Effective Emotional Literacy Programmes: Teachers’ Perceptions

Paper One: Teachers’ perceptions of promoting emotional literacy.

Paper Two: An evaluation of a personalised approach to teaching EL devised by the teachers themselves.

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Submitted by Nuhaila Al- Rawahi to the University of Exeter as a thesis for the degree of Doctor of Educational Psychology in Educational, Child & Community Psychology, September 2010.

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I certify that all material in this thesis which is not my own work has been identified and that no material has previously been submitted and approved for the award of a degree by this or any other University

Signature .................................................................
Acknowledgments

I dedicate my thesis to all those who have touched my life and have made me who I am today.

I dedicate this to my childhood friends. I have kept you all close to my heart and relished in nostalgia when I needed to push away my research blues.

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Abbreviations and Definitions

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<tr>
<td>EPS</td>
<td>Educational Psychology Service</td>
</tr>
<tr>
<td>EP(s)</td>
<td>Educational Psychologist(s)</td>
</tr>
<tr>
<td>PATHS</td>
<td>Promoting Alternative Thinking Strategies</td>
</tr>
<tr>
<td>NA</td>
<td>New Approach (Research school’s personalised approach to teaching Emotional Literacy.</td>
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<td>EL</td>
<td>Emotional Literacy</td>
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<td>EI</td>
<td>Emotional Intelligence</td>
</tr>
<tr>
<td>MSCEIT</td>
<td>Mayer, Salovey and Caruso Emotional Intelligence Test.</td>
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<tr>
<td>SDQ</td>
<td>Strengths and Difficulties Questionnaire.</td>
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<tr>
<td>ABCD model</td>
<td>Affective-Behavioural-Cognitive-Dynamic Model</td>
</tr>
<tr>
<td>SEN</td>
<td>Special Education Need</td>
</tr>
<tr>
<td>KS2</td>
<td>Key Stage Two</td>
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<td>SPSS</td>
<td>Statistical Package for the Social Sciences</td>
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<td>PSHCE</td>
<td>Personal Social Health and Citizenship Education</td>
</tr>
<tr>
<td>SEAL</td>
<td>Social and Emotional Aspects of Learning</td>
</tr>
<tr>
<td>NC</td>
<td>National Curriculum</td>
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