

# **Self-development in practice**

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Eötvös József Főiskola **Nemzetiségi és Idegen Nyelvi Intézet**

Nyári Akadémia 2023

# 3 things I am grateful for

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Image by [Albrecht Fietz](#) from [Pixabay](#)

How are you feeling right now?



1

5

10

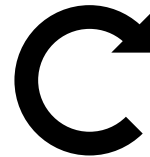
# Have you ever experienced ...

1. When I am in a good mood, I tend to meet lovely people.
2. When I am in a bad mood, people around me tend to become somewhat grumpy.

**NO =**



**YES =**



Be the change you wish  
to see in the world.

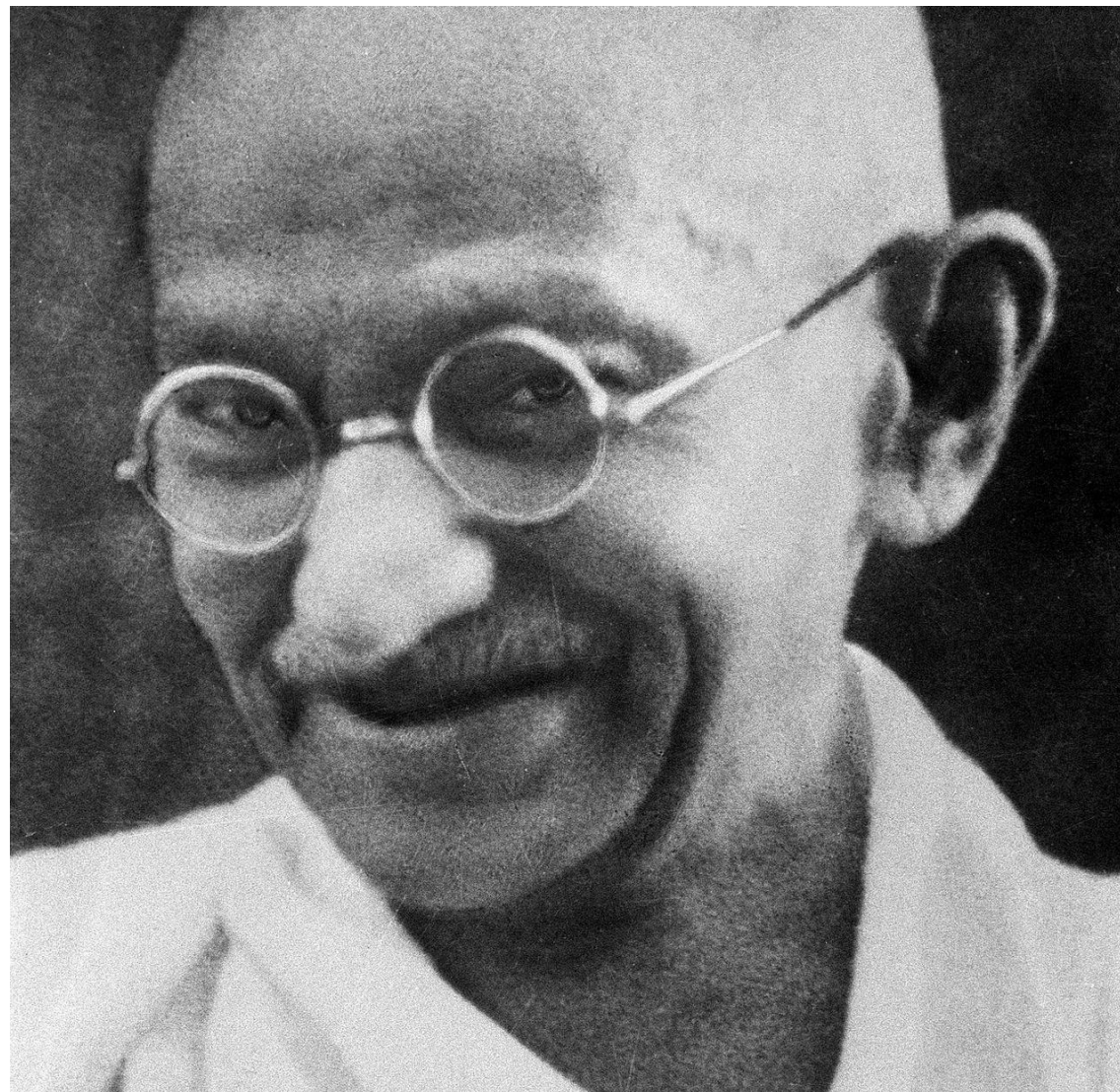




Image by [Tumisu](#) from [Pixabay](#)



