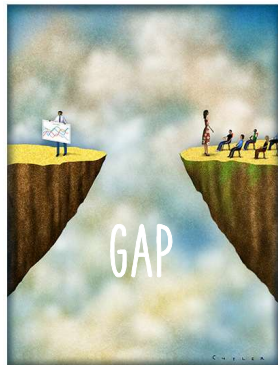


SEL社會情緒學習之內涵與架構 活出SEL精神的三部曲



「理論須與**實務**相配合。」

Research
研究
理論
政策



Practice
實務
教學現場



不能複製的原因有很多種

1. 沒聽過該理論，自然無參考與實踐
2. 理論發展者的研究情境（含對象）與實際應用的情境不同，理論與實務有落差
3. 不認同該理論、不覺得自己需要該理論、沒有空間、條件或資源實踐該理論



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聽過社會情緒學習的人幫我舉個手

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沒聽過該理論
自然無參考與實踐

SEL
Social & Emotional Learning

社會情緒學習

6

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Check in

生理能量

心理感受

充滿活力

無力

不舒服

舒服

情緒的表達

我今天感到_____?
(情緒詞)

表 13 社會技巧學習內容

主題	階段	學習內容
自我的行為與效能 (特社 A)	第一階段 (I)	特社A-I-1 基本情緒的認識與分辨。
		特社A-I-2 壓力的察覺與面對。
		特社A-I-3 自我優弱勢的察覺。
	第二階段 (II)	特社A-II-1 基本情緒的表達。

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ICEBREAKING

自我介紹

- 名字
- 授課年齡層/科目
- 今天是星期天，一想到明天要上班我就感到 _____

遊戲規則

當介紹他感到____的情緒時，其餘的人都要重複他講的情緒，並且做出他那個情緒（包括：臉部表情、肢體、聲音....）

你覺得社會情緒學習是什麼？

1 – 5 請問您熟知社會情緒學習(SEL)嗎？

1 – 5 你有信心可以在學校實施SEL課程與教學嗎？

國立臺灣師範大學

教育的目的是什麼？ 學校的功能是什麼？

國立臺灣師範大學

standardized test scores

high achieving schools 'at-risk' for behavioural and mental health problems

academic programs extracurricular

National Academies of Sciences, Engineering, and Medicine (2019)

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Prepare our students for the future not the past

Top 10 Job Skills: 2020	
1	Complex Problem Solving
2	Critical Thinking
3	Creativity
4	People Management
5	Coordinating with Others
6	Emotional Intelligence
7	Judgment and Decision Making
8	Service Orientation
9	Negotiation
10	Cognitive Flexibility



Source: Future of Jobs Report, World Economic Forum, January 2016

Soft Skills

What are the Benefits of SEL?

6 of the top 10 job skills involve social and emotional competence.

- People management
- Coordinating with others
- Emotional intelligence
- Judgment and decision-making
- Service orientation
- Negotiation


教育的目的...

成長為有能力、自信的學習者和交流者，
身心健康，有歸屬感，
有意識地為社會做出有價值的貢獻


(Te Whāriki, Early Childhood Curriculum, Ministry of Education, 1996, p. 9)

↓

培養良好的公民



我們怎麼透過教育，
有意識地創造一個可以
讓孩子們更加的瞭解自己、
願意與他人連結、達到目標、
支持社會的學習環境？



The ability to get back up
when they fall

成為終身學習者
愛心和公正的世界

新聞 | 學測》「學生最怕失敗！」台灣話

台灣學生，是全球最害怕失敗的... 育現場的焦慮

2020-02-22 14:44 51311 人氣

Taiwan's Education System is Failing Its Youth

2016/08/11, Education

最害怕失敗的國家台灣排第一！PISA 的最新調查，透露一個不允許犯錯的社會帶來的各種隱憂！

12年國教之後 學習疲勞情形惡化，逾半數學生學測

2017年台灣學測學測狀況調查報告

TAIPEI TIMES

Education in Taiwan is too much and too hard

By Hsieh Min-chieh 謝安哲

The results of the General Scholastic Ability Test are in. The average for the math test was 32 percent, a result that has caused a lot of debate. Wherein lies the problem? I believe our high school curriculums are both too complex and too difficult, something that applies to many different subjects. If this situation is not

表 國中小學生最值得重視的心理健康議題

2016年，衛生福利部委託中華心理衛生協會，針對全國3千多所公立國中小進行有關「心理健康促進」的問卷調查。結果發現，國中小學生最值得重視的心理健康議題，包括了學習動機、情緒管理、人際關係、3C過度沉迷、壓力調適等。

