



Fostering Resilience, Self-Efficacy and Academic Engagement: Empowering tertiary students through social and emotional competencies

Presented by Rola Zaki, Academic Head-Higher Education

**March 21,
5pm
AEDT**

Transitioning from secondary school to higher education can be very daunting and challenging to many students. If faced with too many setbacks, tertiary students can lose confidence in their abilities, experience stress and anxiety, and find it hard to persevere with their studies, which can lead to poor academic performance and a decrease in psychological wellbeing.

Numerous studies have shown how social and emotional learning (SEL) skills improve students' wellbeing and academic performance in primary and high schools, but why stop there? SEL can also provide young people with skills to support their psychological wellbeing through the transition to Higher Education. In addition, Higher Education is under increasing pressure to help learners prepare for a future workforce, particularly with the rise of AI, and this creates a stronger need for SEL.

In this presentation Rola will be discussing her research, which employs the CASEL framework's five SEL skills: self-awareness, self-management, social awareness, responsible decision making, as it relates to world economic forum's top ten work skills, and the importance of integrating SEL skills in higher education.

This presentation is for anyone interested in SEL as a tool for enhancing wellbeing in Secondary and Higher education.

Rola Zaki is a passionate Social Emotional Learning, Positive Psychology and Wellbeing specialist with over 15 years of experience in education, leadership, and management. As a global educator and human leader, Rola coaches, mentors, and guides others towards achieving their full potential and becoming agile, independent learners.



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