Image by [Ylanite Koppens](#) from [Pixabay](#)



1. What are **your** questions about self-development? (3-5)
2. What are **your group's questions** about self-development? (3)

1. What does "self-development" mean and why is it important?

2. How can we develop as teachers?

3. What are some opportunities for our students to develop in the English classroom?



# Warmer

## Anagram

Create a new word using all the letters.

Hungarian: mai

apály

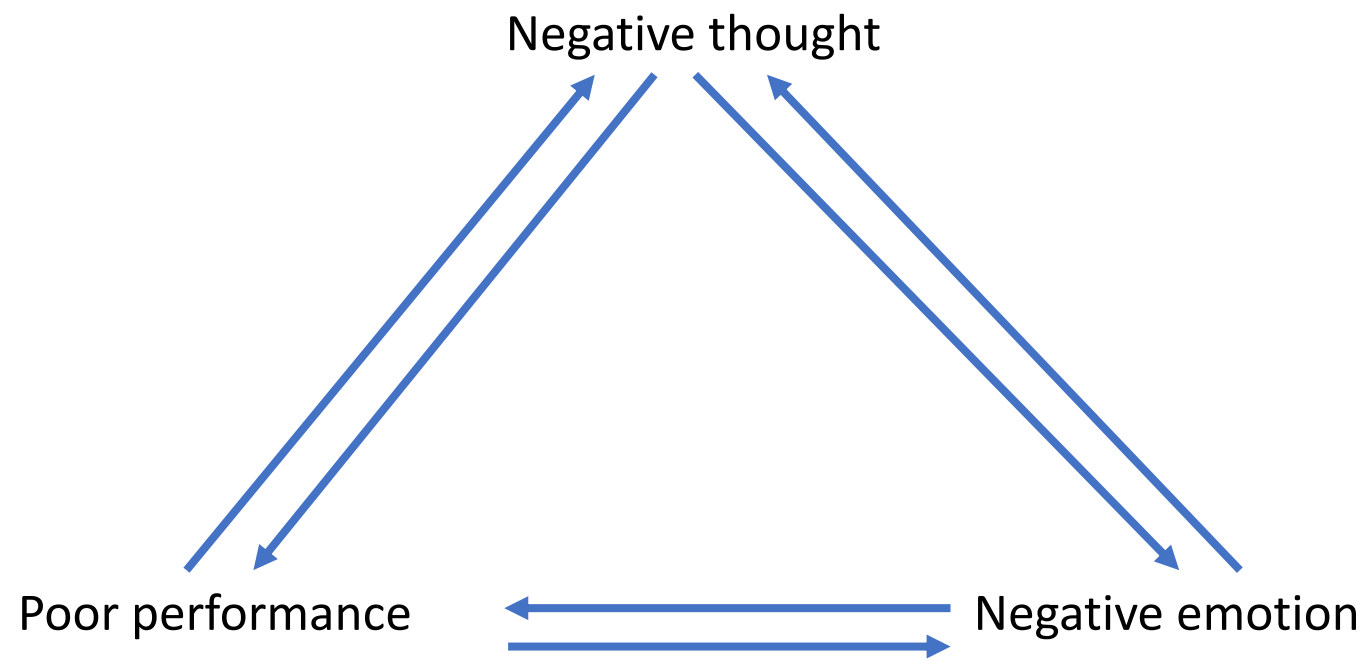
English: cat

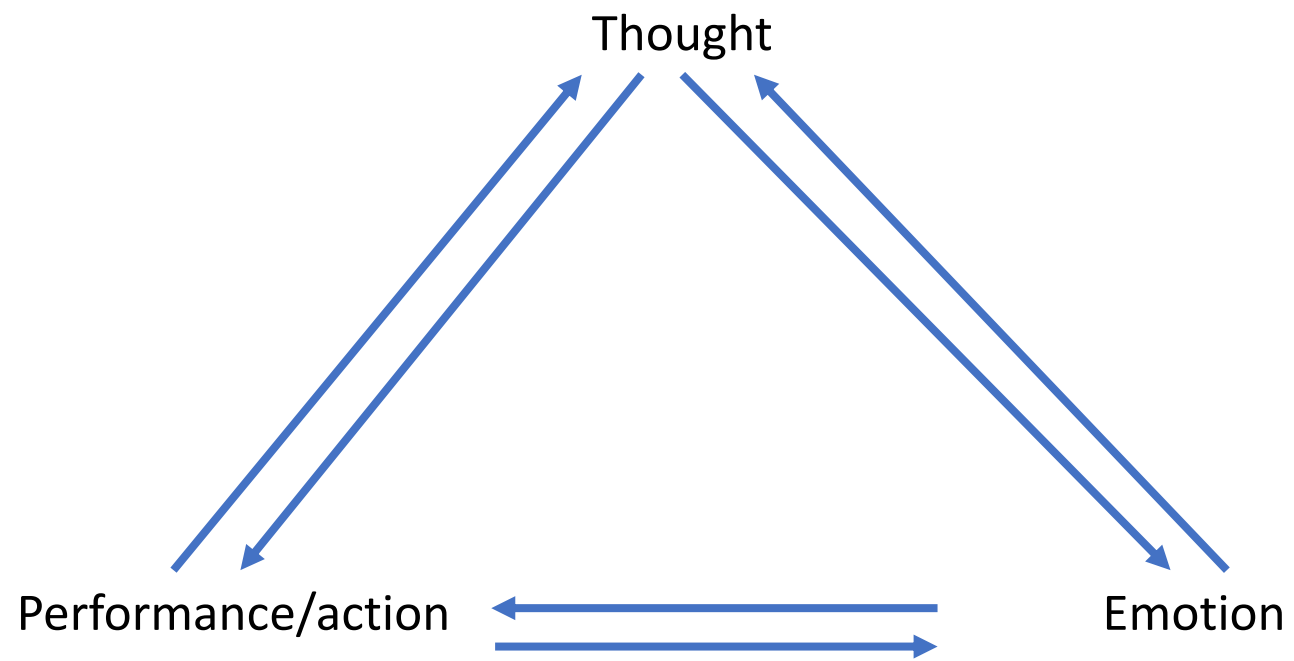
# Learnt helplessness in education



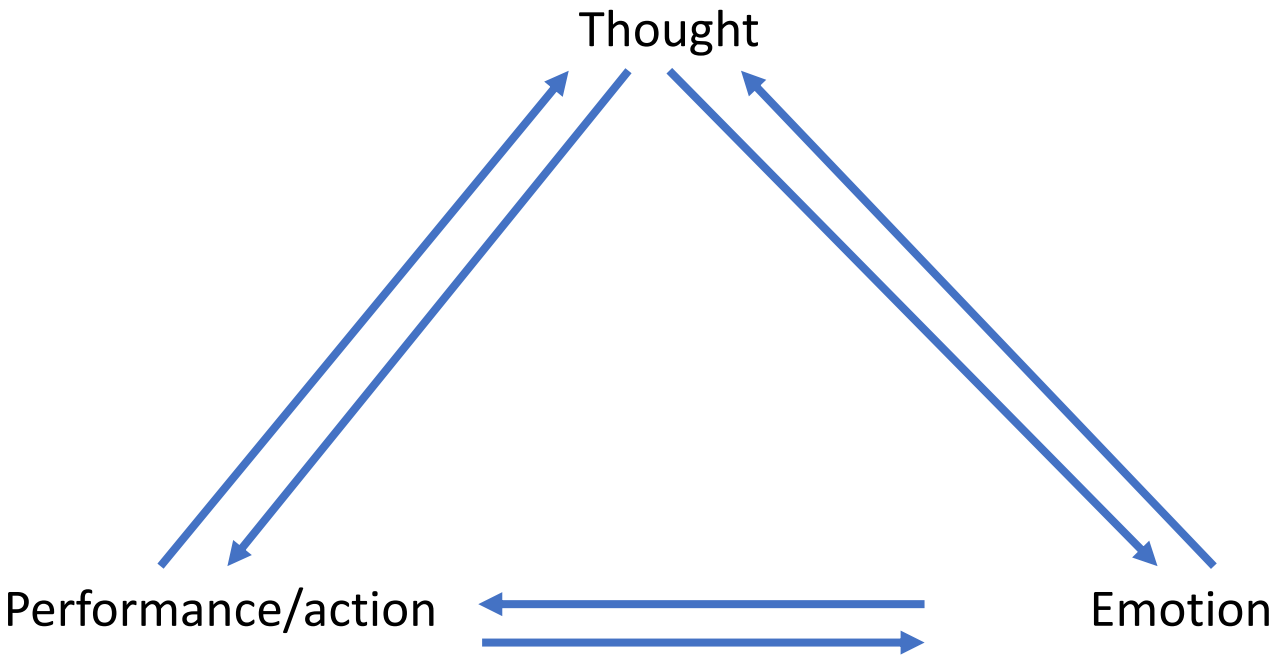
**Martin Seligman,**  
Zellerbach Family Professor of Psychology  
Director of the Positive Psychology Center  
AB, Philosophy, Princeton University;  
Ph.D., Psychology,  
University of Pennsylvania

