

1. Record Nr.	UNINA9910461414303321
Autore	Carrington Diane
Titolo	Future directions : practical ways to develop emotional intelligence and confidence in young people // Diane Carrington and Helen Whitten
Pubbl/distr/stampa	Stafford : , : Network Educational Press Limited, , [2005] ©2005
ISBN	1-283-20805-9 9786613208057 1-85539-546-0
Descrizione fisica	1 online resource (193 p.)
Disciplina	373.0114
Soggetti	Emotional intelligence Affect (Psychology) - Study and teaching Affective education Emotions in adolescence Confidence in children Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Contents; About the authors; Introducing the book; Section 1: Emotional well-being; Section 2: Choices on leaving school; Section 3: Starting work; Section 4: Future direction; References; Resources
Sommario/riassunto	Future Directions is specially created to support teachers as they guide their pupils through the exciting and often perplexing period of transition from school to adult life. It provides a series of lesson plans designed to help pupils explore sensitive issues within the security of the classroom. Each lesson includes interactive exercises which will encourage pupils to: . . . think for themselves. . . . recognize their own strengths. . . . build confidence. . . . learn how to manage stress. . . . set realistic goals. . . . develop communication skills. . . . make