



SEL Social Emotional Learning

Educate hearts, inspire minds, and equip students to navigate the world

Lindsay London, MS Ed, LMHC

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Why are we here at this session and what is the goal?

- ▶ What does social and emotional learning mean to you?
- ▶ Why is this an important session for you to attend?
- ▶ What is your goal for today?



Personal Learning Experiences

- Think about your *favorite* learning experience (as a teacher or a student)
 - What role did your emotions take in that learning experience?
 - What role did your social interaction take in that learning experience?

- Think about your *least favorite* learning experience (as a teacher or student)
 - What role did your emotions take in that learning experience?
 - What role did your social interactions take in that learning experience?

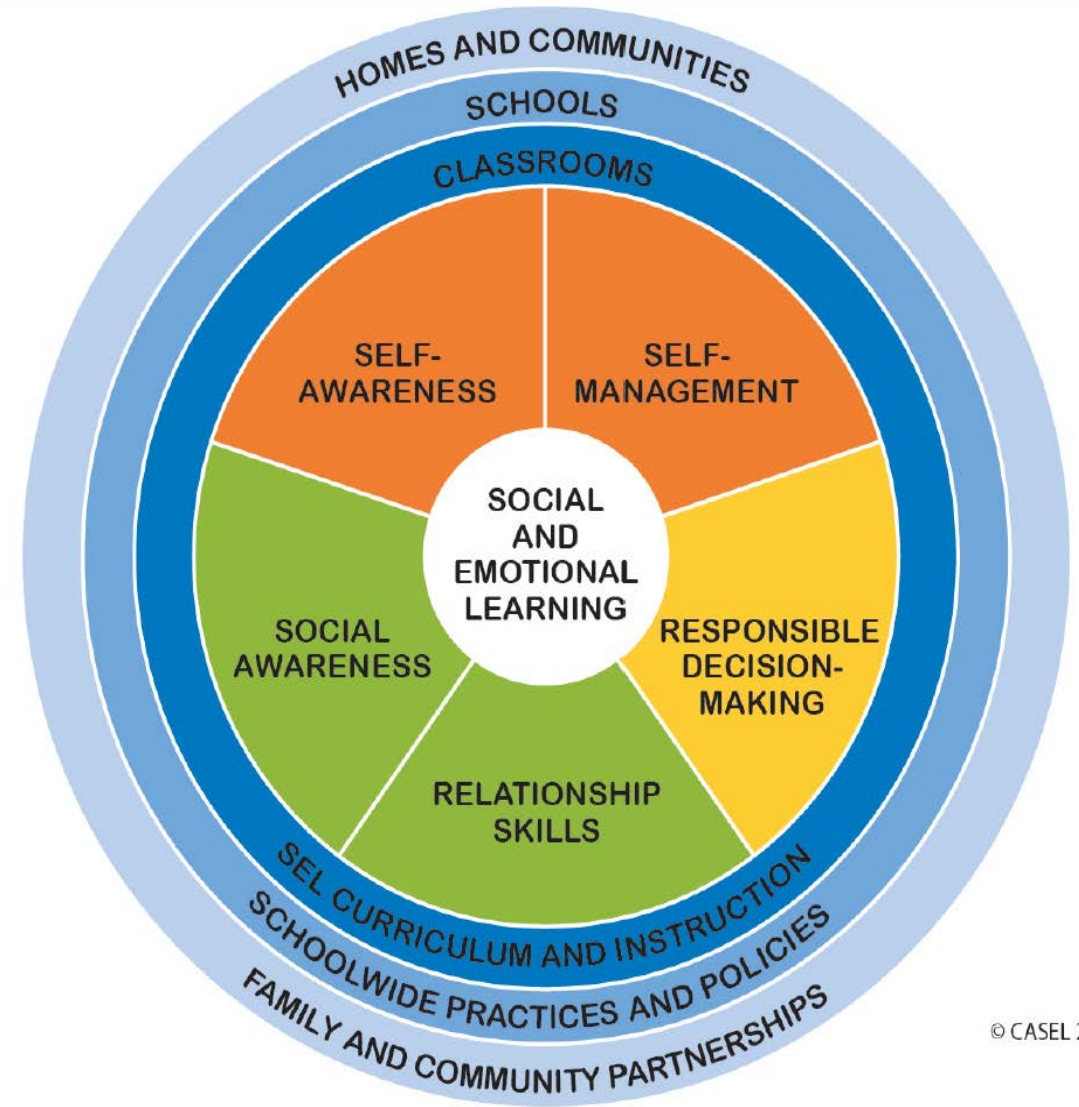


What is SEL?