排序	國中	國小
1	學習動機	學習動機
2	壓力調適	情緒管理
3	3C過度沉迷	人際關係
4	情緒管理	親職教養品質
5	人際關係	3C過度沉迷
6	自我了解	家庭環境
7	家庭環境	壓力調適
8	親職教養品質	缺乏自信
9	缺乏自信 / 同儕排斥	自我了解
10	飲食習慣	飲食習慣

資料來源：中華心理衛生協會



2015年起，PISA開始加入非認知能力的評量，包括生活滿意度與害怕失敗。

生活滿意度 70個國家與地區排名63
害怕失敗 77個國家地區排名no. 1

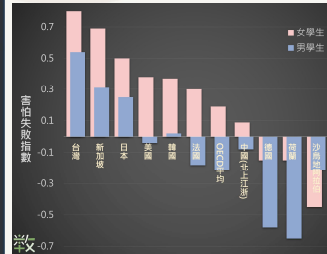
台灣學生「害怕失敗」世界第一

台灣學生最怕「失敗」

失敗時擔憂別人怎麼看我 台灣89%
OECD平均56%

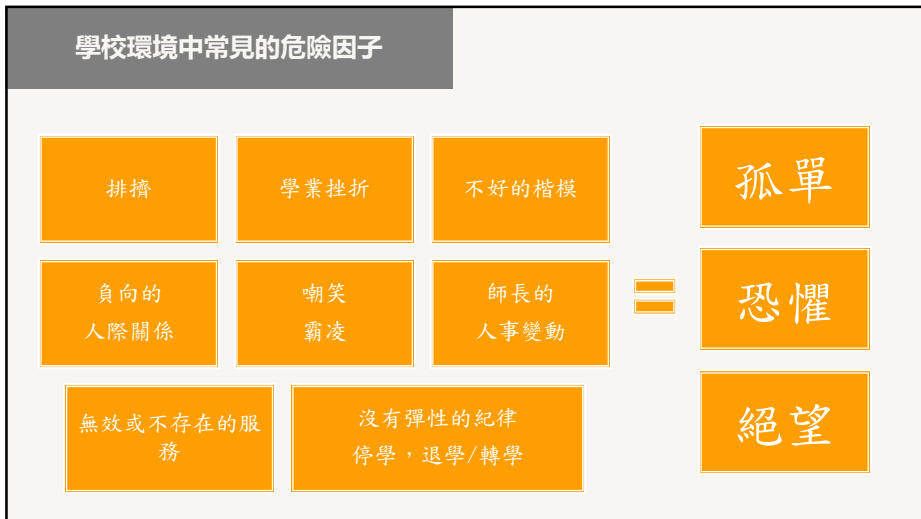
失敗時怕自己其實沒失分 台灣84%
OECD平均55%

失敗時會質疑自己的未來規劃 台灣77%
OECD平均54.5%




圖片來源：<https://growthmindset.space/> & 數感實驗室 Numeracy Lab

資料來源：OECD (2019), *PISA 2018 Results (Volume III): What School Life Means for Students' Lives*, PISA, OECD Publishing, Paris, <https://doi.org/10.1787/acd78851-en>.



directly related to how well individuals **adapts to change, handles interpersonal issues, and cope with challenges in life**; these are said to be essential skills needed for individuals to function well in the 21st century society
(OECD, 2018)



認識社會情緒的第一步

What is SEL?!!

社會情緒的發展脈絡



Q: 對你而言什麼是「情緒」?

Past view

1700 – 1900年 (斯多噶主義)

- 「情緒」在當時被解讀成不可靠的信息源
- 負面情緒會導致人做出的錯誤決定，並會讓我們的的生活過的更糟糕
- 應該保持冷靜避免擁有過多的情緒
- Stoic → don't show emotions




Modern View

- Darwin (1872/1971)
 - Emotions ensure survival
- Isen et al., (1979)
 - 認知與情緒密不可分
- Damasio (1994)
 - 缺乏情緒會破壞理性，幾乎不可能可以做出明智的決策
 - 情緒能幫助我們記憶，情緒所帶來的感受 有助於我們建構世界觀，讓我們更加的認識自己



什麼是EQ?



