

Course Unit	Emotional Education Strategies - emo-laboratories		Field of study	Health	
	Postgraduate Course in Emotional Education in Health		School	School of Health	
Academic Year	2019/2020	Year of study	1	Level	ECTS credits 7.0
Type	Semestral	Semester	2	Code	5034-680-1203-00-19
Workload (hours)	189	Contact hours	T -	TP 20	PL -
			TC -	S 30	E -
			OT 100	O 60	

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Maria Augusta Romão da Veiga Branco

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Recognize Emotional Education Strategies - as a concept and practical applications for life, at a personal, relational, professional and citizenship level
2. - Develop the dimension of self-awareness: learn to peer into your and others' emotions, in life contexts, at a personal, relational, professional, educational and citizenship level.
3. - Develop the dimension of self-managing rout of your own emotions, and exercise emotional self-control in intra and inter relational dynamics: groups and teams working with support or self-help.
4. - Develop the dimension of self-motivation: the importance of "negative experience" as a life learning and self-motivation from it, in contexts of personal, relational and citizenship life.
5. - Develop the dimension of Empaty: learn to peer into ourselves emotions expressions and others' emotions, in life personal, relational, professional, educational and citizenship level.
6. - Develop Emotional Education initiatives, such as strategies/ methodologies for training and personal, socio-professional and citizenship development, at all age levels and cultural diversity.
7. - Develop Emotional Education strategies, in Education and Health Promotion Programs, and, or in Primary Disease Prevention, in personal or institutional Partnership context.

Prerequisites

Before the course unit the learner is expected to be able to:
Speak and writ in portuguese and english language

Course contents

Emotional Education - concept and practical applications in life. Emotional Consciousness and Self Awareness. Emotion componentsand thought-emotion-action relationship. Managing Emotions and Emotion Regulation - concept and strategies. Self Motivation. Resilience. Socio emotional skills - empathy. Groups Emotions Management or Social Skills - concept and characteristics. Emotional Education as a protion health strategie.

Course contents (extended version)

1. Emotional Education - concept and practical applications to life
 - Emotion - concept, typology, identification and characteristics
2. Consciousness and Emotional Self Awareness - components of emotion and emotion-thought-ratio action
 - Experiencing Emotions - the neurophysiological cognitive and behavioral
 - The subjectivity of emotional experience
 - EmoLab: Share and express emotions - the emotional expressive grammars
 - EmoLab: Identify emotions: non-verbal communication in the communicative act: Laboratory of Emotions
 - EmoLab: Mindfulness
 - EmoLab: Meditation, Deep Relaxation
3. Managing Emotions and Emotion Regulation - concept and strategies -
 - Suggestions and spontaneous emotional responses
 - Consistency between feeling-thought-action and emotional responses
 - EmoLab: Cognitive restructuring - theoretical and practical approach
 - EmoLab: Errors Assignment Cognitive and Emotional - find personal strategies of emotional regulation
 - EmoLab: Techniques for Relaxation and Deep Breathing
4. Self Motivation
 - Competencies for Resilience
 - EmoLabs: Locus of control Duties and the development of self
 - EmoLabs: Self esteem - concept and identify capabilities and limitations
 - EmoLabs: The hope, optimism - Laboratory of Emotions
5. Socio emotional skills - empathy
 - The ability of social integration
 - EmoLab: Emotional interaction - verbal and nonverbal communication
 - EmoLab: Empathic Listening - Laboratory of Emotions
 - EmoLab: Assertiveness - concept and practical application
6. Emotions Management Groups or Social Skills - concept and characteristics
 - Emotions, values and wisdom - reciprocal influences in decision-making
 - EmoLab: Experience of the error - the assumption, learning and awareness
 - EmoLab: Freedom, Responsibility and Decision - Laboratory of Emotions
7. Emotional Education - a strategy for training and self development, professional and citizenship
 - Emotional Education in Education and Health Promotion Programs and Primary Disease Prevention
 - EmoLab: Emotional Skills Educator, Entertainer or Trainer
 - EmoLab: Emotional competence in organizations - the profile manager and leader

Recommended reading

1. Bisquerra, R. (2008). Educación para la ciudadanía y convivencia. El enfoque de la educación emocional. Barcelona: Wolters Kluwer.
2. Brasseur S, Gregoire J, Bourdu R, Mikolajczak M (2013) The Profile of Emotional Competence (PEC): Development and Validation of a Self-Reported Measure of Emotional C. Theory. PLoS ONE 8(5): e62635.
3. Veiga-Branco, A. (2012). Educação emocional, um contributo para a gerontologia. In Pereira, F. (Coord). Teoria e Prática da Gerontologia - Um Guia Para Cuidadores de Idosos. Viseu: Psicosoma. 275-286
4. Veiga-Branco, A. (2007). Competência Emocional em Professores. In Candeias, A. A. ; Almeida, L. S. (coord). Inteligência Humana: investigação e aplicações. Coimbra: Quarteto. 361-379.
5. Veiga-Branco, Augusta (2019). Educação emocional. In Dicionário de Educação para o Empreendedorismo: Lisboa: Gradiva. p. 224-227. ISBN 978-989-616-877-3

Teaching and learning methods

Flipped Classroom. Videoconference classes - active methodology through Group Dynamics and discussion based on thematic projections.
 - EmoLabs: emotional management exercises + Analysis and Reflections from the activities in Emotions Laboratory.
 - Advanced organizers reproduced by the student.
 - Discussions/arguments, reflection - on the basis of the way of pedagogical work self centered.

Assessment methods

1. Learning Evaluation Skills - (Regular, Student Worker) (Final)
 - Development Topics - 50% (Themes developed from practical cases or for the purpose of practical application.)
 - Work Discussion - 50% (Themes developed from practical cases or for the purpose of practical application.)
2. Written Examination - (Regular, Student Worker) (Final, Supplementary, Special)
3. Learning Competences Evaluation - (Regular, Student Worker) (Final)
 - Portfolio - 60% (1. Doc of graphic material with works, photographs or individual record of experiences.)
 - Presentations - 40% (Portefolio experiences presentation)
4. Learning Competences Evaluation - (Regular, Student Worker) (Final)
 - Projects - 50% (Practical application developement or aiming of practical application.)
 - Laboratory Work - 50% (Practical application developement or aiming of practical application.)

Language of instruction

Portuguese, with additional English support for foreign students.

Electronic validation

Maria Augusta Romão da Veiga Branco	Hélder Jaime Fernandes	Ana Maria Nunes Português Galvão	Adília Maria Pires da Silva Fernandes
27-04-2020	27-04-2020	27-04-2020	27-04-2020