

1. Record Nr.	UNINA9910746955603321
Autore	Nakamura Sachiko
Titolo	Emotion regulation and strategy instruction in learning // Sachiko Nakamura
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2023
ISBN	3-031-42116-7
Edizione	[1st ed. 2023.]
Descrizione fisica	1 online resource (146 pages)
Collana	Springer Texts in Education, , 2366-7680
Disciplina	370.15 370.1534
Soggetti	Emotions in children Learning, Psychology of Emocions en els infants Psicologia de l'aprenentatge Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Chapter 1 Introduction -- Chapter 2 Emotions in Learning -- Chapter 3 Emotion regulation and emotion regulation strategies -- Chapter 4 Strategy Instruction -- Chapter 5 Innovating Your Own Strategy Instruction.
Sommario/riassunto	This textbook is written for teachers, practitioners, and researchers, who are interested in developing their knowledge about emotions and learning about ways of helping their learners to cultivate positive and cope with negative emotions. The book covers the topics of emotions, emotion regulation, strategies, and instruction. Each topic is discussed in the subsequent chapters, beginning with a concise summary of theories and research in the fields of psychology, education, and language learning. This is followed by its practical applications in the classroom, with suggestions and ideas based on research as well as reports from teachers in a wide range of contexts. Teachers' vignettes give readers an opportunity to compare their experiences with others. A practical guide with detailed steps for implementing strategy instruction in emotion regulation is provided at the end.