EQ(Emotional Quotient)是情緒商數的英文簡稱，它代表的是一個人的情緒智力(Emotional Intelligence)的能力。簡單的來說，EQ是一個人**自我情緒控制能力**的指數。

1990年代由Salovey和Mayer情緒智力包括情緒覺察、情緒調節及運用等三層次。

「是可以被測量的！」

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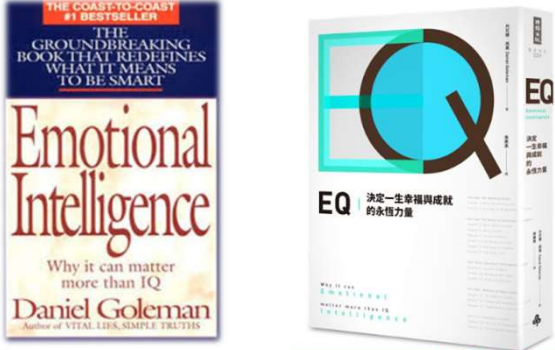
- 識別 (Perceiving emotions)**
 - 識別自己、他人和客體情緒的能力
 - 精準的表達情緒的能力
- 使用 (Using Emotion)**
 - 情緒會影響我們的思維，改變我們的觀點
 - 情緒可以幫助判斷
- 理解 (Understanding Emotions)**
 - 標記情緒，了解情緒進程
 - 理解複雜的情感
- 管理 (Managing Emotions)**
 - 對情緒抱有開放態度
 - 管理自己和他人的情緒

情商 (EI)

Mayer, Salovey, and Caruso (2004)

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1995 哈佛大學心理學博士
高曼教授(Daniel Goleman)



THE COAST-TO-COAST #1 BESTSELLER
THE GROUND-BREAKING BOOK THAT REDEFINES WHAT IT MEANS TO BE SMART
Emotional Intelligence
Why it can matter more than IQ
Daniel Goleman
Author of VITAL LIES, SIMPLE TRUTHS

EQ 決定一生幸福與成就的永恒力量

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EMOTIONAL INTELLIGENCE STATISTIC

EQ 15

EQ competencies are teachable and learnable

VS.

90% OF TOP PERFORMERS HAVE HIGH EQ.

10% OF PEOPLE WITH LOW EQ. MAKE \$23,000 MORE ANNUAL INCOME THAN THEIR LOW EQ COUNTERPARTS.

How can we promote positive outcomes?

支持社會情緒學習的環境

明確的社會情緒教學


30







- 1994 創立 CASEL (Collaborative for Academic, Social, and Emotional Learning) 「學業、社會與情緒學習協會」
 - 促進SEL研究
 - 增進SEL實務上的效能
 - 改善聯邦與州政府的教育政策
- 1997 出版「提升社會 - 情緒學習：教育學者指引」(Elias, 1997)
- 2003 UNESCO 「聯合國教育、科學及文化組織」全球性的推廣
- 2003、2013、2015、2021進行 SEL 方案的成效評估
- 2015 出版 Handbook of Social Emotional Learning
- 2019-2020 新定義/Schoolwide SEL



- **Open space for sharing and listening.**
Provide opportunities to share and listen to how members of the group are feeling and experiencing the outcome of the election.
- **Use structured discussions to promote equity of voice.**
Begin with lower risk prompts, small group discussion, or anonymous sharing and affirmation to build trust.

CALLING ALL SEL CHAMPIONS!

How are you using your social-emotional competencies for self-care today?

Join the conversation!

774 Lessons from an Insurrection: How 15 Educators From Across U.S. Helped Students Make Sense of the Chaos

"The questions that we pose as teachers are powerful in that they invite students to develop their own critical consciousness and their critical thinking skills in unique ways."
Kara Cisca, St. Louis Park High School

TELL US: How did you support & teach SEL in response to last week's violent attack?



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#SELday

Join the movement to showcase, promote, advocate,
and support social emotional learning

March 11, 2022

Sign up today at SELday.org



 THE WHITE HOUSE
 WASHINGTON
 March 11, 2022

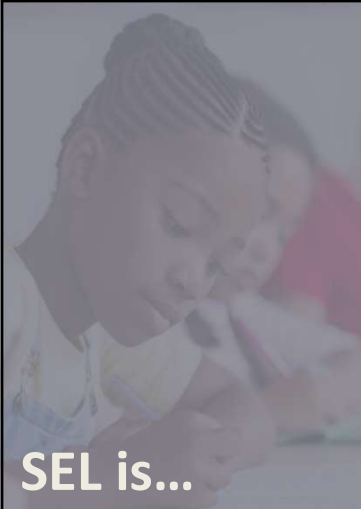
The First Lady and I are proud to recognize International Social Emotional Learning Day.

