

# Social and Emotional Learning (SEL) – A Comprehensive Support for Students, Educators, and Parents

**Speaker: Dr. Virginia Tze**  
University of Manitoba

Dr. Virginia Tze is currently an assistant professor in the Department of Educational Administration, Foundations and Psychology, University of Manitoba. Tze received her PhD in school and clinical child psychology from the University of Alberta, and she is a registered psychologist with the Psychological Association of Manitoba. Her research focuses on social-emotional learning, including emotional management, attribution theory, self-regulation, and cultural diversity. She has published articles in peer-reviewed international journals, such as *Contemporary Educational Psychology* and *Educational Research Review*, and premier educational handbooks (e.g., *Teacher Motivation: Theory and Practice*). Tze has presented her research work at local, national and international conferences and has served as an ad-hoc reviewer for leading journals (e.g., *Learning and Instruction*).

**Date: 19 May 2020 (Tuesday)**

**Time: 9:30 am – 11:00 am**

**Zoom link and meeting ID:**

**Join Zoom Meeting**

<https://cuhk.zoom.us/j/92775088043?pwd=eEFObXQ4d0NsendaendIUjVJY2Fsdz09>

**Meeting ID:** 927 7508 8043

**Password:** 549227

## **Brief Introduction:**

Social and emotional skills not only are important for academic success but also are critical for psychological well-being, career success and life satisfaction. In this seminar, I will first share how my research program has meaningfully addressed different social and emotional competencies. I will discuss a representative study in detail. This study investigates an emotion—boredom—that is commonly experienced by many students and affects a wide range of adaptive learning behaviours. However, because of its less disruptive manifestations, boredom has received comparatively far less attention than other emotions (e.g., anxiety and enjoyment). In the seminar, I will highlight some key and interesting findings and discuss the significance of this representative study in advancing the field of educational psychology. Furthermore, I will talk about a few new research projects that are informed by this representative study and will share some exciting on-going research projects which are supported by competitive internal and external funding (American Psychological Association, and Social Sciences and Humanities Research Council of Canada). Building on my scholarly record, I will share my views toward three well-thought-out research plans to be conducted at the Chinese University of Hong Kong and my vision to set up a Social and Emotional Wellbeing Consortium in the Faculty of Education. Achieving academic success is important, it is equally crucial for our next generation to have strong social and emotional competencies. I look forward to virtually meeting with you and discussing my research in this upcoming seminar.

