

From engagement to excellence: Cultivating well-rounded learners with SEL

SPELT invites you to an engaging session exploring the transformative power of Social and Emotional Learning (SEL). Through interactive discussions and practical tips, you'll gain valuable insights on:

- The core principles and benefits of SEL
- Effective strategies for integrating the principles of SEL into your teaching practices
- Approaches to address common classroom challenges

The session will empower you to create a thriving learning space where students flourish academically, emotionally, and socially.



Sarah Khan is a doctoral student in Psychology specializing in Social and Emotional Learning (SEL) at the University of Karachi. With over five years of experience, she is passionate about designing and implementing SEL programs that empower students. Sarah has improved student outcomes by 38.5% through her research-driven SEL intervention. Her expertise is translating research into practical strategies and developing engaging SEL curriculum and assessment tools promoting evidence-based decision-making.

Day: Saturday

Date: March 30, 2024

Time: 12:00 to 01:00pm

Fasih Raza

Associate Chair, Professional Development
Council (2022-24)
raza.fasih2@gmail.com

Join Zoom Meeting

[https://us02web.zoom.us/j/89598000396?
pwd=SDJnaGxqZkZyTHFDZ2NiRTNiTDZtUT09](https://us02web.zoom.us/j/89598000396?pwd=SDJnaGxqZkZyTHFDZ2NiRTNiTDZtUT09)

Meeting ID: 895 9800 0396

Passcode: ACD-473

spelt.org.pk

www.facebook.com/headofficespelt

www.linkedin.com/company/headofficespelt

<https://www.instagram.com/speltheadoffice/>

SPELT Registered Office

SPELT House: No. 101 First Floor Plot No. C-28 Kh-e-
Ittehad, Lane 12 Phase II Ext. D.H.A, Karachi.

Tel. No (021) 35313731, 35313733, 5313734, 38884192

Mobile No. 0333-3754250

E-mail: speltheadoffice@gmail.com