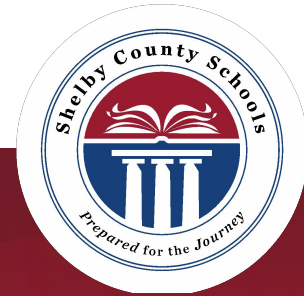


SEL

SOCIAL & EMOTIONAL
Learning



June 2019

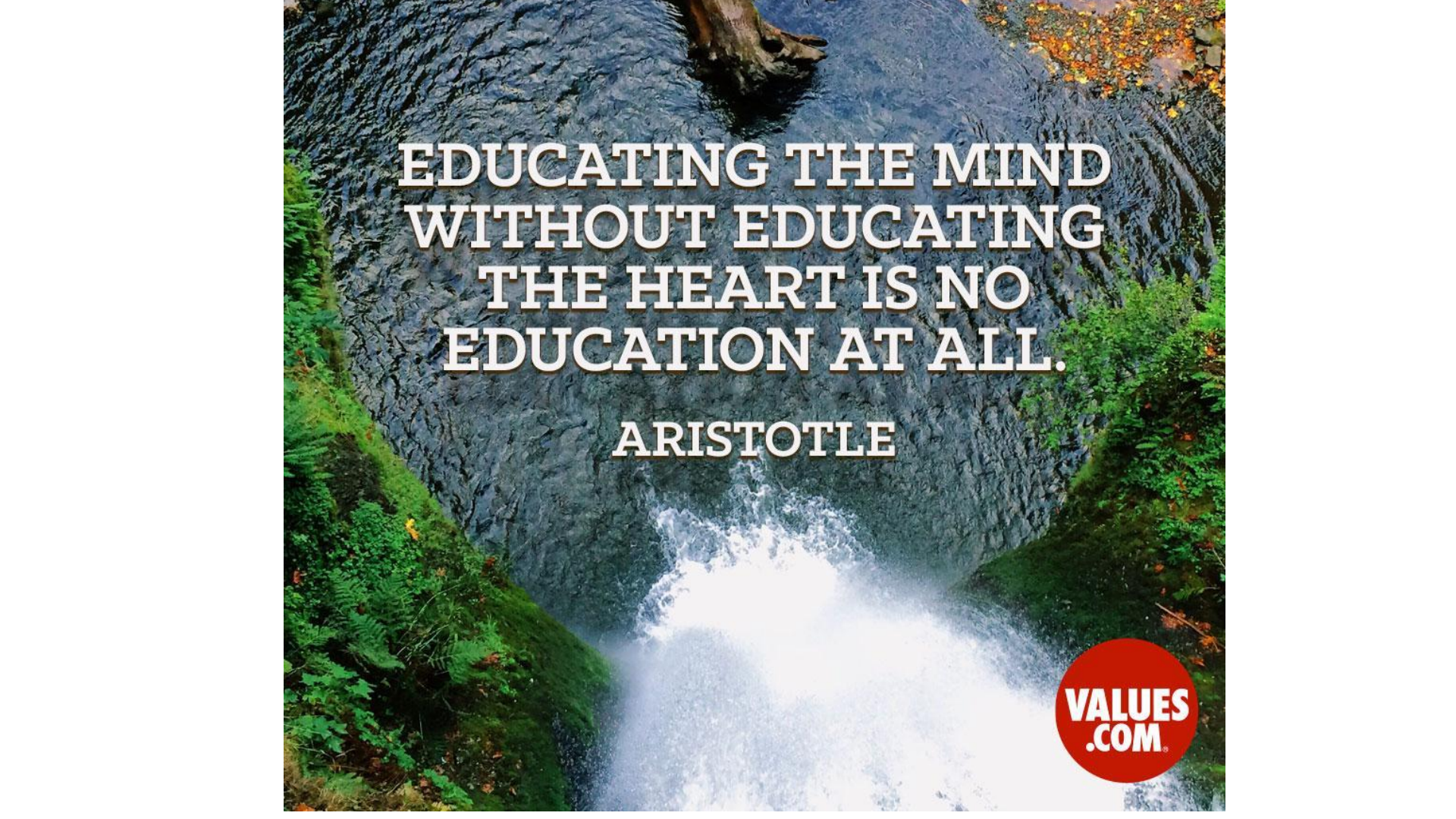
Overview & Implementation

Social Emotional Learning



Why?





**EDUCATING THE MIND
WITHOUT EDUCATING
THE HEART IS NO
EDUCATION AT ALL.**

ARISTOTLE

**VALUES
.COM**

THE VERDICT IS IN:

**SEL
MATTERS**

A new study reveals that students who participate in school-based programs focused on social and emotional learning benefit in multiple ways as compared to students who do not experience programming in social and emotional learning.

