

Healthy Climate Healthy Kids

Looking at Social and Emotional Competencies

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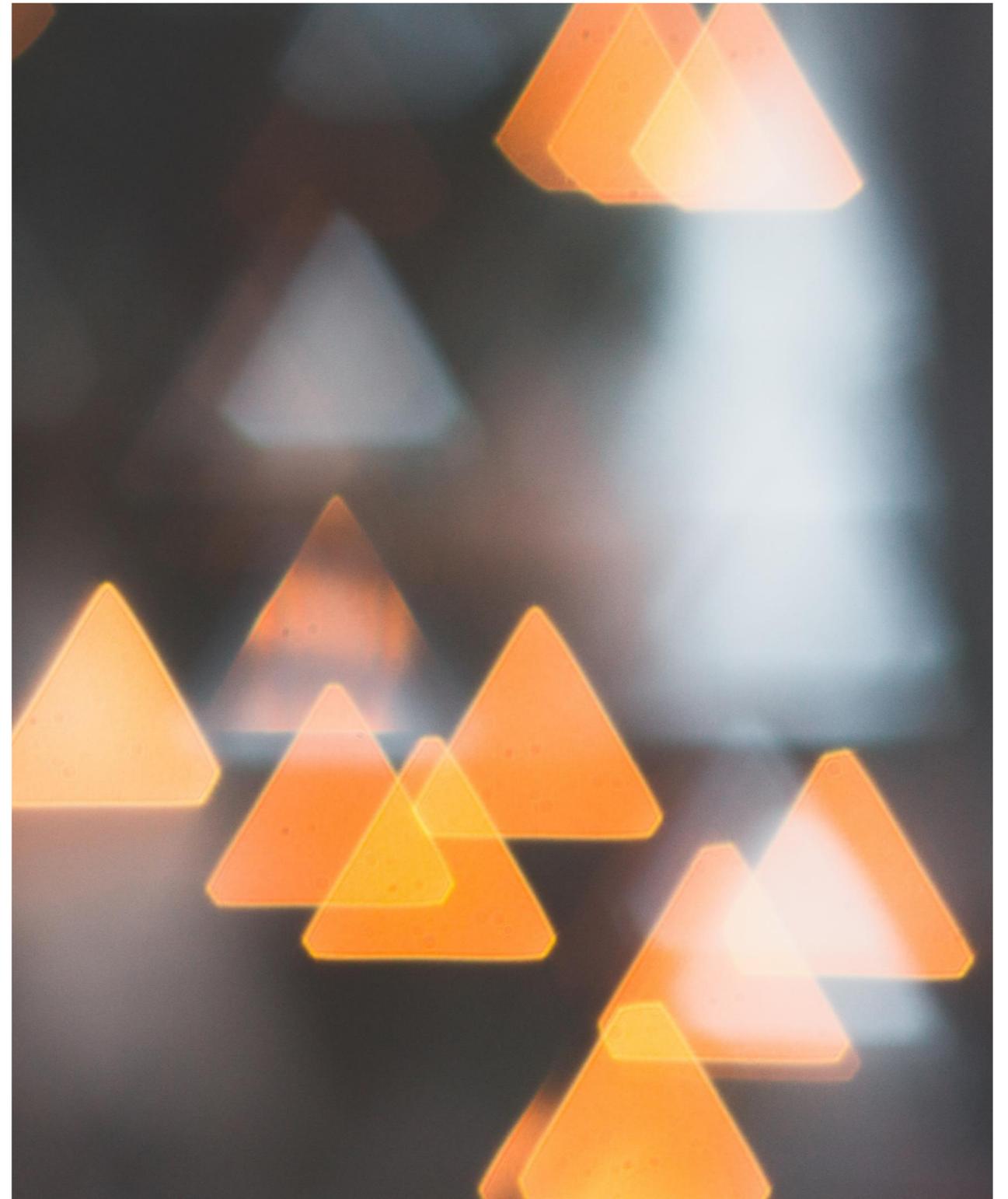


Objectives



Welcoming Ritual

- Write one word each to describe:
 - Something about yourself (self)
 - Something about this group (social)
 - Something about our work (responsible)



