

Why Social Emotional Learning?

Even if you've only had half an ear open to the evening news lately, you'll be aware of the push for a National Curriculum to standardise education across all states in Australia. It's also pretty difficult to miss the debate around it.

Whether you agree with the concept of a National Curriculum or not, it is going ahead and as the amount of academic work teachers and students engage in increases some other aspects of school life decrease. Having our kids skilled for their futures is what education is all about, but one skill that may be overlooked is that of Emotional Resilience.

If you do a web search on Abraham Maslow you'll immediately come up with reference to the Hierarchy of Needs concept (see example below). Psychologists, psychiatrists and educators around the world recognise and utilize this concept that basically means that if a person's physical **and emotional** needs are not met, then any higher order work is going to be much more difficult.

There are many valuable resources readily available to help parents help their children develop Emotional Resilience or Emotional Intelligence as it's also called. Catholic Education in the Cairns Diocese is strongly focused on developing Social and Emotional Learning skills in children at school through the SEL program. If you would like to know more about these concepts or are at all concerned for your child, please make a time to see your child's teacher or school counsellor for a chat. I'm sure they'd love to meet you and help answer any questions you may have.

By Tauba Naftal - Student Counsellor



Maslow's Hierarchy of Needs is shown above. The pyramid illustrates the five levels of human needs. The most basic are physiological and safety/security, shown at the base of the pyramid. As one moves to higher levels of the pyramid, the needs become more complex.