

NeuroHeart Education Foundation 2024



COURSE PORTFOLIO :

1.2 POSITIVE EDUCATION



1.2 POSITIVE EDUCATION – GEORGE KOKOLAS

KNOWING AND IMPLEMENTING CHARACTER STRENGTHS FOR POSITIVE EDUCATION (VIRTUES OF HUMANITY/WISDOM AND KNOWLEDGE)

COURSE ABSTRACT

More and more statistics and data confirm a dramatic increase in depression, sadness, and hopelessness among students. Neuroscience confirms that negative feelings and attitudes affect learning states and performance in schools, as once our brains feel threatened, they get into a “fight or flight mode”, unable to think clearly, let alone learn.

Seligman, one of the “fathers” of Positive Psychology, clearly states that education is one of the best contexts where positive interventions can thrive and prevent any of the aforementioned negative states or mindsets. An obvious question raised is what teachers could do to avoid unfavourable conditions and concurrently create a positive learning environment in the classroom.

This course will suggest the main reasons for using PosEd in a school environment and some practical tasks on implementing the strengths of Humanity, Wisdom and Knowledge in any classroom. Based on specific theories on why these particular strengths could help school environments towards a more positive learning path, sufficient justification will be provided. The course will dedicate enough time for reflection and discussion as an integrated part of the lectures and during a specific discussion session at the end of the system.

Assessment, evaluation and feedback on the effectiveness of the aforementioned.



STRUCTURE

4 Weekly Sessions
Total Amount of Hours: 12 hours
Session duration: 180 minutes

OUTLINE AND SCOPE AND SEQUENCE OF THE SESSIONS

SESSION 1 - Introduction of What PosEd is and what it is not

Why using POSED in today's classrooms/Intro to the Character Strengths: Justifications on why we should seriously consider using POSED in today's classrooms. The need for self-intervention of positive psychology before application to others. What POSED is and what isn't (It's caught and not taught). Basic explanation of Seligman's Character Strengths and why and how it could be used as a common language for implementing POSED Crossing to the "Dark Side of Education": What teachers, usually may be doing wrong in a subconscious way, preventing the fostering of positive feelings and maybe even, multiplying the number of negative emotions. How POSED can help us move from "the dark to the bright side of education". Specific references to "pitfalls for teachers" that may occur in a school environment, e.g. The curse of knowledge, the Sisiphec condition, the lust for grades, etc.

SESSION 2 - Discovering and Implementing the Virtue of Humanity

Analyzing and practising the strengths of Love and Kindness in a POSED classroom: Definitions of the strengths, interactive discussion on the attendants' perspective and possible experiences regarding these strengths and classroom activities which promote these strengths irrespective of the subject taught.

Analyzing and practising the strength of Social Intelligence in a POSED classroom: Definitions of the strengths, interactive discussion on the attendants' perspective and possible experiences regarding these strengths and classroom activities which promote these strengths irrespective of the subject taught.

SESSION 3 - Discovering and Implementing the Virtue of Wisdom and Knowledge

Analyzing and practising the strengths of Love of Learning, Curiosity, and Creativity in a POSED classroom: Definitions of the strengths, interactive discussion on the attendants' perspective and possible experiences regarding these strengths and classroom activities which promote these strengths irrespective of the subject taught. Analyzing and practising the strengths of Perspective and Judgement in a POSED classroom: Definitions of the strengths, interactive discussion on the attendants' perspective and possible experiences regarding these strengths and classroom activities which promote these strengths irrespective of the subject taught.



SESSION 4 - Self-reflection practice/Feedback/Evaluation

Short workshop: Trying to identify your strengths as a teacher: Through a short period of reflection or after taking the VIA Characters strength quiz (both tasks will be asked as assignments before this session), we will be discussing each participant's characters' strengths and how they could personalize them in our classes. This workshop will be used as a springboard for brainstorming and generating new ideas.

Evaluation and feedback of the course: The participants will receive one questionnaire with two parts. The first part will have standard evaluation questions about the speaker, the content, the structure, the flow and the value of the course. The second part will be a questionnaire with self-reflective questions on how teachers evaluate the application of PosED in general, on the possibility of using it as an intervention in their classes in the future and on how much POSED may be needed in today's classrooms. All the questions will require participants to answer on a scale from 1 to 5.





ABOUT GEORGE

George Kokolas has been working as the Academic Director and Teacher Trainer for Express Publishing for the last 20 years.

He is a certified LEVEL 5 TEFL teacher and a certified ADVANCED Neurolanguage Coach®, practicing Neurolanguage Coaching® professionally. He currently studies Positive Psychology trying to merge ELT into it. He also holds a BA in English Literature. Right after his graduation he branched out from his major in English Literature and devoted himself fully to ELT.

He likes to be considered a front line teacher spending many hours inside the classroom teaching and learning at the same time. His vast experience has been of considerable help in developing helpful and practical views about different topics of ELT Methodology, like motivation, effective learning, technology in the classroom, critical thinking, differentiated instruction and, of course, Neurolanguage coaching.

George has delivered several successful seminars in conferences throughout the world and since 2017 he is the co-host and producer of the educational podcast Teachers' Coffee.

CONTACT

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