



BOHE | THE IMPORTANCE OF SOCIAL AND EMOTIONAL LEARNING

ABOUT US:

Boston Online Home Education (BOHE) offers online Cambridge programmes for learners to broaden their skills developed during their schooling. As a registered Cambridge Associate, Boston supports online home-schooling learners towards the attainment of school-leaving alternatives that are internationally recognised for entry into leading local and global universities.

The home education journey is not without challenges, which is why we foster and incorporate SEL (social and emotional learning/literacy) into our home learning curricula in an effort to advance educational excellence and equity amongst our students.

WHAT IS SEL?

Social and emotional learning (or literacy) is an educational method that places emphasis on enhancing and improving students' emotional and social skills within a home learning or school curricula. SEL plays an essential role in human development and education. At BOHE, we not only incorporated SEL into our main Cambridge offering, but we have also developed an entire course dedicated solely to the advancement and improvement of SEL in students.

Below are the main categories of SEL:

- Self-awareness
- Self-management
- Responsible decision-making
- Relationship skills
- Social awareness



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Benefits of SEL

SEL can help students thrive academically and personally, become lifelong learners, maintain and develop positive relationships, and contribute to a more just, caring world. It is the process through which people obtain and apply the attitudes, knowledge and skills to develop healthy identities, achieve personal and communal goals, manage emotions, show and feel empathy for others and make caring and responsible decisions.

How do we teach SEL at BOHE?

Through authentic home learning, family and community partnerships, SEL promotes educational equity and excellence to establish learning experiences and environments that feature meaningful instruction and curricula, collaborative and trusting relationships and ongoing evaluation.

We offer the complete academic solution of fully developed asynchronous lessons:

- Comprehensive pre-recorded videos
- Study material and workbooks / textbooks (where applicable)
- Diagnostics
- Assessments
- Continuous student support from teachers and academic counsellors

All SEL modules follow the structure of:

- Presentation video of main content
- Quizzes testing knowledge
- Individual/group projects promoting the SEL topic
- E-books/notes of the lesson

Get in touch

For more information, please feel free to get in contact with us:

Email: info@bostononline.co.za

Visit our website to dig a little deeper:

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Call to book a free consultation: **011 551 9111**

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