1. What kind of words and actions helped induce learnt helplessness?
2. What are some situations that could induce learnt helplessness in our lessons, and how? (giving grades, teacher behaviour, etc.)
3. What are the consequences on the learning of the pupils?
4. So what can we learn from this as a teacher? How do we avoid inducing learnt helplessness?

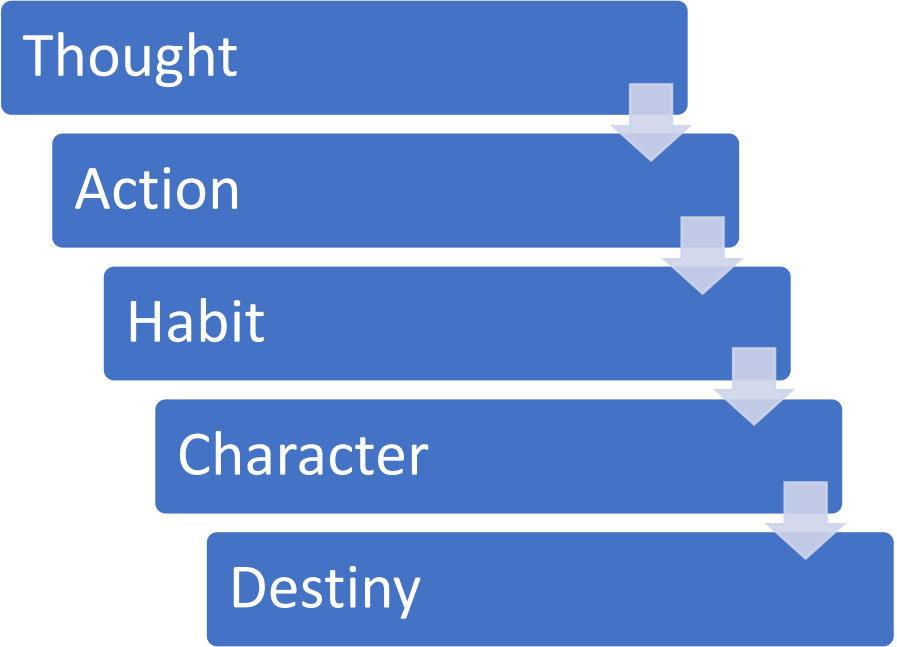
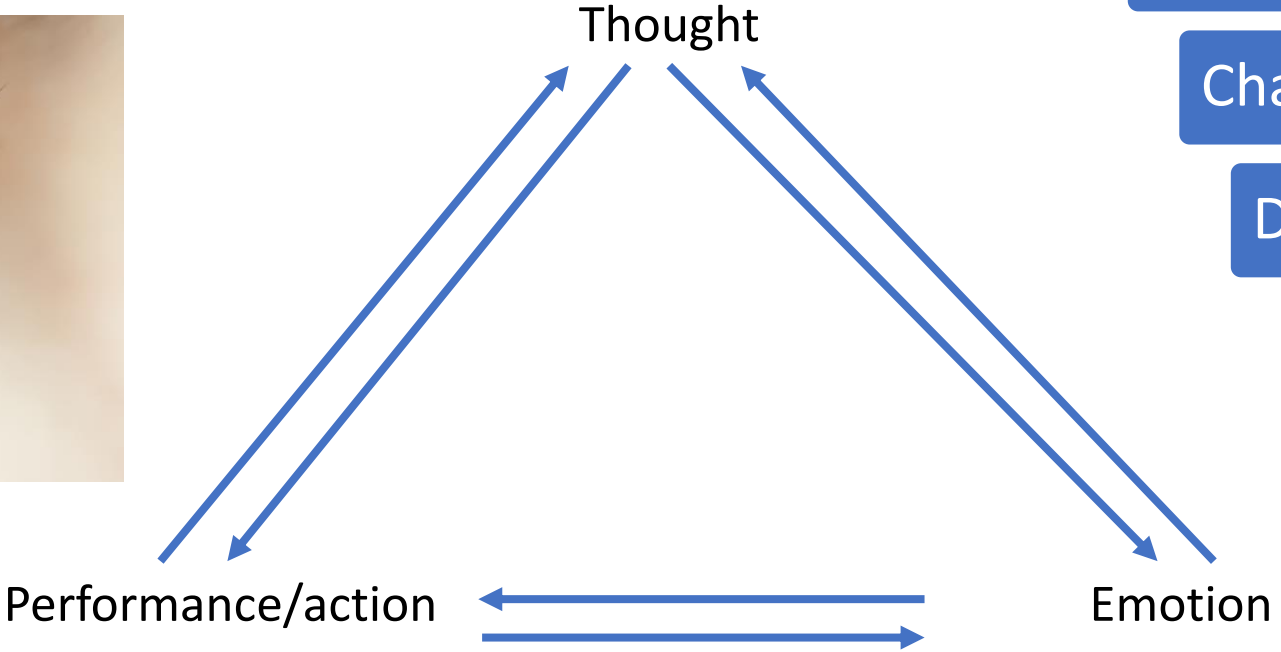




