

## Social Competence:

**A complex set of sensing: thinking: doing strategies**

**Monday 6<sup>th</sup> – Wednesday 8<sup>th</sup> November 2023**

**Aerial UTS Function Centre**

**University Technology - Building 10, Level 7**

**235 Jones Street, Ultimo – Sydney**

**9:00am – 4:30pm**

Maintaining relationships and interacting socially are essential aspects of successful participation in almost all areas of occupational performance of childhood and adolescence. Social competence is a complex, interconnected and negotiated set of sensory, cognitive and emotional strategies which are unique to each child. They enable children to independently navigate their social world, to know how to act in different social situations, to interact with peers and adults, to form/maintain friendships, to understand the needs of others and to handle challenging social situations effectively.

Children and young people who struggle with social competence are more likely to experience difficulties in forming lasting and supportive relationships and be at greater risk for bullying, peer/social rejection and loneliness. Over time, this may lead to the development of detrimental outcomes, such as poor academic achievement, behavioural problems, anxiety, depression, and poorer outcomes in mental health & wellbeing as teens and adults.

Rather than viewing use of social strategies in isolation, or within a 'normal/typical' framework, this workshop will assist participants to utilise their knowledge of the interaction of individual contextual, psychosocial, and performance factors to assess and support social participation in an occupation-centred manner.

### Workshop Objectives

At the end of this workshop, participants will:

- Understand the various components that underpin social competence, including
  - Learning how to regulate personal behaviour when needed
  - Acquisition of effective interpersonal and relationship knowledge
  - Development of self-awareness and a positive self-identity
  - Development of cultural competence
  - Adoption of social values
  - Know how to use a variety of instructional strategies to help children to develop planning and decision-making thinking strategies which support social interaction
  - Acknowledge the need to be respectful of diversity in social interactions
- Use an occupational performance framework to understand the strengths and challenges which children experience as they participate in daily occupations which have a social component
- Design strategic interventions that provide tools for children/teens to develop their social capabilities and enhance their participation across environments

This three day workshop is suitable for occupational therapists.

## About the Presenter

**Dr Chris Chapparo** PhD, MA, DipOT

Dr Chapparo is widely recognised on an international level for her contributions to occupational therapy through teaching, research and community service activities. Dr Chapparo has co-authored the Occupational Performance Model (Australia). Dr Chapparo has interests in cognition, management of sensory/ motor problems in children and adults and occupational therapy theory.

Dr Chapparo is a founding member of Sensory Integration International and the Australian SI Faculty and she is a neurodevelopmental therapy instructor. Her research interests lie in the areas of children's information processing and social participation.

**Registrations** for this workshop are now open at [www.zimei.com.au](http://www.zimei.com.au) Further workshop enquires can be directed to Zi Mei Events at [info@zimei.com.au](mailto:info@zimei.com.au) or (07) 3358 3689.