The past two years have been exceptionally challenging. But, as my mother used to say, "out of everything bad, you can find something good if you look hard enough for it." One of the things that we have gained during this time is a renewed understanding of how important it is to see one another, hear one another, and take care of one another, especially in times of challenge and need. That's what International Social Emotional Learning Day is all about.

Throughout the pandemic, we have seen the heroic lengths to which teachers and paraprofessionals have gone to educate, support, and comfort our Nation's children. And while the love, support, and compassion our young people need will always come from parents, educators, community members, and friends—I believe that our government has a responsibility to support you. That is why, through the American Rescue Plan's Elementary and Secondary School Emergency Relief program, we provided State and local education leaders \$122 billion to help meet the mental health, social, emotional, and academic needs of our students. And my Administration is committed to continuing our work with leaders and educators across our Nation to integrate social and emotional learning into America's schools, organizations, and communities.


On this International Social Emotional Learning Day, we reaffirm the need to give schools, families, and communities the resources required to enhance social-emotional learning. By doing so, we can continue to empower our students to succeed in the classroom and beyond.






社會情緒學習（SEL）是教育和人類發展不可或缺的一部分。SEL是所有年輕人和成人獲得並有效應用知識、技能和態度來發展健康的自我認同、情緒管理和實現個人與集體目標、對他人展現同理心、建立以及維持支持性的關係、和做出負責任與充滿愛心的決策。

通過學校-家庭-社區真誠的夥伴關係，社會情緒學習能有效的促進教育公平性與卓越，從中建立一個富有信任感、合作關係、嚴謹且有意義的課程和教學方式與可被持續評估的學習環境與體驗。SEL可以幫助解決各種形式的平等，並賦能年輕人和成年人去一同創造卓越的學校，並為安全、健康和公正的社區做出貢獻。





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SEL的第二步


Why SEL...




Reports

Published: 10 March 2016

New Vision for Education: Fostering Social and Emotional Learning Through Technology

Download PDF 

The New Vision for Education project examines the role that technology can potentially play to improve education for the future. In phase II, we investigated innovative ways to help students develop competencies* and character qualities** broadly defined as social emotional skills, which are critical components of 21st century skill framework but not a core focus in today's curriculum.



“to thrive in the 21st century, students need more than traditional academic learning. They must be adept at collaboration, communication and problem-solving, which are some of the skills developed through **social and emotional learning (SEL)**”
(World Economic Forum, p. 4).

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Beyond Academic Learning

First Results from the Survey of Social and Emotional Skills

Over the last few years, social and emotional skills have been rising on the education policy agenda and in the public debate. Policy makers and education practitioners are seeking ways to complement the focus on academic learning, with attention to social and emotional skill development. Social and emotional skills are a subset of an individual's abilities, attributes and characteristics important for individual success and social functioning. Together, they encompass a comprehensive set of skills essential for students to be able to succeed at school, at work and fully participate in society as adults. [More](#)

Published on September 07, 2021

[Download PDF](#) [Buy this book](#) [Get citation details](#)

LAUNCH EVENT:
Andreas Schleicher outlines the key findings

BLOG: A new approach to look beyond academic learning

VIRTUAL LAUNCH EVENT
OECD Directorate for Education and Skills

First results from the Survey on Social and Emotional Skills

7 September 2021
16:00 Paris time

[WATCH THE EVENT](#)

Andreas Schleicher, OECD Director for Education and Skills, looks at why the OECD is opening a new chapter on measuring social and emotional skills in reliable and comparable ways

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Evidence

SEL 的益處與影響

- ↑ 學業成績 ↓ 情緒行為困擾
(Clarke et al., 2021; Durlak et al., 2011)
- 長遠的影響
(Hill et al., 2020; Taylor et al., 2017)
- 投資報酬率高
(Belfield et al., 2015; Miller & Hendrie, 2009)
- 社會情緒能力能促進未來發展
(Jones et al., 2015)

<https://casel.org/fundamentals-of-sel/what-does-the-research-say/>

All 50 States
now have preschool SEL competencies/standards

- 11 states have extended preschool competencies/standards to early elementary
- 18 states have K-12 SEL competencies/standards (up from 1 in 2011)
- 21 states have SEL-related web pages that provide guidance and resources