Introduction to Social and Emotional Learning



Identifying, Defining, and Measuring Social and Emotional Competencies Project



Source: Berg et al., 2018

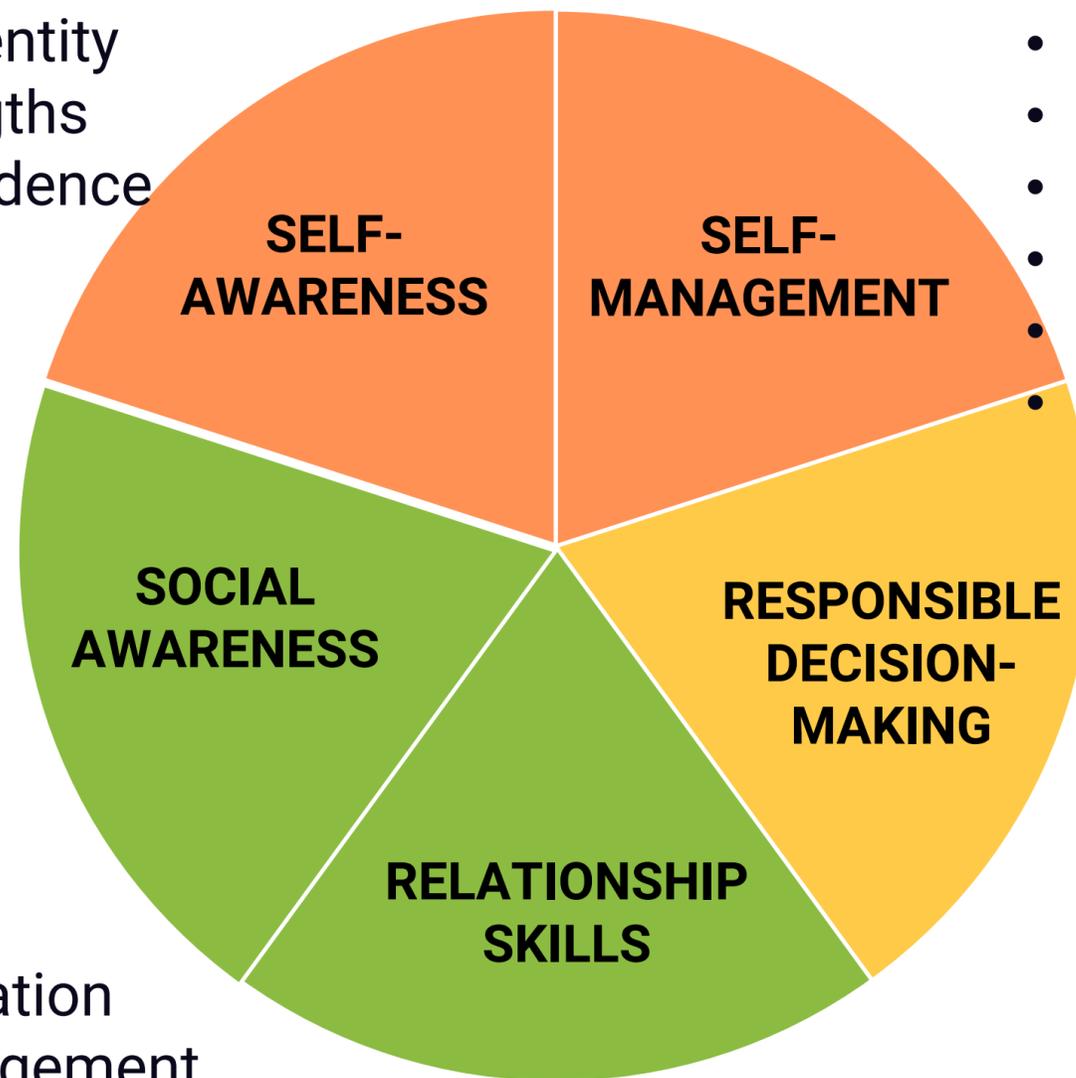


SEL is...

