

## Lesson 7 - Teaching and Learning Process

### Climate for learning:

Establish with the course tutor/module leader if any subject matter that may arise during the session could have an adverse effect on any of the students. If any students have any specific special needs statement (often referred to as Summary of Support Needs SoSN, Disability *Support Summary* etc), please ensure you read the document before the lessons commence.

It is important to consider sensitivities and prior knowledge about specific student's circumstances. Students in the class will have a range of experiences and understanding of mental health, and some may have families/friends that have been affected. This guidance should be followed for all subsequent lessons.

A list of useful websites relating to mental health and the support available is included in your Additional Resources. You may have students who will come forward with concerns that are not declared or covered by SoSN when they attend your classroom. It is vital to encourage and sign-post students to any support offered by your institution. It is useful to have the list of websites and organisations printed as hand-outs and the link shared on your Course Management System. Follow up with the student's Course/Personal Tutors to ensure continuity of care for the students who have come forward.

Throughout the series of lessons, have an anonymous question box available for students to post questions or concerns. If appropriate these can be addressed in the SEJ Workshop Lesson. Ensure confidentiality.

### Materials:

- Internet enabled laptop
- Projector / Screen
- Flip chart paper
- Pens / Pencils
- Paper / Exercise Books
- Display a list of useful websites relating to mental health support – **Useful Websites for Wellbeing Advice**
- Display Ground Rules
- Display Key Message

### Teaching Materials:

The following teaching materials should be uploaded onto the Course Management System e.g., Moodle/Canvas or can be accessed via your SEJ membership area. Please ensure to download all exercises and any other relevant materials prior to the lesson.

- Access to SEJ Training – Lesson 5: 'The SEJ Worksheet Part 1' and SEJ Training – Lesson 6: 'The SEJ Worksheet Part 2' PowerPoint video recording for your reference.

- SEJ Worksheet Template 2 per student
- Lesson 5,6 - 7 The SEJ Worksheet Example – ‘I can’t do this’. The complete worksheet (example steps 1-4 handed out in lesson 6 can be given out again if necessary as a complete worksheet).
- SEJ Mental Health & Wellbeing Awareness Certificates (hand out to all students who have completed the full course).

### Learning Instructions:

#### Introduction – 2 minutes

1. Ensure ground rules from previous sessions are on display (or on screen).
2. At the start of subsequent lessons these rules can be revisited and adjusted accordingly. **It is important to tell the students that whatever arises during the classroom session remains confidential to respect each individual person’s privacy. Ensure this is understood by everyone and is one of the key ground rules.**

#### 1. Live in-person training – SEJ qualified trainer/facilitator:

*This lesson is taught by a SEJ Trainer/Facilitator and educator. If an educator is not present the SEJ Trainer/Facilitator can run the lesson taking on the educators’ steps as given below.*

1. Educator to access the PowerPoint presentation SEJ Training – Lesson 5: ‘The SEJ Worksheet Part 1’ and SEJ Training – Lesson 6: ‘The SEJ Worksheet Part 2’. These are for reference only during the lesson.
2. Educator to inform the class the lesson will be a live online or in person (as agreed previously) interactive lesson and introduce the SEJ Facilitator/Trainer who will be teaching the SEJ Practice Workshop.
3. Educator to present the learning objectives and outcomes. (2 minutes) and then hand over to SEJ Facilitator/Trainer.
4. SEJ Facilitator/Trainer to inform students that **LESSON 7 IS ESSENTIAL IN UNDERSTANDING FULLY THE SEJ PROCESS.** Giving them the opportunity to:
  - a. ask questions about their SEJ practice
  - b. obtain any practice corrections
  - c. go through their own personal SEJ Worksheet if they have any unanswered questions.
5. SEJ Facilitator/Trainer to ask students to choose a thought from Lesson 1. Exercise 2. Or Lesson 4. Exercise 1. to put through an SEJ Worksheet. If a student was absent or does not have access to these exercises, then they can simply choose a thought that limits / disempowers them.
6. SEJ Trainer/Facilitator will now work with the students going through a worksheet ensuring that if they have a thought to work on taken from a previous exercise, they still complete Step 1 writing out the full story to allow for more thoughts to arise. (Minimum 26 minutes)
7. SEJ Trainer/Facilitator to do Q&A’s. (Approx 15 minutes)
8. SEJ Trainer/Facilitator to hand back to the educator.

9. Educator to state if there is any ongoing support as per your educational settings training plan / membership plan, e.g., maybe your setting has agreed to run regular onsite workshops either live or online, this can be incorporated as the 4<sup>th</sup> Handout.
10. Remind students of the need to practice, it is a process of personal responsibility.
11. Educator to follow with the plenary including distribution of handouts. (5 minutes).
12. See:
  - a) Students' Exercises for Different Abilities
  - b) Early Finish
  - c) Handouts
  - d) Plenary (5 mins) including Further Ongoing Support (see handouts)
  - e) Additional Resources
13. Lesson time 9 minutes for educator minimum 41 minutes SEJ Facilitator/Trainer (includes lesson introduction and plenary). Total 50 minutes max 1hr 40 minutes (2 periods).

#### Students' Exercises for Different Abilities

1. Advancing and Developing Students can engage with the lesson as much as they are able to.

#### Early Finish

1. If the lesson finishes early, you can encourage students to list other situations they may wish to address using the SEJ Process.

#### Handouts

- ESSENTIAL FOR ALL STUDENTS WHO HAVE COMPLETED THE FULL COURSE ONLY

#### SEJ Mental Health & Wellbeing Awareness Certificate

1. SEJ Practice Workshop Information
2. Frequently Asked Questions
3. SEJ Worksheet Do's and Don'ts
4. (4<sup>th</sup> handout specific to setting). The setting must put together an information leaflet called 'Ongoing Support Available'. This leaflet will include information on how to join SEJ Practice Workshops post training. The workshops can be offered through the setting, through the SEJ organisation or a combination of both. This will have been agreed as part of your bespoke training/membership plan. The 'Ongoing Support Available' leaflet can be handed out in conjunction with 'SEJ Practice Workshop Information' handout (if agreed by the setting).

#### Plenary – 5 mins

#### Lesson Summary:

1. Understanding of how to complete the SEJ Worksheet.
2. Questions answered or students know where to go to get questions answered once the training has finished.

3. The Truth always feels good.

Ask students if they have any questions about what was covered in the lesson.

Allow time for students to summarise their learning either verbally or written.

SEJ Worksheets can be completed as homework.

It is highly recommended that students are able to access recorded videos and exercises for each lesson from your Course Management System (such as Canvas /Moodle). In order that they have an opportunity to watch them again in their own time to gain a fuller understanding of the SEJ training.

#### Further Ongoing Support\*

Students can attend SEJ Practice Workshops either through their setting if this is included in the setting training or membership plan. Or they can access these events personally via [www.thesej-education.co.uk](http://www.thesej-education.co.uk) Please note the SEJ Practice Workshop will incur a small fee if accessed personally, they are free if part of setting training or membership plan.

These events enable the student to:

- Ask questions about the SEJ Process.
- Obtain any practice corrections.
- Bring examples of their SEJ worksheets to work through.
- Practice key aspects of the process.

\*Notification of ongoing support through SEJ Practice Workshops needs to appear on the 'Announcement' page on the Course Management System e.g., Canvas module with details.

#### Additional Resources:

- Useful websites for wellbeing advice can be found under resources in the SEJ Training Guide.