

Hambatan Emosi &Perilaku (Sub bag SEL)

By

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Can People Succeed Without Social and Emotion Skill?

- Social and Emotion competence is the ability to understand, manage, and express the social and emotional aspects of one's life in ways that enable to successful management of life task.



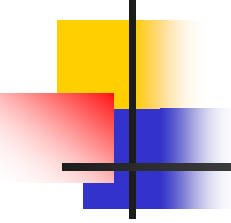
Target SEL

- To help student develop the attitudes, behaviorsn and cognitions to become “Healthy and competent”
- To teach our student to be good citizens with positive values and to interact effectively and behave constructively.
- To help our student; develop good character (wajar/pantas/laras, jujur, patuh/disiplin, pekah, *respect for self and others*)



Peluang SEL/SEC

- Is the Key : membantu peserta didik agar tidak rentan/jauh dari : The lure of drugs, teen pregnancy, violent gangs, truancy and *dropping out of school*.



Can children become caring members of a school community without attention to the social and emotional dimensions of their lives?

LIFE SKILLS CURRICULUM

SCOPE (source: weissberg; 1993)

- *Skills*: Self Management, problem solving and decision making, Communication.
- Attitudes and values: About Self, about Others and about Tasks/tugas-tugas
- Content : Self/Health, relationships, school/community



Self Management

- Self monitoring
- Self reward
- Self control
- Stress management
- Emotion-focusing coping
- Persistence

Problem Solving and Decision making



- Problem recognition
- Feeling awareness
- Perfective taking
- Realistic and adaptive goal setting
- Awareness of adaptive response strategies
- Alternative social thinking
- Decision making
- Planning etc



Communication

- Understand non verbal communication
- Sending messages
- Receiving messages
- Matching communication to the situation



About Self

- Self respect
- Feeling capable
- Honesty
- Sense of responsibility
- Willingness to grow
- Self acceptance



About Others

- Kesadaran terhadap norma-norma, nilai-nilai dalam keluarga, masyarakat, lingkungan, sekolah.
- Penerimaan terhadap perbedaan
- Respek, menghormati kehidupan
- Memiliki keterkaitan dan kepatuhan pd yang lain
- Motivasi untuk menyelesaikan masalah interpersonal
- Motivasi untuk berkontribusi
- Menghargai kerjasama dg yang lain



Task

- Kemauan untuk bekerja keras
- Motivasi untuk menyelesaikan problem yang ada
- Motivasi untuk menyelesaikan masalah-masalah akademik
- Pengakuan terhadap pentingnya pendidikan
- Respek terhadap barang-barang/property



SElf/ health

- Menggunakan waktu istirahat
- Keselamatan diri
- Olahraga
- Makanan
- Menjauhi/menjagadiri dari ancaman teen pregnancy/pregnancy before marriage
- Mengindari AIDS and STDs, alkohol, Drug use
- Spritual awareness



Relationships

- Kesadaran akan keberagaman budaya
- Berteman
- Mengembangkan hubungan yang positif tanpa memilah ras, gender, etnik, bahasa juga agama



School Community

- Adaptasi dalam kelompok
- Mengembangkan kebiasaan bekerja yang efektif
- Respon terhadap lingkungan
- Merencanakan karir
- Membuat transisi
- Realisasi akademik
- Menerima, menata responsibilitas
- dll