核心素養
Core Competencies/Key Competencies
紐西蘭 (2007) 韓國 (2015)
丹麥 西班牙 法國

跨域素養
Transversal Competencies
芬蘭 (2014)

21世紀素養
21st Century Competencies
新加坡 (2010)

21世紀技能
21st Century Skills
美國 (2007)*

一般能力
General Capabilities
澳洲 (2013)

21世紀資質·能力
21st Century Skills
日本 (2015)

目的：透過各領域的學習，培養學生具備21世紀基本且共同知識、能力與態度的理念

SEL an essential part of curriculum

“social and emotional aspects of education is not taken as an ideal, but as a necessity in the 21st century”
(Chang, 2017, p.19)

資料來源：新加坡教育部
<https://www.moe.gov.sg/education/programmes/social-and-emotional-learning/sel-resources-for-parents>

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Social and emotional skills are teachable and learnable through Social and Emotional Learning (SEL)

Cognitive 認知	Attention Control (注意力控制), Working Memory (工作記憶) and Planning Skills (組織能力), Inhibitory Control (抑制力), Cognitive Flexibility (認知彈性), Critical Thinking (批判性思考)
Emotion 情緒	Emotional Knowledge and Expression (情緒知識和表達) Emotional and Behavioural Regulation (情緒和行為調節), Empathy/Perspective Taking (同理心/觀點取捨)
Social 社會	Understanding Social Cues (社會線索), Conflict Resolution/Social Problem Solving (衝突解決/社會問題解決), Prosocial/Cooperative Behavior (利社會/合作行為)
Values 價值	Ethical Values (道德), Performance Values (執行), Civic Values (公民), Intellectual Values (知識)
Perspectives 觀點	Optimism (樂觀), Gratitude (感恩), Openness (開放), Enthusiasm/Zest (熱情)
Identity 身份	Self-Knowledge (自我的認識), Purpose (目的), Self-Efficacy (自我效能) /Growth Mindset (成長心態), Self-Esteem (自信)

<http://exploresel.gse.harvard.edu/compare-domains/>

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SEL的內涵

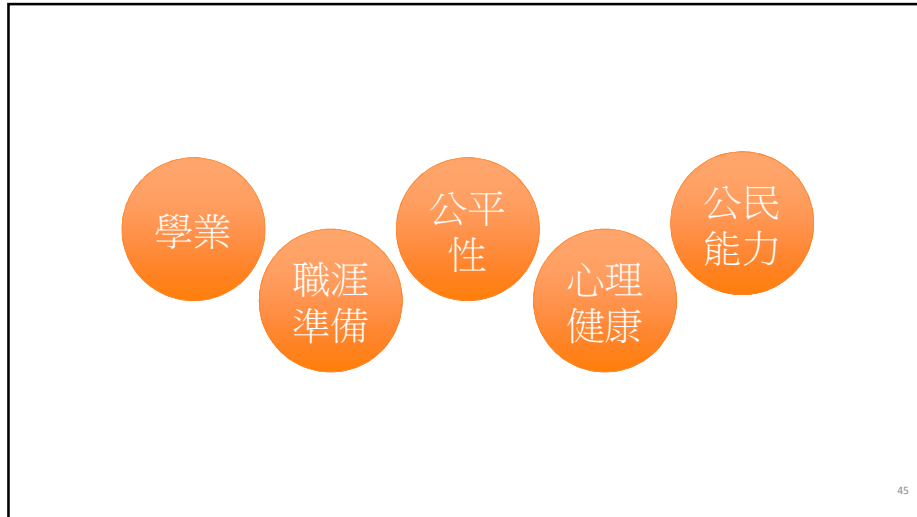
Picture from Collaborative for Academic, Social, and Emotional Learning (CASEL)

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小活動 尋找你的why

你認識你自己嗎?	你可以管理好自己嗎?	你理解他人嗎?	你可以建立正向關係嗎?	你有做到負責任的決定嗎?
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44



Q: 為何你會想融入SEL在您的班級或校園中？

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Why SEL?

影片來源: <https://www.youtube.com/watch?v=ptEDWF2DWLs>

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“ A student is not going to care how much you know until they know how much you CARE ”

18

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We are born HUMAN but that does not make us HUMANE

E for Emotion 情緒
E for Empathy 同理
E for Explore 探索
E for Experience 經驗
Empowerment 賦能
Education 教育

And the list goes on....