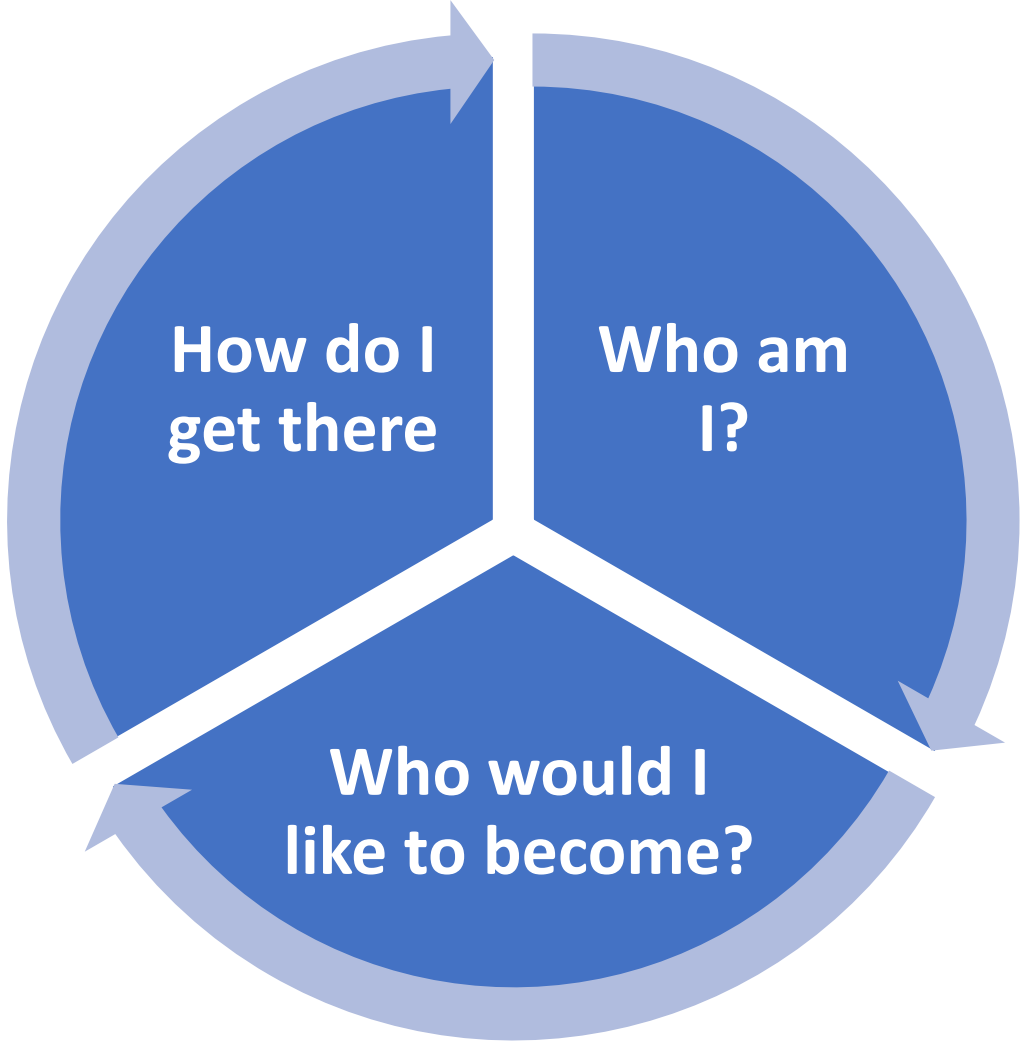
# Awareness

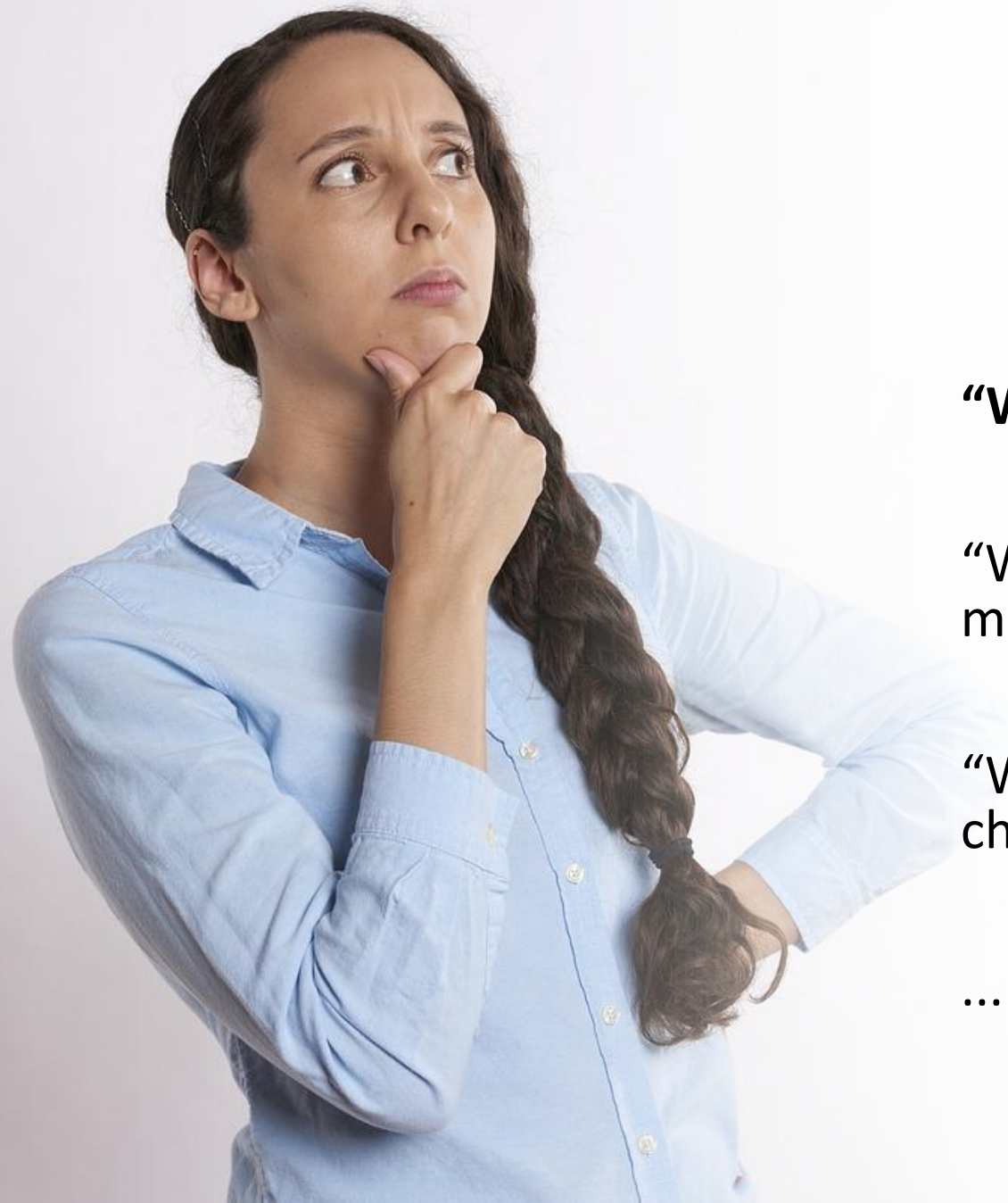


# Awareness



# Self-development





**“Why do I act the way I do?”**

“Why do I correct (all) the mistakes children make?”