The process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

Social and Emotional Competencies

- Identifying emotions
- Self-perception/Identity
- Recognizing strengths
- Sense of self-confidence
- Self-efficacy



- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Perseverance
- Goal-setting
- Organizational skills

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others

- Communication
- Social engagement
- Building relationships
- Working cooperatively
- Resolving conflicts
- Helping/Seeking help

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility



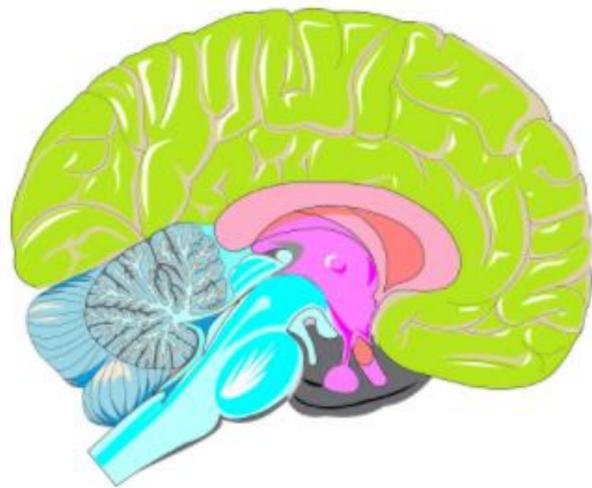
Social and Emotional Competencies

- Social and emotional competencies....
 - Develop across the lifespan.
 - Depend on context.
 - Reflect cultural norms.



SEL and Trauma

- Trauma can have an impact on development of social and emotional competencies
- *E.g., students may have difficulty managing emotions*



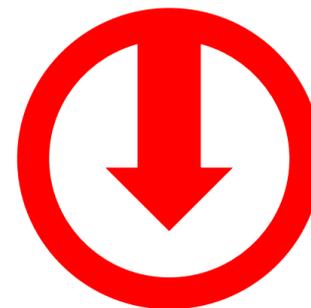
- SEL supports can help mitigate effects of trauma.
- *E.g., build student internal and external assets*
- *E.g., more connections made between emotional and thinking center of the brain*

SEL works: Compelling national evidence

Science Links SEL to Student Gains:



- Better social-emotional skills
- Improved attitudes about self, others, and school
- Positive classroom behavior
- 11 percentile-point gain on standardized achievement tests



- Fewer conduct problems
- Less emotional stress
- Lower drug use

...and adults benefit too



Teachers who possess social and emotional competencies are **more likely to stay in the classroom longer** because they're able to work more effectively with challenging students —one of the main causes of burnout.



Statistically significant associations between measured social-emotional skills in kindergarten and key young adult outcomes across multiple domains of **education, employment, criminal activity, substance use, and mental health.**

A System to Support Social and Emotional Learning

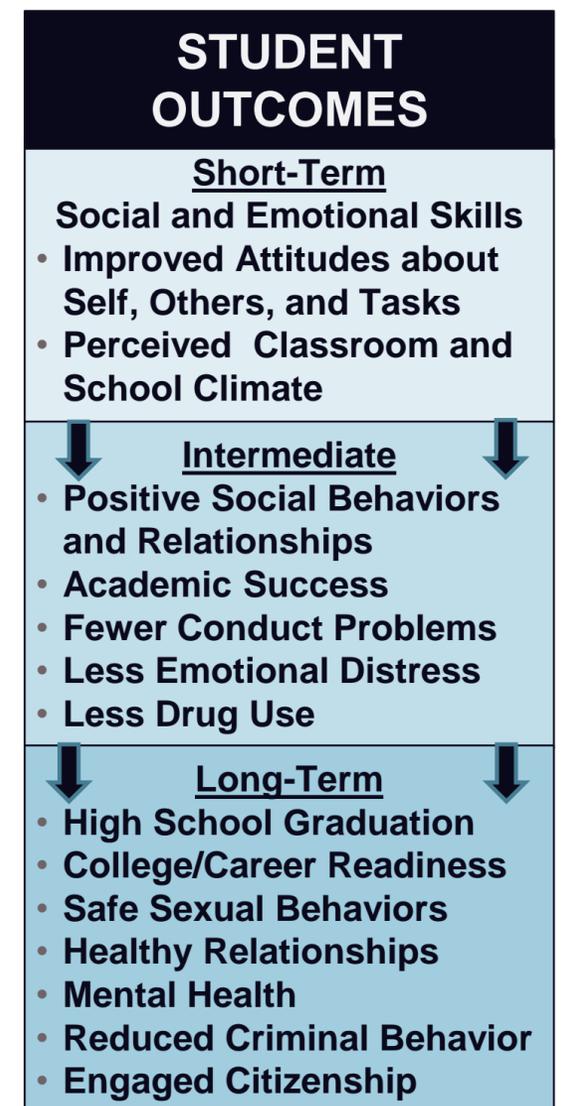


Framework for Systemic School and District SEL

How?