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「每一個天資獨特的孩子
都需要一個懂他的老師」

“If a child doesn’t know how to read, we **TEACH.**”
“If a child doesn’t know how to swim, we *teach.*”
“If a child doesn’t know how to multiply, we *teach.*”
“If a child doesn’t know how to drive, we **TEACH.**”
“If a child doesn’t know how to behave, we.....”

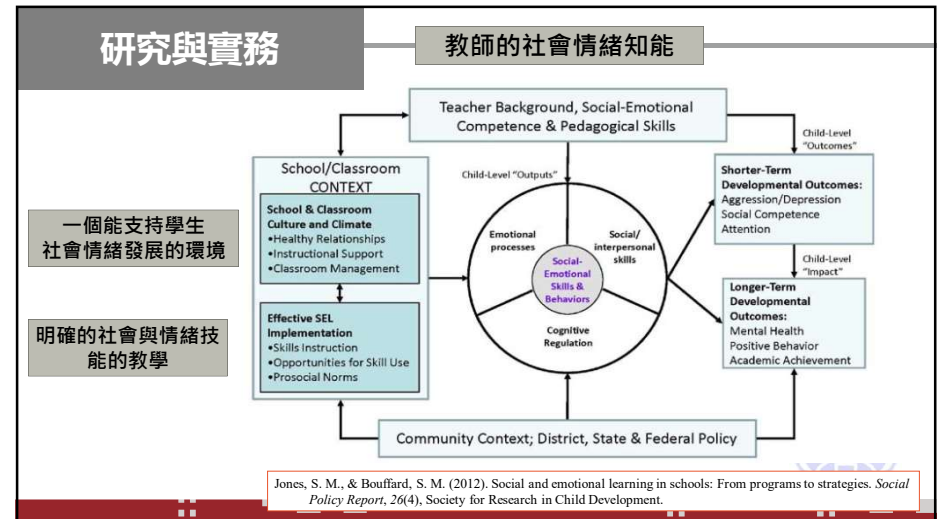


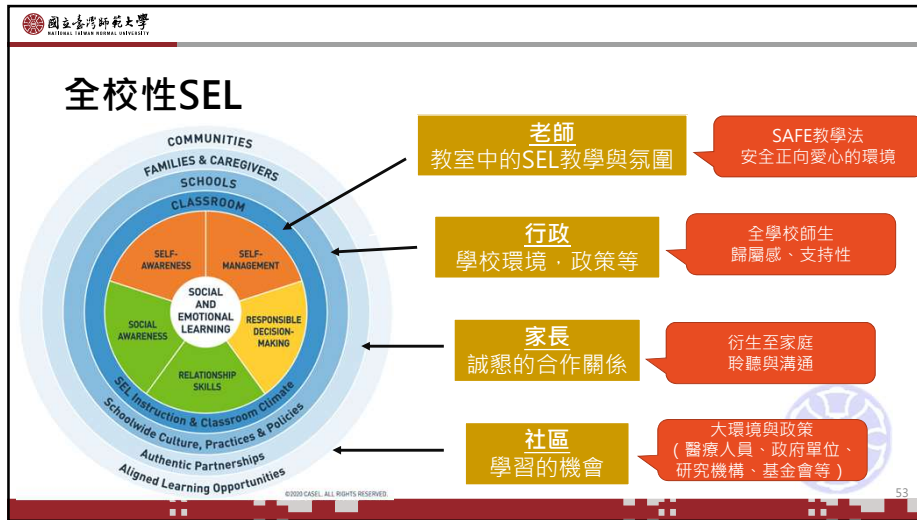
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SEL的第三步 怎麼教，如何教？

- 環境與教學的重要性

Teach



全校性SEL

LEVEL	Indicator	Description
CLASSROOM	Explicit SEL instruction	Students have consistent opportunities to cultivate, practice, and reflect on social and emotional competencies in ways that are developmentally appropriate and culturally responsive.
	SEL integrated with academic instruction	SEL objectives are integrated into instructional content and teaching strategies for academics as well as music, art, and physical education.
	Youth voice and engagement	Staff honor and elevate a broad range of student perspectives and experiences by engaging students as leaders, problem solvers, and decision-makers.
SCHOOL	Supportive school and classroom climates	Schoolwide and classroom learning environments are supportive, culturally responsive, and focused on building relationships and community.
	Focus on adult SEL	Staff have regular opportunities to cultivate their own social, emotional, and cultural competence, collaborate with one another, build trusting relationships, and maintain a strong community.
	Supportive discipline	Discipline policies and practices are instructive, restorative, developmentally appropriate, and equitably applied.
	A continuum of integrated supports	SEL is seamlessly integrated into a continuum of academic and behavioral supports, which are available to ensure that all student needs are met.
FAMILY	Authentic family partnerships	Families and school staff have regular and meaningful opportunities to build relationships and collaborate to support students' social, emotional, and academic development.
	Aligned community partnerships	School staff and community partners align on common language, strategies, and communication around all SEL-related efforts and initiatives, including out-of-school time.
	Systems for continuous improvement	Implementation and outcome data are collected and used to continuously improve all SEL-related systems, practices, and policies with a focus on equity.

