



**Apprendere, che emozione!**

Progettare un curriculum in verticale con l'Apprendimento Socio-Emotivo

Dott. Massimo Cotichella - Psicologo

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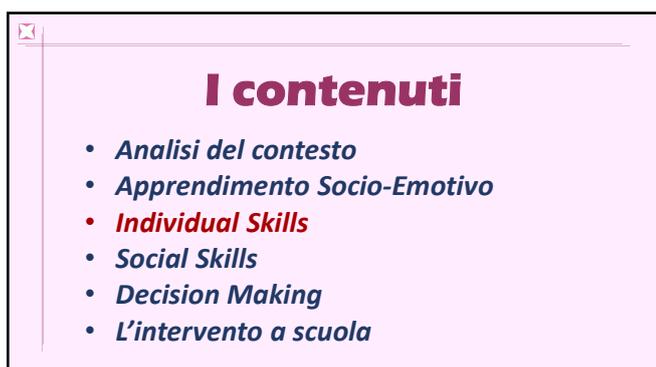
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**I contenuti**

- *Analisi del contesto*
- *Apprendimento Socio-Emotivo*
- **Individual Skills**
- *Social Skills*
- *Decision Making*
- *L'intervento a scuola*

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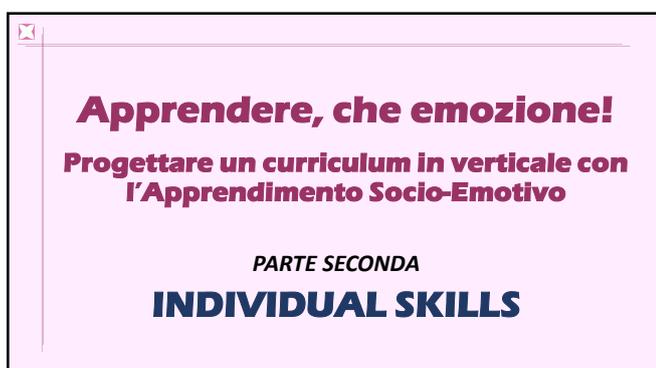
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**PARTE SECONDA**

**INDIVIDUAL SKILLS**

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## Apprendimento Socio-Emotivo

Emozioni, pensieri e comportamenti integrati in modo da affrontare le sfide sociali e personali di ogni giorno

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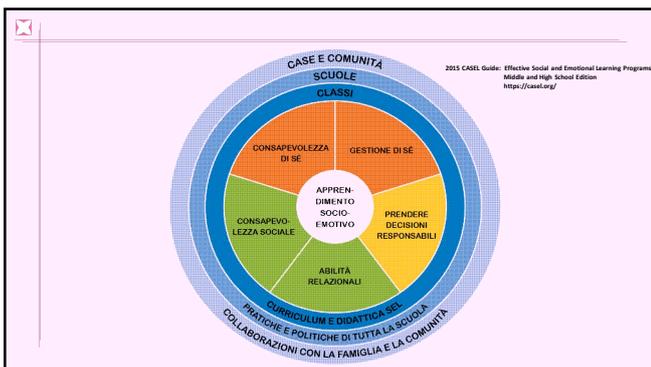
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## Self-awareness

Emozioni

- Fondamentali per l'orientamento

Valori

- Determinano la motivazione

Obiettivi

- Definiti e delimitati
- Non troppo facili
- Raggiungibili

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**Emozioni**

Schemi di risposta biologicamente determinati a livello subcorticale (automatici), atti ad assistere l'organismo nella conservazione della vita

Cultura e apprendimento variano l'espressione delle emozioni, alle quali conferiscono significati nuovi e specifici

**Alterano significativamente i processi cerebrali**

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<b>PRIMARIE</b>	<ul style="list-style-type: none"><li>• Gioia</li><li>• Tristezza</li><li>• Rabbia</li><li>• Paura</li><li>• ...</li></ul>
<b>SOCIALI</b>	<ul style="list-style-type: none"><li>• Invidia</li><li>• Gelosia</li><li>• Vergogna</li><li>• ...</li></ul>
<b>DI FONDO</b>	<ul style="list-style-type: none"><li>• Benessere / Malessere</li><li>• Calma / Tensione</li></ul>

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**Self-awareness**

Punti di forza  
Punti di debolezza  
(ovvero cosa posso e non posso fare)

Auto efficacia  
(ottimismo fondato)

Fiducia nell'impegno  
(bravo, fortunato o tenace?)

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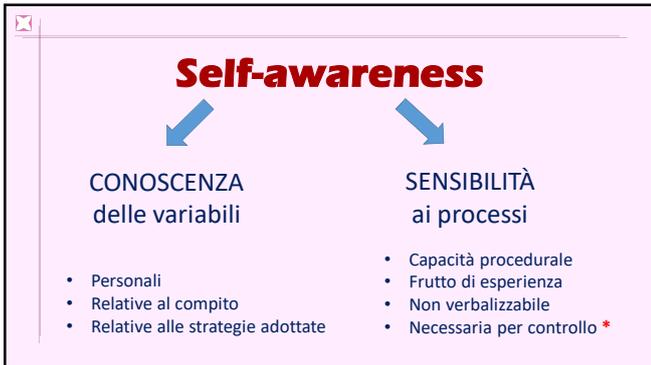
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**Self-Management**

Capacità e atteggiamenti che aiutano la persona a regolare emozioni e comportamenti

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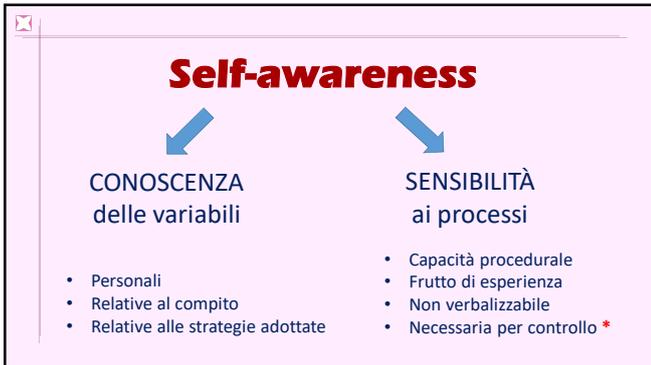
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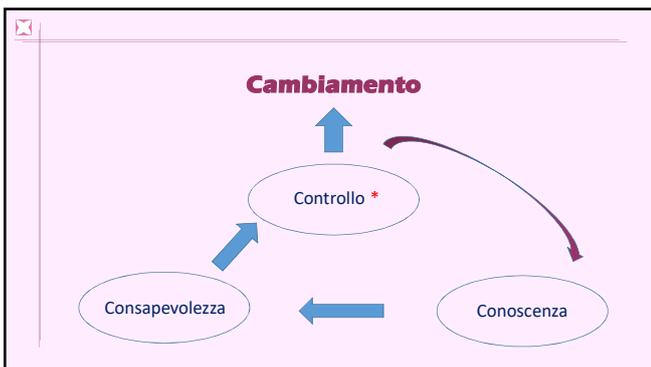
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