ERASMUS+
English & Social and Emotional Learning

Course Ref: EPCY 10

English & Social and Emotional Learning

EPCY 10.2 Two-weeks

Entry Level:
Minimum Level CEFR B1
(Placement test must be taken PRIOR to booking)

Language of tuition:
English

Daily Teaching Sessions

Morning: 4 or 5 x 45 minutes (lessons)

Afternoon: 1 or 2 x 45 minutes (lessons)

Total course contact hours:
2 weeks: 45 hours

Maximum class size: 15

Course Provider:
Bayswater Cyprus
OID E10023897
(PIC 911425484)
138, Vasileos Constantinou, Limassol 3080, Cyprus
Tel: +357 25822923

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in association with:

Shadows Professional Development Ltd
OID E10070815

ERASMUS+

This course:

Is dual focused, aimed at developing teachers' fluency and accuracy in English, as well as implementing SEL. It promotes a supportive, encouraging and caring environment in the classroom to help develop students' self-awareness, self-control, and interpersonal skills, vital for coping with everyday challenges encountered in school, work, and life.

Objectives
- To introduce the SEL framework through the CASEL wheel
- To examine and explore teacher identity and emotions
- To explore personal values and needs
- To create a SEL tools chart
- To learn SEL strategies
- To inspire, support, motivate

Preparation Pre-course Preparative Modalities:
- Needs Analysis
- Online resources for pre-course, arrival and cultural information
- Online language level assessment through my.Bayswater platform

Practical Arrangements Intra-Course Modalities offered by the Course Provider
- Course Tutor
- Pedagogic Learning Materials Included
- Exchange of Best Practice
- Participants' Evaluation Feedback
- Accommodation service & pastoral care: 24hr weekend emergency contact
- *Optional* Cultural Activities and Visits
- City orientation tour and welcome activity
- Access to myBayswater platform (for solo English language study)

Follow up provided Post-Course Modalities
- A Certificate of Achievement
- Europass Mobility
- End of course test and programme evaluation
- Post-course access to my.Bayswater platform for 3 months

Course Content and Strategies
If your Erasmus+ National Agency has additional requirements not covered in our advertised course offers, please contact us and we would be pleased to design your course to meet these requirements.

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English & Social and Emotional Learning

Course Topics

Intensive English

The key concept is communication. We use task based, collaborative and humanistic approaches to create a positive learning environment where the focus is on practical classroom activities. All aspects of English language skills are covered – speaking, listening, reading, writing and mediation, as well as pronunciation vocabulary and grammar activities through a variety of mediums.

Social and Emotional Learning - Module

The covid pandemic has magnified mental health issues and especially the well-being of the educators and the learners.

Educators can learn how to care for themselves and to prevent burnout.

By integrating SEL skills across the curriculum practitioners can transform the learning experience of their learners.

School climate and culture can flourish and positive peer relationships are improved.

The reduction of behaviour problems and emotional distress is evident.

Building and fostering SEL skills is extended in the community.

SEL is evidence-based and supported by wide research across the globe.

Course Content

Intensive English The key concept is communication. We use task based, collaborative and humanistic approaches to create a positive learning environment where the focus is on practical classroom activities. All aspects of English language skills are covered – speaking, listening, reading, writing and mediation, as well as pronunciation vocabulary and grammar activities through a variety of mediums.

Social and Emotional Learning is an integral part of education and human development. We focus on providing educators with the necessary tools to improve their students' wellbeing. Developing their students' self-awareness, self-control and interpersonal skills is vital to enable them to better understand their thoughts and emotions. This will lead them to establish trusting relationships and improve empathy for others within their peer groups, community and the world around them.

First day 08.30-09.00 welcome, oral testing, orientation and briefing before class begins					
WEEK 1	**Day One**	**Day Two**	**Day Three**	**Day Four**	**Day Five**
09:00 –10:30	English Language Lesson	English Language Lesson	English Language Lesson	English Language Lesson	English Language Lesson
15' Break					
10:45 – 12:15	English Language Lesson	English Language Lesson	English Language Lesson	English Language Lesson	English Language Lesson
12:15 – 14:15	SEL Module - Welcome and bonding activity - The **what** and **why** of SEL - CASEL wheel	SEL Module - Explore identity and values - Reflection exercises and unpacking our educators' voice - Self-awareness	SEL Module - Instilling compassion - Listening with empathy - Collaboration tools - Social awareness and responsible decision making	SEL Module - Establishing boundaries and building healthy relationships skills -self management and relationship skills	

SAMPLE PROGRAMME
This is a sample of a schedule which can be adapted to suit the participants' needs

SEL Module will either be 08:00-09:00 and 12:15-13:15 or 12:15-14:15

Sat and Sun	**INFORMAL LEARNING:** Personal research, cultural visits and activities, practising language skills				
Friday	**FREE CULTURAL TRIP:** One Excursion included in **Two-Week Course**				
WEEK 2	**Day One**	**Day Two**	**Day Three**	**Day Four**	**Day Five**
09:00 –10:30	English Language Lesson	English Language Lesson	English Language Lesson	English Language Lesson	English Language Lesson
15' Break					
10:45 – 12:15	English Language Lesson	English Language Lesson	English Language Lesson	English Language Lesson	English Language Lesson
12:15 – 14:15	SEL Module - Investigating and contrasting fixed to growth mindset - Practical examples - Classroom implementation tools	SEL Module - A pinch of NLP techniques to elevate ourselves and learners - The circle of excellence technique	SEL Module - Connecting the classroom to the community - SEL tool chart Which is the how of SEL	SEL Module -Share and compare - Envisioning SEL - Bonding closing activities	

Outcomes
- Providing high quality SEL
- Understanding how to introduce SEL implicitly and explicitly
- Increased confidence in initiating, developing and implementing SEL
- Fostering healthy scepticism and positive outcomes
- Better academic results
- Instilling curiosity
- Increased Knowledge of Cypriot history and culture