

Year 11: *Getting Serious* Emotional Intelligence

Aims

This section concentrates on issues to do with resolving problems and managing stress. This first lesson will begin by the pupils filling in the "Footprint" questionnaire, the VAK questionnaire and then trying to develop strategies for learning and revising for exams.

Resources

Mindset + instructions + thought processes.

Footprint accessed individually.

2 VAK questionnaires.

Paper.

Board and pens.

Learning tasks: Mahler, 10 French words, Why the Aegian Sea is called..., To Kill a Mocking Bird....

Scissors, glue, blue tack, post-its

Activity 1

Teacher to go through the idea of thought processes, mindsets and the instructions on how to access and fill in the footprint form.

(5 mins)

Activity 2

Pupils to work individually and silently on filling in the footprint form online.

(20 mins)

Activity 3

Issue both VAK forms, tell them to fill in one and then copy results onto other and hand one copy in and file other.

(5 mins)

Activity 4

Discuss different learning styles and talk about the different ways of committing something to memory. Brainstorm ideas and write them on the board. May include things such as:

Developing mnemonic

Mind maps

Diagrams

Group discussion/presentation

Acting out a play

Making up a song

Creating a model

Making up a game

Get them to list the particular skills and qualities used in each type of activity.

(5 minutes)

Activity 5

Tell them that you are going to give them something to learn and ask them to get into groups of 3 or 4, according to which of the above methods they wish to use. Then give each group a learning task to complete and they need to use their method to memorise the task.
(15 mins)

Activity 6

Reconvene class and ask for a group to volunteer and demonstrate what they have learned.
(5 mins)