What? and Where?

Why?





Explicit SEL instruction

Students have consistent opportunities to cultivate, practice, and reflect on social and emotional competencies in ways that are developmentally appropriate and culturally responsive.



SEL integrated with academic instruction

SEL objectives are integrated into instructional content and teaching strategies for academics as well as music, art, and physical education.



Youth voice and engagement

Staff honor and elevate a broad range of student perspectives and experiences by engaging students as leaders, problem solvers, and decision-makers.



Supportive school and classroom climates

Schoolwide and classroom learning environments are supportive, culturally responsive, and focused on building relationships and community.



Focus on adult SEL

Staff have regular opportunities to cultivate their own social, emotional, and cultural competence, collaborate with one another, build trusting relationships, and maintain a strong community.



Supportive discipline

Discipline policies and practices are instructive, restorative, developmentally appropriate, and equitably enforced.



A continuum of integrated supports

SEL is seamlessly integrated into a continuum of academic and behavioral supports, which are available to ensure that all student needs are met.



Authentic family partnerships

Families and school staff have regular and meaningful opportunities to build relationships and collaborate to support students' social, emotional, and academic development.



Aligned community partnerships

School staff and community partners align on common language, strategies, and communication around all SEL-related efforts and initiatives, including out-of-school time.



Systems for continuous improvement

Implementation and outcome data are collected and used to continuously improve all SEL-related systems, practices, and policies with a focus on equity.

Responding to the demand:

National Commission on Social, Emotional, and Academic Development

Our nation is truly at a turning point: We now understand that social and emotional development underpin children's academic learning, growth, and success.

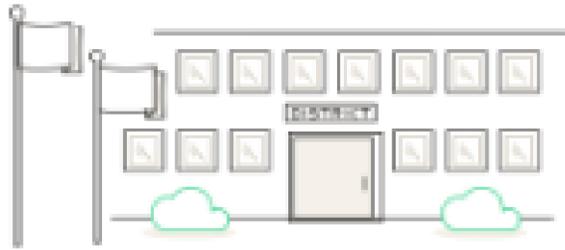
This understanding is fueling a growing movement of young people, educators, parents, researchers, leaders in business and civil rights and communities from across the country. Science has made clear that children learn best when we teach them as whole people, and schools and communities are recognizing that they can no longer separate academics and students' broader development.

- *A Nation at Hope* is the result of listening to the experiences and needs of young people, parents, teachers, school and district leaders, community leaders, and other experts.
- The report and recommendations, states, communities, educators, and families now have evidence-based, expert-backed ways to foster every student's social, emotional, and academic development



CASEL's tools and resources:

Support high-quality SEL implementation



SEL District Resource Center

Resources from districts where SEL programs, practices, and policies are working to support high-quality SEL implementation.

<https://drc.casel.org>



Schoolwide Guide to SEL

Guidance for systemic SEL implementation in a school.

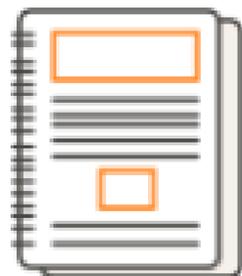
<https://schoolguide.casel.org/>



SEL State Resources

Sample policies and practices that support SEL.

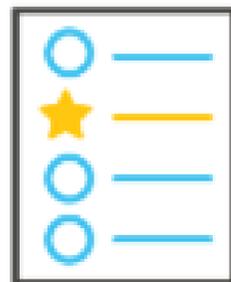
<https://casel.org/csi-resources/>



SEL Assessment Guide

Guidance to choose and use an SEL assessment.

<http://measuringSEL.casel.org/assessment-guide/>



Program Review Guides

Recommendations for selecting high-quality SEL programs.

<https://casel.org/guide/>



SEL Starts at Home

Resources to bring SEL into your home and community.

<https://casel.org/in-the-home/>



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