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**Title**

Training emotional and social competences in higher education : the seminar methodology / Ursula Oberts ...

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**Abstract**

This article discusses the importance of emotional and social competences in higher education and presents a training model. In 1991, Ramon Llull University of Barcelona (Spain) created the Seminar methodology to tackle these challenges. A general model derived from the Emotional Intelligence concept and the general principles of this methodology are explained. As an example, a pilot programme for training emotional and social competences in an undergraduate major study is presented. Our perspective and experience from this programme may be useful in training academic professions where interpersonal and/or intrapersonal capacities are important competences to be developed. We propose rethinking the mission of the university by including the training of emotional and social competences, especially in view of the ongoing Bologna Process. (HRK / Abstract übernommen)