facilities. The School provides excellent teacher education which empowers educators and researchers to improve the landscape of education.

ABOUT VALUE ADDED COURSE (VAC)

MINDFUL CONNECTIONS: DEVELOPING SOCIAL AND EMOTIONAL SKILLS

This course aims to help students deepen their understanding of social and emotional intelligence and the role these skills play in all areas of life. In today's fast paced world, the ability to manage one's emotions, communicate effectively, and foster empathy and resilience has never been more valuable. The course covers the five pillars of Social and emotional Learning (SEL): self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. Students will explore techniques for managing stress, navigating social dynamics, and responding to challenges with resilience and empathy. With a focus on mindfulness, students will learn to observe their thoughts and emotions objectively, leading to improved emotional regulation and more authentic connections with others.

COURSE SCHEDULE

Week	Topic	Duration Hrs.
1	Definition, importance, context and examples of social and emotional learning.	3h
2	Overview of the five SEL competencies: self-awareness, self-management, social-awareness, relationship, skills, and responsible decision making.	3h
3	Activity based focussing on- "Why social and Emotional learning is important for effective communication, collaboration, better relationship, critical thinking and creativity?" "Why and how greater social skills and emotional regulation are more likely to have success in life?"	3h
4	Understanding emotions, thoughts and values and their influence on behaviour. Benefits and Process of identifying others' emotions; Benefits and process of self-control and inter-personal skills	3h
5	Personality development; Building healthy relationship; Solving daily life problems; Making responsible decisions Strategies to impulse control and coping with challenges	3h
6	Self-management for others; Social awareness; Self-efficacy; Growth mind set	3h
7	SEL for career readiness and professional growth. Challenges and best practices in evaluating EL effectiveness	3h
8	Preparation of Portfolio containing all the personal attributes of social and emotional aspects of each students	3h
9	Preparation of success diary to be written by each student	3h
10	Case studies and reflective journals on SEL topics	3h
Total		30 h

School: SOE Program: B.Sc.B.Ed Branch: Education		Batch : 2022-26 Current Academic Year: 2024-25 Semester: VI	
1. Course Code	Nv70002		
2. Course Title	Mindful Connections: Developing Social and Emotional Skills		
3. Credits	0		
4. Contact Hours (L-T-P)	30 Hours		
Course Type	Value added course		
5. Course Objective	<p>Through the course, students will develop their own understanding of social and emotional learning. This course aims to:</p> <ol style="list-style-type: none"> 1. Facilitate a complete understanding of social learning among the learner. 2. Foster and develop emotional learning. 3. Develop the skills to solve daily life's problem effectively. 4. Develop self-awareness skills among the learners. 5. Develop abilities related with crucial life skills, understanding about themselves, positive self-image, developing a sense of responsibility for their actions and forge relationships with the people around them 6. Develop interpersonal skills and effective communication skill for better adjustment in life 		
6. Course Outcomes	<p>CO1: Comprehend, reflect and demonstrate social and emotional learning. CO2: Comprehend, reflect and demonstrate SEL as an ability to understand self and others. CO3: Apply social and emotional learning in their daily life experiences in the context of personality development, building healthy relationships and making responsible decisions. CO4: Discover, discuss and demonstrate social awareness and personal development in the context of social emotional challenges of their current life experiences. CO5: Write and prepare portfolio, success story and charts reflecting social and emotional learning CO6: Apply and demonstrate social and emotional skill in their professional and personal life.</p>		
7. Course Description	<p>Social and emotional skills determine how well people adjust to their environment and how much they achieve in their lives. But the development of these skills is important not only for the wellbeing of individuals but also for wider communities and societies as a whole. Social-emotional learning is vital for students because it teaches them crucial life skills, including the ability to understand themselves, develop a positive self-image, take responsibility for their actions and forge relationships with the people around them. This course is of 30 hours duration including practical sessions of 6 hours for each unit.</p>		
8. Outline syllabus			CO Mapping
Unit 1	Introduction		
A	Definition, importance, context and examples of social and emotional learning.		CO1, CO6
B	Overview of the five SEL competencies: self-awareness, self-management, social-awareness, relationship, skills, and responsible decision making.		CO1, Co6
C	Activity based focussing on- "Why social and Emotional learning is important for effective communication, collaboration, better relationship, critical thinking and creativity?" "Why and how greater social skills and emotional regulation are more likely to have success in life?"		CO1, Co6
Unit 2	SEL as an ability to understand self and others		
A	Understanding emotions, thoughts and values and their influence on behaviour.		CO2, CO6
B	Benefits and Process of identifying others' emotions; self-emotions and self-awareness. (Activity based sessions)		CO2, CO6
C	Benefits and process of self-control and inter-personal skills (Activity based sessions)		CO2, CO6
Unit 3	How to use SEL for-		
A	Personality development Building healthy relationship (Activity based sessions)		CO3, CO6
B	Solving daily life problems Making responsible decisions (Activity based sessions)		CO3, CO6
C	Strategies to impulse control and coping with challenges.		CO3, CO6
Unit 4	SEL for social awareness and personal development		
A	Self-management for others; Social awareness; Self-efficacy; Growth mind set (Diagnosis and activity based sessions)		CO4, CO6
B	SEL for career readiness and professional growth.		CO4, CO6
C	Challenges and best practices in evaluating EL effectiveness		CO4, CO6
Unit 5	Preparation of portfolio, success story and charts reflecting social and emotional learning		
A	Preparation of Portfolio containing all the personal attributes of social and emotional aspects of each students		CO5, CO6
B	Preparation of success diary to be written by each student.		CO5, CO6
C	Case studies and reflective journals on SEL topics.		CO5, CO6
Mode of examination	(Practical/Jury/Viva) Hands on training worksheets/ Performance in practical sessions/ workshop/ Viva		
References	Social emotional learning (ucop.edu) What is Social Emotional Learning and why is it important? http://www.viewsonic.com/library/education/what-is-social-emotional-learning-and-why-is-it-important/		

PROFILE

Dr. Sarita Verma is Associate Professor in School of Education. She remained a brilliant scholar and has held top positions in the college merit list. She has earned her Ph.D in Education in 2012. She has also done Visharad in Vocal music. She has the experience of school teaching in the schools like Dewan Public School, Meerut and Delhi Public School, RK Puram, Delhi. Since 2001, she has been teaching to the B.Ed students in the various Teacher Education Institutes. Her areas of specialization are Educational Psychology, Teaching of Social sciences and Research. In her multi-faceted educational career, she has presented papers in National Seminars and Conferences on various aspects of Education and Teacher Education in India. Many published articles and research papers in National and International Journals are also to her credit. She has been in the profession of teaching for the last 21 years.