



E-Brochure for Instructors and Professionals

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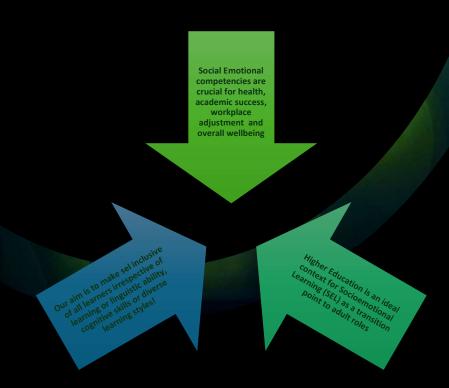






Inclusive Socio-Emotional Learning in Higher Education.

A Roadmap for Teachers and Professionals



Strategies for Successful Inclusion:

- **Normalize Diversity:** Avoid singling out students based on difficulties. Highlight that socio-emotional skill shortages are universal: Everyone has strengths and limitations.
- **Small Group Settings:** Aim for training in small, mixed ability groups. Facilitate interaction, reducing anxiety and encouraging engagement and sharing. Allow emotional expression while carefully monitoring a safe space, and watch for signs of distress.
- Interactive and Experiential Learning: Limit lectures in favor of interactive methods, art, music, storytelling, role-playing, or games.
 Maintain empirically valid content using multiple delivery modes to maintain engagement and facilitate multimodal learning. Use icebreaking activities, concise and clear instructions and demos.
- **Digital Means:** Use digital technologies for student self-monitoring, assessment, prompting, and self-directed leaning. Closely monitor usability of digital solutions for all students. Provide alternatives for users who do not prefer digital tools.
- Professional Collaboration: Work closely with university mental health, counseling, and learning centers for insights and to reach diverse students, while opening the training to all.
- Integration with Curriculum: Where possible, embed SEL in existing courses to ensure accessibility and reduce stigma.
- **Empathetic and Skilled Trainers:** Choose or train educators adept at empathy, active listening, and able to recognize diverse needs. Trainers with social science, mental health or education background may train or supervise other instructors.
- **Regular Feedback and Adaptation:** Regularly solicit and apply feedback to adapt materials and approaches.

Prepare

• Be ready to address Barriers:

Educate and inform

- Increase Institutional Awareness. Educate and inform university administrators, academic faculty and staff, about the importance of SEL. Institutions often do not ready to embrace this reform.
- Students may also not realize need for SEL.

Advocate for Resources

- Seek adequate resources, including trainer training and inclusion support for students with difficulties.
- Working with students facing learning difficulties is challenging for many instructors.
- Dealing with emotional expression in a class requires specialized training and/or supervision.

Encourage inclusive SEL

- Encourage Integration and Inclusion. Discuss advantages of integrating SEL into the curriculum and raise awareness of distinct needs of diverse students.
- Promote a train the trainers model to prepare skilled instructors.

Establish Continuity

- Continuous training for educators to maintain skills and effectiveness.
- Embed SEL training in syllabi and curricula or widely accessible courses.
- Prepare manuals and workbooks or use established ones to promote consistency and maintain effectiveness.

Monitoring and Follow-up

• Regularly assess student needs through co-creation, program success and adapt accordingly.



