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E-Brochure for Students

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Mastering Socio-Emotional Skills for Success and Wellbeing During and After Higher Education

Exploiting opportunities during your college education to acquire socio-emotional skills in addition to your field-specific knowledge has been shown to be critical in supporting your personal, academic, social and professional success

Tips for Effective Learning:

- **Embrace Your Strengths:** Recognize your unique skills. Everyone faces socio-emotional challenges and areas needing improvement!
- **Participate Actively:** Engage fully in interactive and fun class activities during skill training. These are designed to reduce anxiety and make learning enjoyable and memorable.
- **Collaborate with Peers:** Work with peers on projects and exercises. Sharing experiences, and talents enhances learning, builds relationships and helps practice skills.
- **Express Yourself:** Take opportunities to share your feelings and ideas during activities. Your experiences enrich everyone's learning. If you feel unsafe or unsure about sharing specific emotions and thoughts, discuss with your instructor in private.
- **Use Available Resources:** Use university support services like counseling centers and learning centers for extra assistance, if you feel you need individualized training in certain skills, or if skills training makes you aware of issues causing you distress.
- **Regular Practice:** Apply socio-emotional skills learned in class to real-life situations, internships, and everyday experiences.
- **Seek Feedback:** Ask for feedback from trainers or peers and honestly assess yourself to improve and deepen your socio-emotional skills.

How to overcome challenges during socio-emotional skills learning (SEL)



Seek SEL: If not readily available, ask your advisor, department, or counseling center for SEL training opportunities on campus



Ask for Clarification: If instructions or activities feel unclear, speak up. Trainers are there to support your learning journey. Others likely have the same questions. Asking will help them too.



Utilize Tech Wisely: Engage with digital apps or tools provided – they are designed to support your individual learning style. If you find they hinder your learning or don't work for you, ask the instructor for alternative means.



Continuous Improvement: Regular practice, self-evaluation of progress, and openness to feedback will continuously enhance your socio-emotional skills.



Use non-traditional learning tools: If the instructor introduces art, music, role-play or other methods in class, practice using them! Diverse modality of learning solidify knowledge and help you stay engaged!



Remain open: Being aware of our thoughts and feelings is hard! But it is a core skill for personal growth. If being aware of your inner experiences becomes very difficult, speak to your instructor or someone you trust.

