

Integrating AI and Holistic Approach for Comprehensive ESL Learning: Enhancing Well-Being and Proficiency

Sunday, 28 July 2024 10:30 (1 hour)

This workshop utilizes Artificial Intelligence (AI) to generate content for activities based on the PERMA model of Positive Psychology, enhancing ESL teaching and supporting holistic student development. The PERMA model, which stands for Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment, is integrated through AI-generated content to enrich various ESL teaching scenarios, from basic interpersonal communication to advanced linguistic tasks. This approach not only boosts students' linguistic skills but also addresses their overall well-being.

Drawing on Marc Helgesen's application of Positive Psychology in ESL (Helgesen, 2016), this workshop illustrates how integrating elements of happiness, such as those defined by the PERMA model, can significantly enhance educational outcomes, fostering higher academic performance and increased motivation (Oishi et al., 2007; Seligman et al., 2009). By employing AI to create content that embeds these psychological principles into language learning activities, educators can offer a more supportive and effective learning environment.

Participants will learn how to use AI to develop activities that seamlessly integrate the principles of Positive Psychology into their teaching practices. This innovative approach promotes a holistic educational experience that not only improves language proficiency but also enhances students' personal growth, making ESL learning more engaging and fulfilling.

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Session Classification: Workshops

Track Classification: Teaching Methods and Applied Linguistics