班級中

- ✓ 直接性的教學
- ✓ 融入學科
- ✓ 學生的聲音與參與

校園中

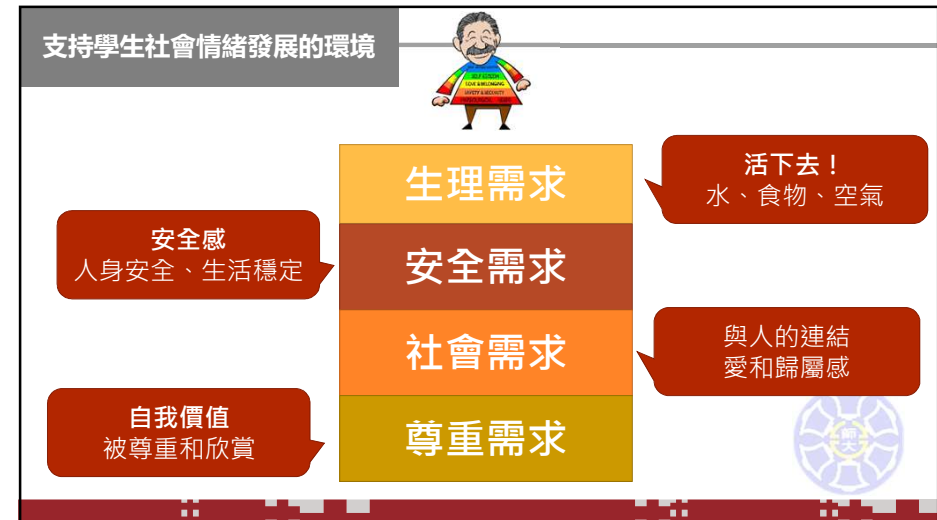
- ✓ 支持性的校園氛圍
- ✓ 重視成人的SEL
- ✓ 支持性校園政策
- ✓ 綜合性支持 (MTSS)

家庭中

- ✓ 真誠的家庭合作

社會中

- ✓ 與社區擁有共同目標
- ✓ 建立能持續進步的系統



Adaptations, Accommodations, Modifications ?

在環境上我們可以為學生做哪些調整？

如何讓他們身體舒適？安全感？歸屬感？支持感？

如何幫助他們找到他們的優勢能力？

在調整當中遇到了什麼困難？

Needs & Strengths

SEL不只在課堂或輔導室或資源或特教班
它是生活的一部分，
發生在每個生活的情境中

Explicit Instruction
明確的社會與情緒技
能的教學



Students have consistent opportunities to cultivate, practice, and reflect on social emotional competencies in ways that are development appropriately and culturally responsive



「有效的」社會情緒課程才有利孩子學習 何謂有效？Evidence-based?



SEL教學四大元素

- S** • **Sequenced** 【順序】 活動與教學需要有連貫性的，從簡到難
- A** • **Active** 【主動】 學生積極參與，而不是被動聆聽，還需讀、寫（畫）、討論（演練）等...將所學應用到真實生活中
- F** • **Focused** 【專注/集中】 以發展個人技能與社交能力為目標的教學。例如練習自我覺察、培養成長心態、增進同理心等
- E** • **Explicit** 【明確】 針對特定的SEL技能做教學。

教學 活動體驗

自我覺察

Self-awareness



For example

- R** • Recognise 【辨別】 承認情緒
- U** • Understand 【理解】 為何我或他人會有這個感覺？問/聽
- L** • Label 【標記】 為情緒命名。承認就可以產生轉移作用。
- E** • Express 【表達】 不說的原因是？聆聽....?
- R** • Regulate 【調節】 情緒調節的策略