- ▶ According to CASEL (The Collaborative for Academic, Social, and Emotional Learning), the following is a definition created two decades ago:
 - ▶ Social and Emotional Learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for each other, establish and maintain positive relationships, and make responsible decisions.
- ▶ <https://casel.org/what-is-sel/>

Framework for SEL

- **Self-awareness**: knowing your strengths & limitations—growth mindset
- **Self-management**: effectively managing stress, control impulses, and motivation to set & achieve goals
- **Social awareness**: Understanding the perspective of others and empathizing with them—including those from diverse backgrounds & cultures
- **Relationship skills**: Communicating clearly, listening well, and cooperating with others
- **Responsible decision-making**: Making constructive choices about personal behavior & social interactions based on ethical standards, safety, and social norms





Why is SEL important?

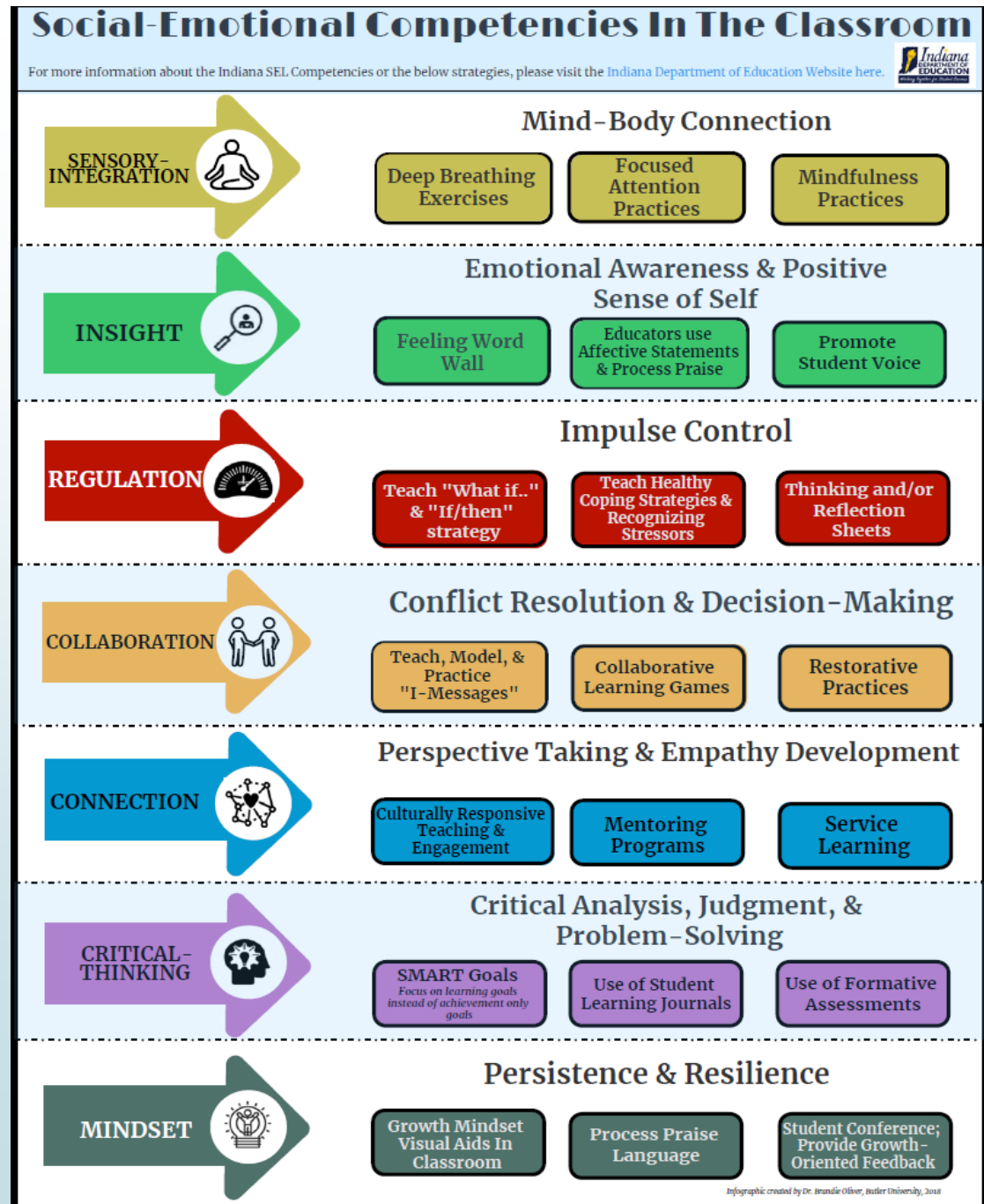
- ▶ According to the American Institutes for Research,
 - ▶ “Student learning is enhanced when teachers integrate SEL competencies with academic learning. For example, when students develop SEL competencies, they are more motivated to learn and be committed to school (as seen through improved attendance and graduation rates), and they are less likely to act out in class, get suspended, or be held back.”

