

BÖLÜM 8

Sosyal ve Duygusal Gelişimin Desteklenmesi için Yaygın Olarak Kullanılan Yöntem ve Teknikler

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“Eğitim, yalnızca bilgi öğretmek değil, duyguları ve empatiyi geliştirmektir.”

– Jane Addams

GİRİŞ

İnsan iyi oluşunun önemli bir bileşeni olan sosyal ve duygusal gelişim, insanların ilişkileri müzakere etmek, duyguları kontrol etmek ve yaşamın gerekliliklerine uyum sağlamak için ihtiyaç duydukları becerilerin gelişim süreçlerini kapsar (Grusec, 2011). Duyguları anlama ve yönetme, başkalarıyla empati ve güçlü ilişkiler kurma becerileri, çocukluktan yetişkinliğe kadar hem bireysel hem de toplumsal başarı için gereklidir. Bu becerilerin geliştirilmesinin öneminin ortaya konulmasıyla, eğitimciler ve politika yapıcılar, okul ve toplumsal ortamlarda sosyal ve duygusal becerileri geliştirmek için sosyal ve duygusal öğrenme olarak adlandırılan uygulamaları yaygınlaştırmayı hedeflemiştir.

Sosyal duygusal öğrenme, bireylerin duygularını anlamalarını ve yönetebilmelerini, olumlu hedefler koyabilmelerini ve bu hedefleri gerçekleştirebilmelerini, başkalarına empati gösterebilmelerini, başkalarıyla olumlu ilişkiler kurabilmelerini ve sorumlu kararlar alabilmelerini sağlayan becerilerdir (Weissberg & Cascarino, 2013). Günümüzdeki bireylerin hem akademik hem profesyonel hem de günlük yaşamlarında ihtiyaç duydukları beceriler, sosyalleşme örüntüleri, duygusal ve davranışsal deneyimleri geçmiştekilere göre farklılıklar göstermektedir (Novick & Kress, 2002). Bu ihtiyaçlar sosyal gelişim perspektifinden ele alındığında, bireylerin aile, okul ve toplum üçgeninde sağlıklı ilişkiler kurabilmeleri için gerekli koşulların oluşturulabilmesi amaçlanmaktadır (Zins, 2004).

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Kitap Önerileri:

Duygusal Zekâ - Daniel Goleman

Mindset: Yeni Bir Bakış Açısı - Carol S. Dweck

Handbook of Social and Emotional Learning: Research and Practice- Joseph A. Durlak, Celene E. Domitrovich, Roger P. Weissberg, Thomas P. Gullotta

Kaynak Önerileri:

<https://casel.org/> (CASEL)

<https://www.oecd.org/en/topics/social-and-emotional-skills.html> (OECD)

<https://mufredat.meb.gov.tr/> (MEB Türkiye Yüzyılı Maarif Modeli)

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