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## **DEVELOPMENT OF SOCIAL-EMOTIONAL SKILLS IN FUTURE SEAFARERS BY TEACHING ENGLISH**

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Social-emotional learning (SEL) is defined by psychologists as a process through which individuals acquire and apply the knowledge, attitudes, and skills necessary to understand and manage emotions. The concept of SEL is based on the idea that the human brain functions in both rational, or cognitive and emotional ways. Both of these modes of thinking are essential for the process of cognition. Therefore, it is important to actively engage both of these modes in educational settings. The skills acquired through this learning strategy make it easier to set and achieve positive goals, establish and maintain constructive relationships as well as make responsible decisions [1, 3].

With regard to educators, it is believed that social-emotional skills form the basis for emotional intelligence, a concept that is commonly interpreted as the ability to perceive, express, and regulate emotions. There are four basic SEL competencies: essential for effective interpersonal relationships:

- the capacity to comprehend one's own and others' emotions, as well as the ability to empathize with others, are essential for effective interpersonal relationships.
- the capacity to think positively, or a positive outlook and values that encourage social cohesion and respect for others.
- the capacity to make responsible decisions, including the ability to set socially useful and realistic goals and participate in their achievement.
- the capacity to interact socially in a constructive manner, including the capacity to resolve conflict peacefully, demonstrate flexibility, and engage in cooperative behavior, while also being able to express one's point of view in a clear and acceptable manner [2, 4].

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Those who possess the aforementioned abilities are able to understand both their own emotions and those of others. Those with these skills are able to emotionally adapt to a changing environment, treating others with greater respect and promoting social well-being.

It is evident that SEL is of crucial importance for future seafarers, for a number of reasons. As is well known, the work of a ship's crew is a teamwork that requires the effective collaboration of all members of the team. SEL enables the development of seafarers' key skills they need to work effectively in a team environment, including communication, empathy and collaboration. These skills are essential for effective teamwork in a maritime context. According to experts, "effective teamwork is a cooperative process that allows ordinary people to achieve extraordinary results" [3]. And the seafarers themselves agree that it's all about working together as one team, with everyone pulling their weight and working towards a common goal.

Among the main characteristics of seafarers' effective teamwork the researchers have identified strong communication, mutual respect amongst team members, adaptability, and a balance between individual and team success. The optimal environment for successful teamwork is one that is characterized by mutual respect and where each member values the skills, abilities and inputs of their teammates. It is essential that seafarers feel a sense of belonging and connection to their team. This fosters an open and honest communication between them, which in turn makes it easier to exchange ideas and resolve conflicts [4, 6].

SEL also promotes the development of cultural sensitivity and understanding. The composition of a ship's crew is typically diverse, comprising individuals from various national backgrounds. As stated earlier, the ability of these individuals to work together in an effective and unified manner is crucial for the safe operation of the vessel. SEL can help seafarers in effectively navigating cultural differences and creating a positive work environment.

Furthermore, SEL enables seafarers to develop resilience, emotional stability, and coping mechanisms to effectively manage stress, maintain well-being, and adapt to the demands of life at sea. It is of the utmost importance given challenges faced by

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those who live and work at sea. The nature of the work is such that periods away from home are lengthy, isolation is a constant, and the conditions under which work is carried out are often demanding [6, 7].

It is difficult to overestimate the importance of open communication within a team. It is possible that conflicts may arise on board due to a number of reasons, including differences in opinion or stressors related to work or personal matters. A team is only truly effective when there is open and honest communication between its members. This enables the team to exchange ideas and resolve conflicts more effectively. SEL is claimed to equip seafarers with the skills needed to resolve conflict constructively, thereby maintaining a harmonious atmosphere on board. Among the most important conflict resolution skills, SEL places great emphasis on active listening, a no-blame policy, and maintaining composure – that is, following communication standards. These rules and best practices govern how, when, and what to communicate in different situations and through different channels [4, 6].

The integration of SEL into English lessons enables teachers to facilitate the development of both linguistic competence and social-emotional competencies in students. This approach equips them with valuable skills for personal growth, academic success, and positive relationships in the future. The objective can be achieved through the implementation of various teaching and learning strategies.

Firstly, it is recommended that students utilize textual sources in their studies, if the topic allows for it. For instance, students may wish to consider the advantages and disadvantages of a seafarer's career, experiencing emergencies at sea, giving first aid on board, working environment in a mixed crew, and marine pollution prevention. Moreover, following the reading of sea stories or the investigation of marine accidents, students can engage in discussions about the characters' experiences, motives, causes of their troubles and conflicts, and so on.

Such learning strategies as solving problems together or making presentations also highlight the importance of effective communication, active listening, and respectful collaboration throughout the project.

Role-playing and simulations are highly effective teaching strategies that can significantly enhance student engagement, motivation, and learning outcomes. Engaging students in role-plays or simulations teaches them to step into the shoes of different characters and explore their perspectives, emotions, and relationships.

Students can also develop their self-awareness, emotional expression, and critical thinking skills by practicing writing skills through activities such as journaling (keeping records of personal experiences, thoughts, and feelings), creative writing or response (reflective) essays. This can be in any format that is not typical of professional, academic, or technical forms of written work.

The integration of SEL in English classes offers numerous advantages to our students. These include improved academic achievement, enhanced student well-being, and increased learner engagement. The social skills they acquire will be expressed in the ability to respect social norms, treat others fairly, impartially and honestly, be aware of and consider cultural differences, and effectively navigate interactions in different cultural contexts. The ability to manage emotions will assist seafarers in navigating challenging situations and relationships with colleagues and superiors. By becoming more self-aware, seafarers can improve their emotional intelligence and learn to cope with emotional exhaustion.

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## РОЛЬ «CASE STUDY» В ПІДГОТОВЦІ МАЙБУТНІХ ФАХІВЦІВ У ЗАКЛАДАХ ВИЩОЇ ОСВІТИ

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## THE ROLE OF "CASE STUDY" IN THE TRAINING OF FUTURE SPECIALISTS IN HIGHER EDUCATION INSTITUTIONS

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**Abstract.** The article reveals the essence of the case method, its goals and tasks, the place and significance of the method in foreign language classes; the peculiarities of the case method, its principles, structure, and influence on the formation of quality