**Kuranda District State College Social/Emotional Learning 2019**

In parallel with academic development, students at Kuranda District State College also engage in Social/Emotional Learning (SEL) through the program ‘Resilience, Rights and Respectful Relationships’ (RRRR). RRRR is based on modern research in Positive Psychology and Neuroscience, among other fields, and is mapped to the [Personal and Social Capability Learning Continuum](https://www.australiancurriculum.edu.au/f-10-curriculum/general-capabilities/personal-and-social-capability/) in the Australian Curriculum.

SEL is a vital part of a young person’s development towards being a successful adult in the workforce and in wider society. From a Neuroscience perspective, academic growth occurs at a far greater rate if an individual is socially and emotionally satisfied and secure. This includes a healthy belief in self and community, the ability to regulate their emotions, identification of strengths in themselves and others, and positive strategies to deal with a variety of life’s challenges.

At our College students are provided both explicit and implicit SEL learning, allowing for cerebral acquisition of knowledge as well as opportunities to learn through observation of role modelling and practise. RRRR focus points are:

* **Emotional Literacy** – identify, express and, therefore, manage emotions
* **Personal Strengths** – identify, develop and use personal strengths
* **Positive Coping** – develop positive strategies for when things ‘aren’t going right’
* **Problem Solving** – develop critical and creative thinking to find solutions to problems
* **Stress Management** – understand and manage moments of stress
* **Help-seeking** – identify and act in moments where an individual requires external support, as well as providing support for others in need
* **Gender and Identity** – understand and challenge stereotypes related to gender norms
* **Positive Gender Relations** – create physical and emotional ‘violence-free’ relationships

Our College staff are provided with training and practice in the above concepts by experts in the field, as well as ongoing support assisting with accurate and deep delivery of the SEL curriculum.