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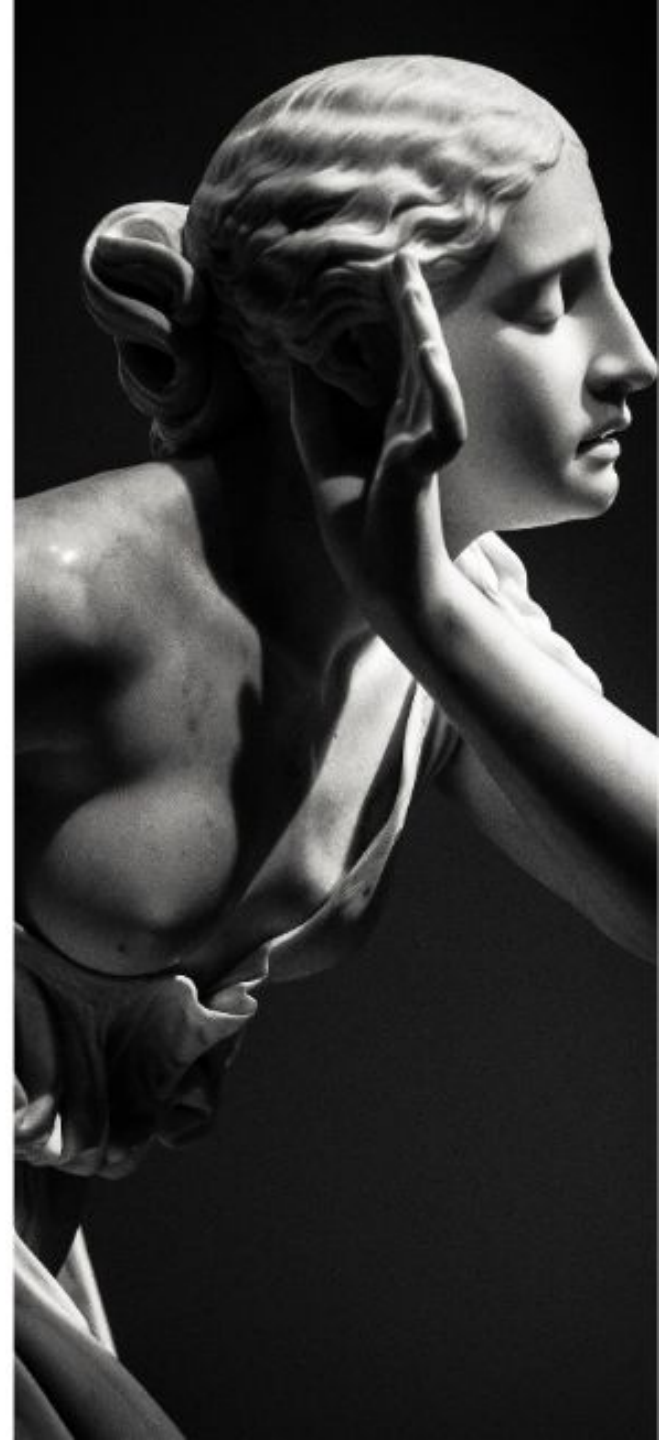
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Social and Emotional Skills

**From the Big Five Dimensions to Eight Skills to Improve
Mental Health in Transition Periods**

Today's Goal:

To understand what are social and emotional skills and how they are
connected to the Big Five Model

Resources:

<https://www.oecd.org/education/ceri/social-emotional-skills-study/about/>



Why social and emotional skills?

- This OECD study aimed at helping education leaders and practitioners better support students in the development of these critical skills.
- The study gathered information about young people social and emotional skills taking into consideration their family, school and community learning contexts, thus aiming to provide information about the conditions and practices that foster or hinder the development of these critical skills.

The Big Five Model (1)

The study was based on the well-known Big Five model. The Big Five Model is a suggested taxonomy for personality traits, developed from the 1980s onward in psychological trait theory. The Big Five Model's categories are as follow:

- openness to experience (open-mindedness)
- conscientiousness (task performance)
- emotional stability (emotional regulation)
- extraversion (engaging with others)
- agreeableness (collaboration).

Each of the dimensions or categories encompasses a cluster of mutually related social and emotional skills. For example, task performance includes achievement orientation, reliability, self-control and persistence.