“Why do I feel angry with children?”

...



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2. How can we develop as teachers?

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What am I like now?

Impatient with Tamás

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What would I like to become?

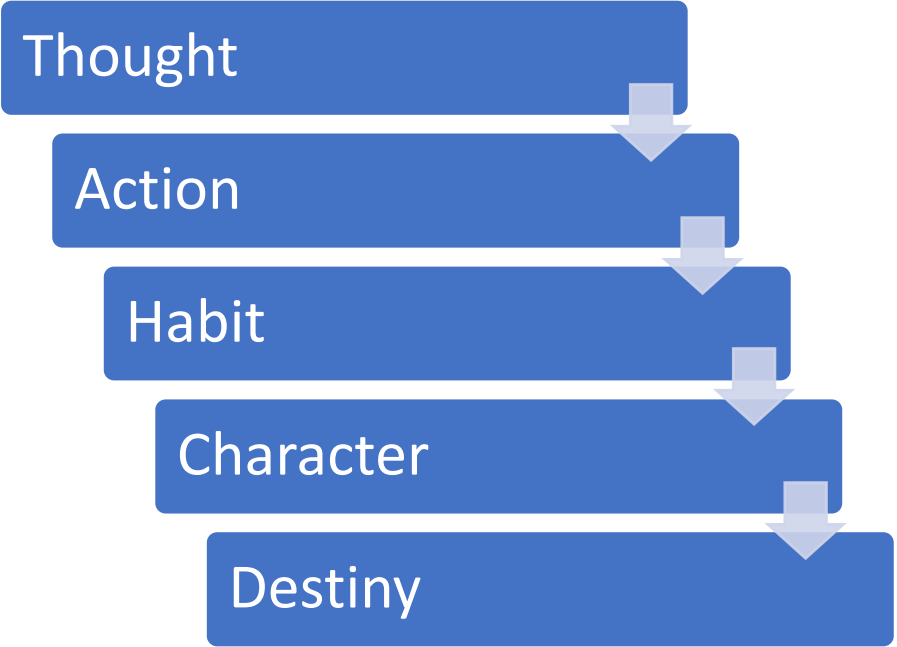
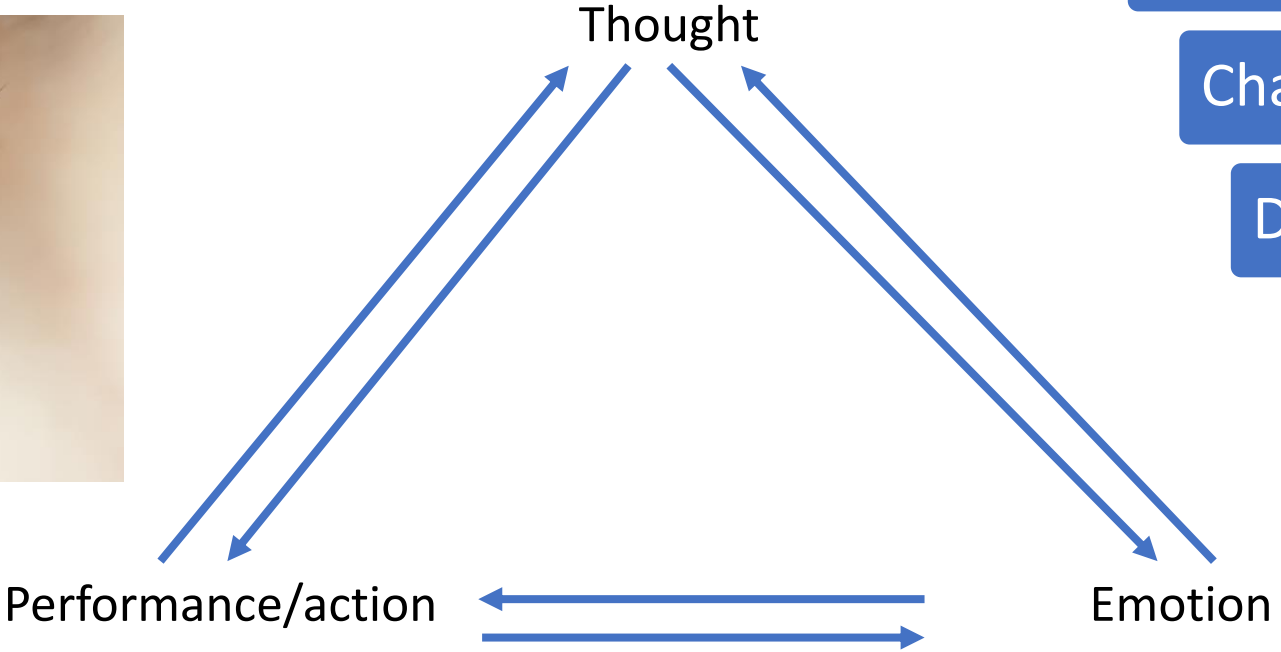
Patient with Tamás

