

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

The main teacher should organize groups of 3 teachers from the teachers participating in the course. These groups should undertake a bibliographic review consisting of: searching 1 scientific article published between 2012 and 2017 (last 5 years), using the keyword: SOCIAL SKILLS. Suggested site for the search: PUBMED CENTRAL (Home PMC-NCBI). Teachers should prepare a brief report on the objectives, content and results of the article they studied.

The objective of this activity is that the teachers know how much has been published in the world on the subject; which will allow them to incorporate new ideas, updated concepts and a higher level of quality of the teaching process into their teaching work

Power point Example

NEUROHEADWAY

Neuroscience Into Education

SOCIAL SKILLS: DEFINITION

They are a set of behaviors learned in a natural way (and therefore can be taught), which are manifested in interpersonal, socially accepted situations (this implies taking into account social norms and legal norms of the socio-cultural context in which it is acted, as well as moral criteria).



SOCIAL SKILLS

These endow the individual who possesses them with a greater capacity to achieve the goals he intends, maintaining his self-esteem without harming that of the people around him.

These behaviors are based primarily on the mastery of communication skills, and require a good emotional self-control on the part of those who act.



PSYCHOLOGICAL REHABILITATION



In many mental illnesses the area of social skills is one of the most affected, so work in psychosocial rehabilitation is very important.

IMPORTANCE OF SOCIAL SKILLS AND THEIR FUNCTIONS

Social skills are gaining special relevance in different areas, for reasons such as:

The existence of an important relation between the social competence of childhood and the social and psychological adaptation. Kelly (1987) expresses that social competence is related to a better and later psychosocial adjustment of the child in the group-class and in the group-friends, and in a better academic adaptation.

Low personal acceptance, rejection or social isolation are consequences of not having adequate social skills.