The Big Five Model (2)

- The Big Five model allows to analyze five categories which are key part of how a person thinks, feels, and behaves.
- Agreeableness is a measure of an individual's tendencies with respect to social harmony.
- Conscientiousness is a measure of how careful, deliberate, self-disciplined, and organized an individual is.
- Extraversion is a measure of how sociable, outgoing, and energetic an individual is.
- Openness measures the extent to which an individual is imaginative and creative, as opposed to down-to-earth and conventional.
- Emotional stability measures the ways in which individuals react to stress.

How were the skills selected?

The OECD study used a number of criteria to decide which skills to include in the study. Some of these criteria were as follow:

- provide a broad and balanced coverage of the entire domain of social and emotional skills
- be predictive of success in a wide range of important life outcomes and events
- be malleable and susceptible to possible policy interventions
- be comparable and relevant across different cultures, languages, social and school contexts
- be relevant for the future.

"BIG FIVE" DOMAINS	SKILLS	DESCRIPTION	BEHAVIOURAL EXAMPLES
TASK PERFORMANCE (Conscientiousness)	ACHIEVEMENT ORIENTATION	Setting high standards for oneself and working hard to meet them.	Enjoys reaching a high level of mastery in some activity. Opposite: uninterested in career development.
	RESPONSIBILITY	Able to honour commitments, and be punctual and reliable.	Arrives on time for appointments, gets chores done right away. Opposite: doesn't follow through on agreements/promises.
	SELF-CONTROL	Able to avoid distractions and focus attention on the current task in order to achieve personal goals.	Doesn't rush into things, is cautious and risk averse. Opposite: is prone to impulsive shopping or binge drinking.
	PERSISTENCE	Persevering in tasks and activities until they get done. Erasmus+ project Art in transition	Finishes homework projects or work once started. Opposite: Gives up easily when confronted with obstacles/distractions.

EMOTION REGULATION (Emotional stability)	STRESS RESISTANCE	Effectiveness in modulating anxiety and able to calmly solve problems (is relaxed, handles stress well).	Is relaxed most of the time, performs well in high-pressure situations. Opposite: worries about things, difficulties sleeping.
	OPTIMISM	Positive and optimistic expectations for self and life in general.	Generally in good mood. Opposite: often feels sad, tends to feel insecure.
	EMOTIONAL CONTROL	Effective strategies for regulating temper, anger and irritation in the face of frustrations. Erasmus+ project Art in transition	Controls emotions in situations of conflict. Opposite: gets upset easily; is moody.

COLLABORATION (Agreeableness)	EMPATHY	Kindness and caring for others and their well-being that leads to valuing and investing in close relationships.	Consoles a friend who is upset, sympathises with the homeless. Opposite: Tends to disregard other person's feelings.
	TRUST	Assuming that others generally have good intentions and forgiving those who have done wrong.	Lends things to people, avoids being harsh or judgmental. Opposite: is suspicious of people's intentions.
	COOPERATION	Living in harmony with others and valuing interconnectedness among all people.	Finds it easy to get along with people, respects decisions made by a group. Opposite: Has a sharp tongue, is not prone to compromises.

OPEN-MINDEDNESS (Openness to Experience)	CURIOSITY	Interest in ideas and love of learning, understanding and intellectual exploration; an inquisitive mindset.	Likes to read books, to travel to new destinations. Opposite: dislikes change, is not interested in exploring new products.
	TOLERANCE	Is open to different points of view, values diversity, is appreciative of foreign people and cultures.	Have friends from different backgrounds. Opposite: dislikes foreigners.
	CREATIVITY	Generating novel ways to do or think about things through exploring, learning from failure, insight and vision.	Has original insights, is good at the arts. Opposite: seldom daydreams, dresses conventionally.

ENGAGEMENT WITH OTHERS (Extraversion)	SOCIABILITY	Able to approach others, both friends and strangers, initiating and maintaining social connections.	Skilled at teamwork, good at public speaking. Opposite: avoids large groups, prefers one-to-one communication.
	ASSERTIVENESS	Able to confidently voice opinions, needs, and feelings, and exert social influence.	Takes charge in a class or team. Opposite: waits for others to lead the way, keeps quiet when disagrees with others.
	ENERGY	Approaching daily life with energy, excitement and spontaneity.	Is always busy; works long hours. Opposite: gets tired easily.

Skills selected

- **Collaboration**-empathy and collaboration
- **Engagement with others**-sociability and assertiveness
- **Emotion regulation**-stress resistance
- **Open mindedness**-tolerance
- **Task performance**-responsibility and persistence