MARCH 2023

LEARN FOR LIFE LANKA

WHO ARE WE?

Learn for Life Lanka is a small yet committed organization comprising Sri Lankan professionals of various backgrounds who are passionate about contributing to the development of Sri Lanka through uplifting the education system and specifically contributing to the teaching and learning process. The founders set up the organization because they strongly believe that to tackle the economic and social needs of Sri Lanka, students need to be taught social and emotional skills and provide them with exposure to the world of work to create a generation that has the mindset and skills for the 21st century.

TEACHER AWARENESS SESSION AT ST. ANTHONY'S BALIKA VIDYALAYA

We ran an awareness session on socio-emotional learning skills for the academic staff at St Anthony's Balika Vidyalaya Colombo-09. During the session, we talked to them about what SEL is, why it is essential for a country like Sri Lanka, and our organization's work around SEL and discussed the issues they face as teachers on a daily basis too.















OUTREACH AT ST. ANTHONY'S BALIKA COLLEGE

We got the opportunity to conduct a session on Growth Mindset for a group of teenagers at St Anthony's Balika Vidyalaya Colombo-09 following the teacher awareness session conducted there. We discussed with them how important it is to try to change from a fixed mindset to a growth mindset and how doing so will help them achieve more in life. We also helped them understand that intelligence or smartness isn't something that is set in stone but can change over time with hard work, the use of effective strategies, and help from others when necessary.









CLOSURE SBR LOCALISING COMMITEE MEETING

We held the closure Strengths-Based Resilience Manual Localizing Committee meeting in Colombo to discuss potential challenges and obstacles faced by teachers when it comes to teaching soft skills such as empathy, positive communication, positive relationships, gratitude, growth mindset, and mindfulness in the classroom and come up with pedagogical strategies and methods to circumvent them. The committee members representing the educators from the Foundation of Goodness, SOS Children's Villages, and teachers representing local schools took part in the meeting and presented their strategies and designs.



OUTREACH AT THE FOUNDATION OF GOODNESS

We ran the third session of the L4LL SEL session series at the Foundation of Goodness in Seenigama on Positive Relationships. In the session, we talked to a set of teens about the concept of positive relationships, the importance of it, and how through empathetic understanding and respect they can build positive and symbiotic human connections for them to flourish in life. The session was full of activities and other engrossing segments to enhance their receptivity to the concepts taught.





AWARENESS SESSION AT SOUL SOUNDS ACADEMY

We got the opportunity to run a brief awareness session on Growth Mindset for a group of teenagers at Soul Sounds Academy Sri Lanka. We talked to them about the concept of growth mindset and why it is important for them both as human beings and as aspiring artists. We also discussed the theory of Multiple Intelligences developed by Howard Gardner.



PROGRAMME AT THE NATIONAL INSTITUTE OF EDUCATION

We got the opportunity to conduct a programme at the National Institute of Education on Growth Mindset. Teacher trainers representing the Regional English Support Centres across the island took part in this hybrid programme where we discussed the concept of growth mindset, the science and research behind it and to top it all off how by positively reframing the day-to-day classroom language of teachers to instill in children a sense of hope through promoting the power of yet can make a huge difference in the way they perceive school and learning to thrive in their lives.



