

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.

Room Layout:

It is important the room is laid out so students can see and hear the trainer clearly. Testing of the audio and visual is HIGHLY recommended at least 48 hours prior to training if the trainer is online. Students need to have enough space to ensure privacy with their written work, equally to be able to interact with other students easily.

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.
- Display website www.thesejeducation.org.uk showing where to access ongoing support through SEJ Practice Workshops
- SEJ Worksheet Template 2 per student
- Lesson 5,6 - 7 The SEJ Worksheet Example – ‘I can’t do this’. Example Steps 1- 4 were handed out in lesson 6, this worksheet can be given out again if necessary.
- SEJ Worksheet Scale
- 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.**

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 Workshops Information
2. Frequently Asked Questions
3. SEJ Worksheet Do’s and Don’ts
4. (4th 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).

5. Student Permission Form – If appropriate this form can be handed out to obtain contact details for SEJ updates and testimonials.

Plenary – 5 mins

Lesson Summary: *"Self Empowerment is the realisation of the True Self beyond the mind. This realisation puts you in touch with a Self that is free of limitations, free of fearful thoughts and painful emotions, free to respond to life rather than react, free to reach your full potential. The Self Empowerment Journey – SEJ is a process that takes you to this realisation."*

Ask students, through a show of hands if they understand the key message having completed the lesson. You can support by asking them the following questions:

1. Do you understand how to complete the SEJ Worksheet?
2. Can you relate the key message to your SEJ Worksheet?
3. Having experienced all the lessons and key messages, can you relate them and your experiences to this lesson's key message?
4. Did you experience that 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.staymentallyhealthy.org.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.