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Descrizione fisica	1 online resource (193 p.)
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Soggetti	Emotional intelligence Affect (Psychology) - Study and teaching Affective education Emotions in adolescence Confidence in children
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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