So how do I do that?



Image by <https://pixabay.com/users>

# Awareness



# Self-development

## 1. How can I become more patient?

- **Observe**, be aware of my own emotions and reactions.
- Identify your thought pattern
- Regulate my own emotions and reactions.
- Listen better to understand him better.

# Now and my ideal teacher-self

Draw and write



Creating an open learning environment where anything is possible

Judgement free

Curious mode



Creating an open learning environment where anything is possible

What has been the most ***interesting*** thing you found out about today?





Imagine your ideal educator identity – Who do I want to become?

**Visualize it!**

**Draw it!**

**Write about it!**

**Talk about it!**

# Common self-awareness tools

- SWOT analyses / Strengths assessments
- Mindfulness meditation
- Tai Chi, Qigong, or Yoga
- Grounding techniques, reconnecting to Earth
- Journaling
- Observing others
- Creating a personal vision





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Recognizing emotions and developing focus

# Recognizing emotions and developing focus

1. How are you feeling? Cline  \_\_\_\_\_ 
2. Show the feeling. Walk-stop-look around.
3. Draw your feeling.
4. Reading (traditional) stories focusing on content and feelings.

# Recognizing emotions and **developing focus**

## **Silent activities**

- Observing sounds: Sounds of silence
- Yoga tree
- Observe a flower/spider/etc. and draw it
- Rhythm activities

# 21-day challenge

- Smile at yourself in the mirror every morning and say: *May you have a wonderful day!*
- In the morning think of someone you love. Keep and expand this emotion.
- Notice how you feel before you step into the school.
- Before falling asleep - 3 things I am grateful for
- Before falling asleep recall the main moments of your day backwards
- Repeat on 21 consecutive days



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Essentially, there is no education other than self- education, whatever the level may be. [...] Every education is self-education, and **as teachers we can only provide the environment for children's self-education.** We have to provide the most favourable conditions where, **through our agency,** children can educate themselves according to their own destinies.

Rudolf Steiner: The Child's Changing Consciousness, GA 306 – page 13







**One thing that went well today ...**

**One self-development tool or activity I would  
like to use is ...**

# Self-development in practice

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Nyári Akadémia 2023

THANK YOU

- <https://positivepsychology.com/self-knowledge/#important>
- <https://positivepsychology.com/learned-helplessness-seligman-theory-depression-cure>