Students who develop SEL competencies =

Increased motivation to learn ⇒⇒⇒higher graduation rates & improved attendance

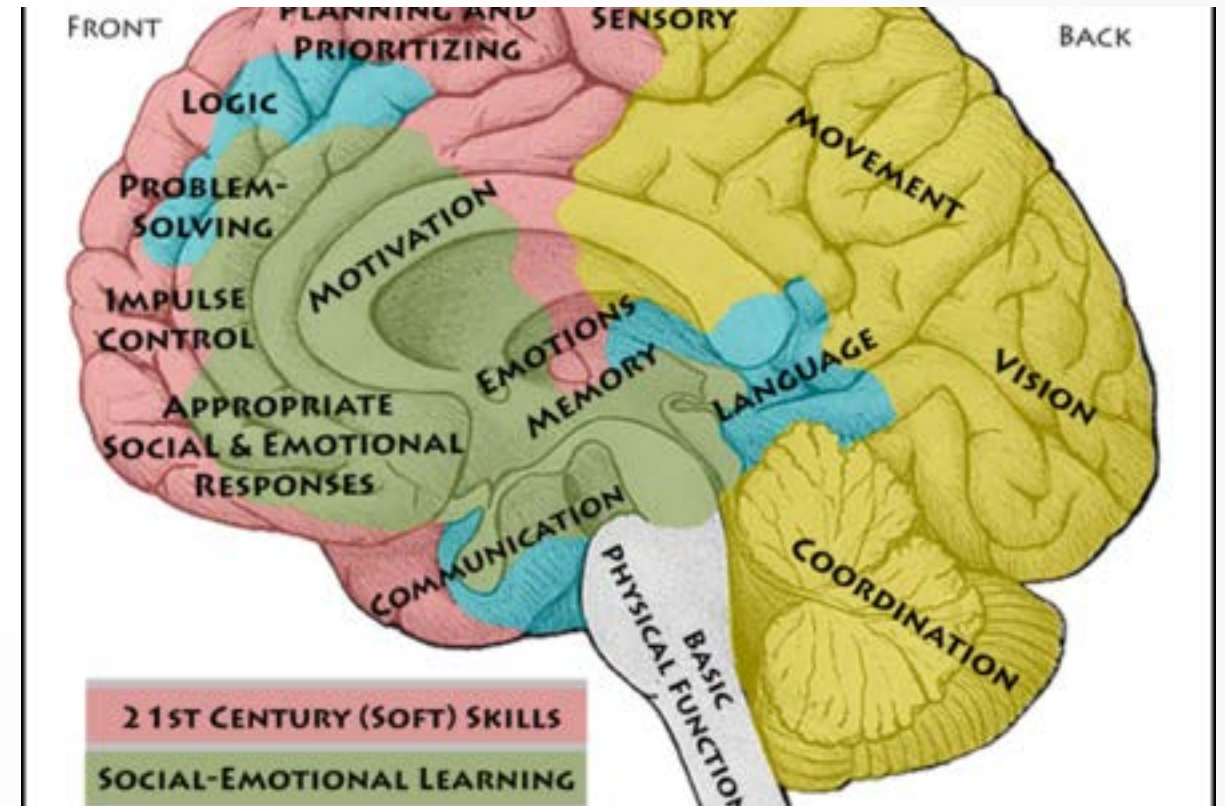
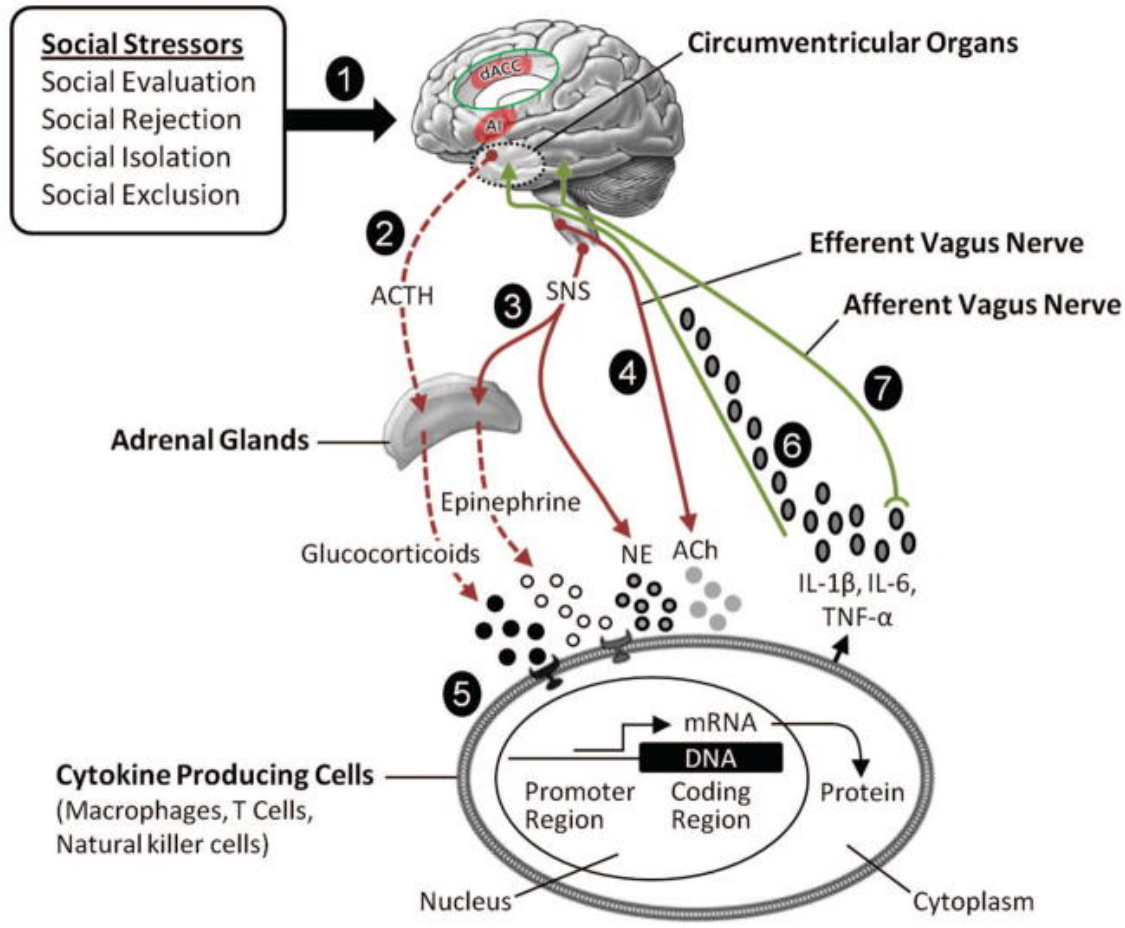
What competencies are we going to focus on for our students?

With a student becomes frustrated or confused by the content of common core state standards, they must learn how to persevere in order to meet these standards. If they don't know how to manage or regulate the emotions they have during school (joy, frustration, relief, jealousy, etc.), students' cognitive resources will be used to process their emotions rather than be used for academic learning.



The Brain

Social Learning & Emotional Regulation



Evidence of positive outcomes of SEL

ATTITUDES	BEHAVIORS	SCHOOL PERFORMANCE
Better sense of community	More class participation	Improved math, literacy, and social study skills
Higher academic motivation	Stronger pro-social skills	Higher achievement test scores (+14%)
Better understanding of consequences	Improved attendance	Higher grades(+11%)
Better coping skills	Reduction in discipline referrals	Improved metacognition skills
Increased attitude toward school & learning	On track to graduate	Improved problem-solving skills
		Improved planning skills
		Use of higher level reasoning skills
		Improvements in reading comprehension

Table [3]

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What is next?

- ▶ How do we move forward and keep integrating more and more SEL in our district?
- ▶ What resources would be helpful for you as we move forward?
- ▶ How can we work better as a team to meet the needs of all of our students?