

COURSE OUTLINE

Social and Emotional Skills

Science, assessment, development, and practical use in education, work, and adult life.

Designed for adult professionals and curious learners. Original AdriaMont Institute material, adapted from expert teaching, research, and professional practice.

A deep but accessible course on social and emotional skills, including frameworks, development, assessment, interpretation, and responsible application. It is designed for adults who want more depth than popular self-help but more usability than a technical research review.

STATUS	Available course
FORMAT	Full digital course, shorter lecture route, or institutional seminar
AUDIENCE	Educators, psychologists, HR professionals, policy teams, researchers, and adult learners
SOURCE BASE	SEL study overview presentations, professional seminars, psychology teaching materials
MATERIALS	Course outline, reading guide, skill development toolkit preview

Source and privacy note: Content is presented as AdriaMont learning material. It does not reproduce official study decks or imply endorsement by former employers or institutions.

Learning outcomes

Understand major social and emotional skill domains and how they relate to personality, motivation, behavior, and learning.

Distinguish skill development from moralizing, labeling, or simplistic trait talk.

Read SEL assessment and intervention claims more critically.

Design practical development activities with clearer goals, indicators, and feedback.

Module map

- 01 What social and emotional skills are and why definitions matter.
- 02 Development across contexts: family, school, work, peers, culture, and opportunity.
- 03 Measurement approaches: self-report, observer ratings, performance tasks, and mixed evidence.
- 04 Interpretation risks: response styles, comparability, labeling, and overclaiming.
- 05 Development design: practice, feedback, role models, environments, and transfer.
- 06 Applications in adult learning, workplace development, education, and policy.

Applied materials

Reading route through social and emotional skills research.

Skill description template for translating abstract domains into observable behaviors.

Development activity planning sheet.

Assessment claim review checklist.

Use this as a flagship course for learners who want a serious route into social and emotional skills.