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自我管理

Self-management

管理自己的情緒和想法
及行為的能力




「STOP」策略包含

- S**elf-aware  情緒
覺察
- T**ake deep breath  呼吸
- O**ffer yourself a butterfly hug  蝴蝶
擁抱
- P**ractice cognitive reappraisal  認知再
評估
- 

Offer yourself a butterfly hug

韓劇浪漫「蝴蝶擁抱法」



圖片來源：Netflix

呼吸寶寶

伸出你的右手



吸氣吐氣

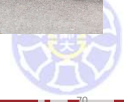


玩偶



社會覺察

Social awareness
同理及關懷



社會覺察六大技巧

Brain

Self-aware 自我覺察 — 偏見、歧視

Observe 觀察非語言訊息 — 65-93%

Connect 與他人連結 — 「你懂我！」

Identify Emotion 辨識自己與他人的情緒

Active Listening 積極聆聽 — 「不批判」

Learn to repeat and reflect 學會覆述與反思



六大技巧取自：SEL in Taiwan

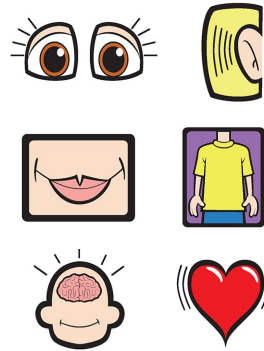
人際技巧

Relationship Skills

建立和維持健康互助關係



人際技巧：小活動 聽與聆聽的差異



Responsible Decision Making

「負責任的決策」



簡單來說就是

在社會的規則下

道德標準

社會規範

安全因素

我們該怎麼好好的表現自己

個人行為

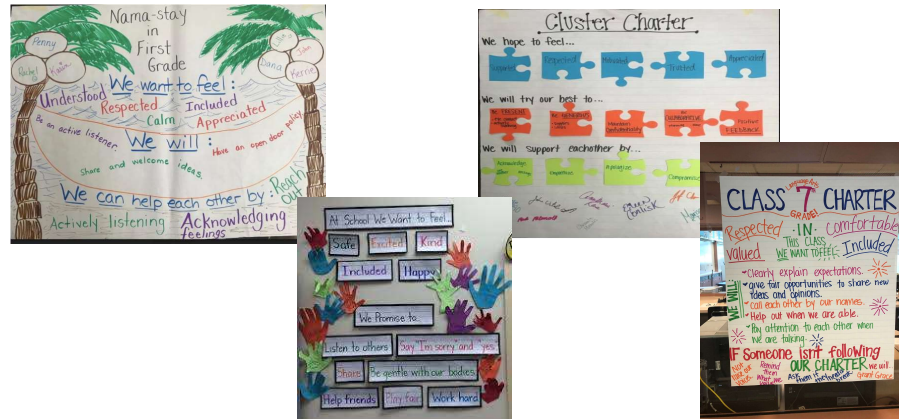
社會互動

來讓自己他人還有社會更好

也就是教育的終極目標

培養良好的公民

負責任的決策：小活動 班級公約



In our class we want to feel (在班級中我們想要感到...)

To have these feeling we will promise to (為了感到_____我們承諾我們會)

When we do not follow the charter we will (當我們無法遵守公約時我們可以...)

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SEL · Social Emotional Learning

「是小孩和大人獲得並有效的應用社會情緒能力
來成為良好公民的一個全人教育過程」

Becoming HUMAN E

一個簡單的關心
How are you feeling today?



接納所有情緒
情緒沒有對錯沒有好壞

工具只是輔助
重要的還是教師自身的SEL

PEOPLE not PROGRAM
changes PEOPLE

Key Message

1. 支持學生社會情緒發展的環境 (WHY)
 - 價值 · 政策 · 目標
2. 增加教師的社會情緒知能 (從自己開始做起)
 - 情緒怎麼教 · 何為有效 ?
 - 對情緒的基本認識
3. 提升覺察力：覺察自己 · 同事和學生的情緒
 - 精準覺察 · 才知道如何改變
4. 致力將社會情緒學習融入到整個園所環境中
 - 社會情緒的學習不是額外 · 而是無時無刻 (宣導)
5. 照顧好自己 (氧氣罩)
 - 建立支持系統 · 知道如何找資源
 - 慶祝自己的每一個成就



1 – 5 請問您熟知社會情緒學習(SEL)嗎？
1 – 5 你有信心可以在學校實施SEL課程與教學嗎？

Thanks!

Any questions?

You can find me at:

社會情緒學習
SEL in Taiwan

