

INTERVENTION ON SOCIO-EMOTIONAL TEACHING AND LEARNING

by:

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There was once a student who told a teacher that he had enough stress for a day. This statement must not be taken for granted. This must be analyzed, and intervention must be given to these students with the same concept. It could be highlighted that this statement is not only applicable to students but also to teachers as well. The socio emotional learning which focuses on the holistic approach to teaching and learning which help the students maximize their emotional potentials, minimize their negative thoughts and increase the chance of their problem-solving skills while unilaterally increasing their resilience in the real world. The challenges that the teachers and the students experience nowadays reflects how the country gives the definition of stress and academic pain. The more the students are involved in the academic realm, the more the teachers give their best in teaching therefore, the more the challenges for students and teachers.

Since this is the scenario, why is socio-emotional teaching and learning considered important and why do people need to focus on this?

There are different reports of self-harm which always lead back to the root of the problem which is stress. Anxiety, depressions and lack of motivation in the classroom, always lead to the most numbered answers and responses of the students that the stress is too much and they could not cope with it. Therefore, if this is the definition and situations what are the intervention on the level of the teacher which could be done inside the classroom and for practical usage of the teachers focusing on the socioemotional teaching and learning.

For the teachers to the students:

Intervention Number 1: Be alert of the needs of your students. Being alert means giving yourself the keen observation skills, and buying time for the students, meaning, one must be able to observe the students by talking more to them, talking more often about the academic needs of the students may help decrease the pressure and may consider one of the most considerable things according to the students' perspectives.

Intervention Number 2: Make sure that the lessons to be prepared and lessons to be taught is comprehensively done and within the reach of the students grasp and mind. Make sure that there is an easy average and difficult.

For the Students:

Intervention Number 1: Look at your academic needs and make a schedule or planner which includes all the subjects and plan to achieve those by marking it on your calendar.

Intervention Number 2: Make a planner which is dependent on your strength and make it practical and realistic. DO not make plans which could not be reached.

With these small interventions, first step of socioemotional teaching and learning is hopefully achieved in the next academic years to come.

References:

Chakraborty, Anya & Durlak, Joseph & Singh, Nandini. (2024). What is Social and Emotional Learning?. 10.54675/ORWD6913.