Check out these incredible findings!



9%
improvement
in prosocial
behavior



9%
improvement in
attitudes about
self, others,
and school



9%
reduction
in problem
behaviors



10%
reduction
in emotional
distress

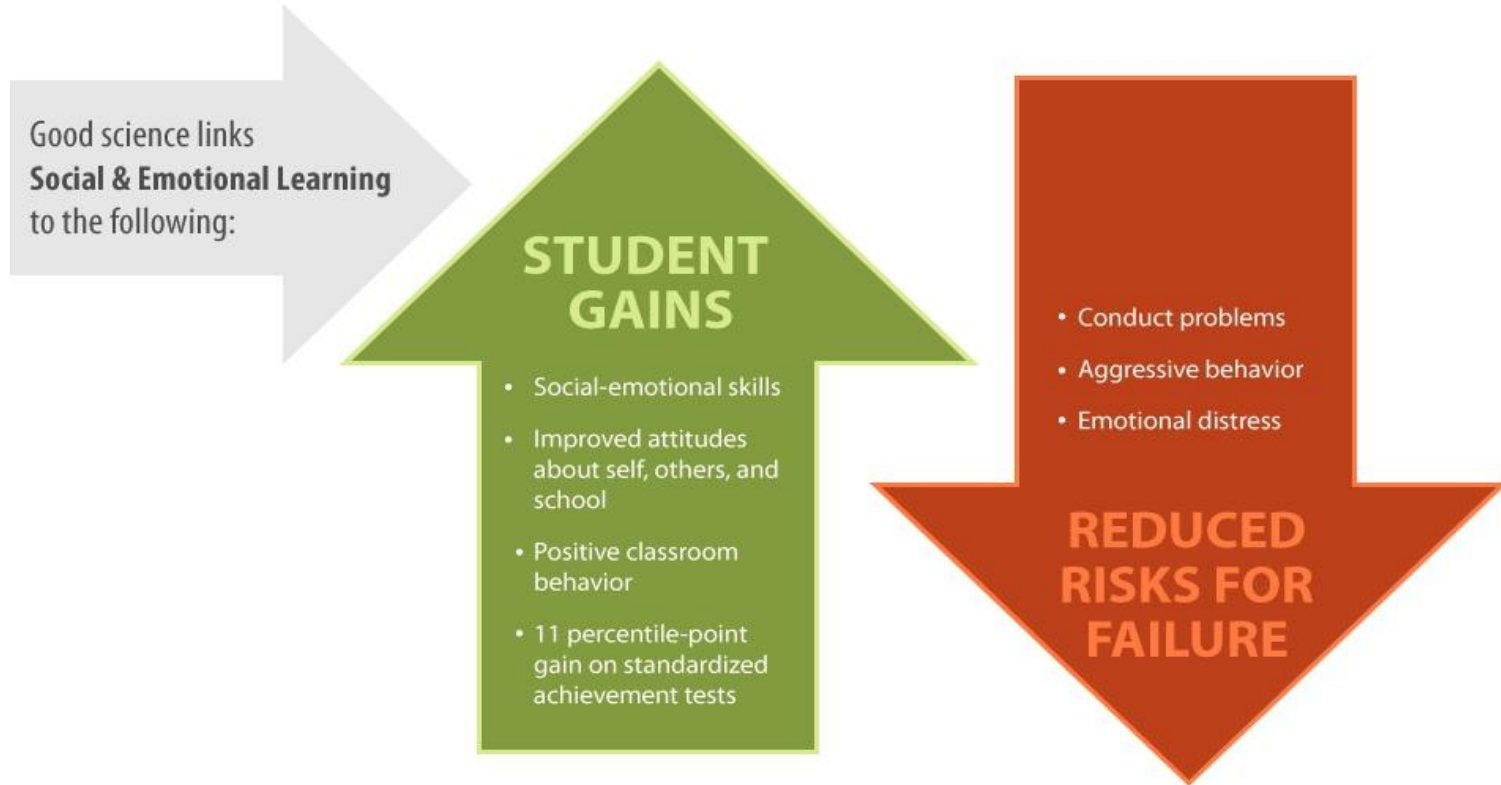


11%
increase in
standardized
achievement
test scores



23%
increase in
social and
emotional
skills

Benefits of Social and Emotional Learning



Source: Durlak, J.A., Weissberg, R.P., Dymnicki, A.B., Taylor, R.D., and Schellinger, K. (2011). The Impact of Enhancing Students' Social and Emotional Learning: A Meta-Analysis of School-Based Universal Interventions. *Child Development*, (82) 1, Pp. 405-432.

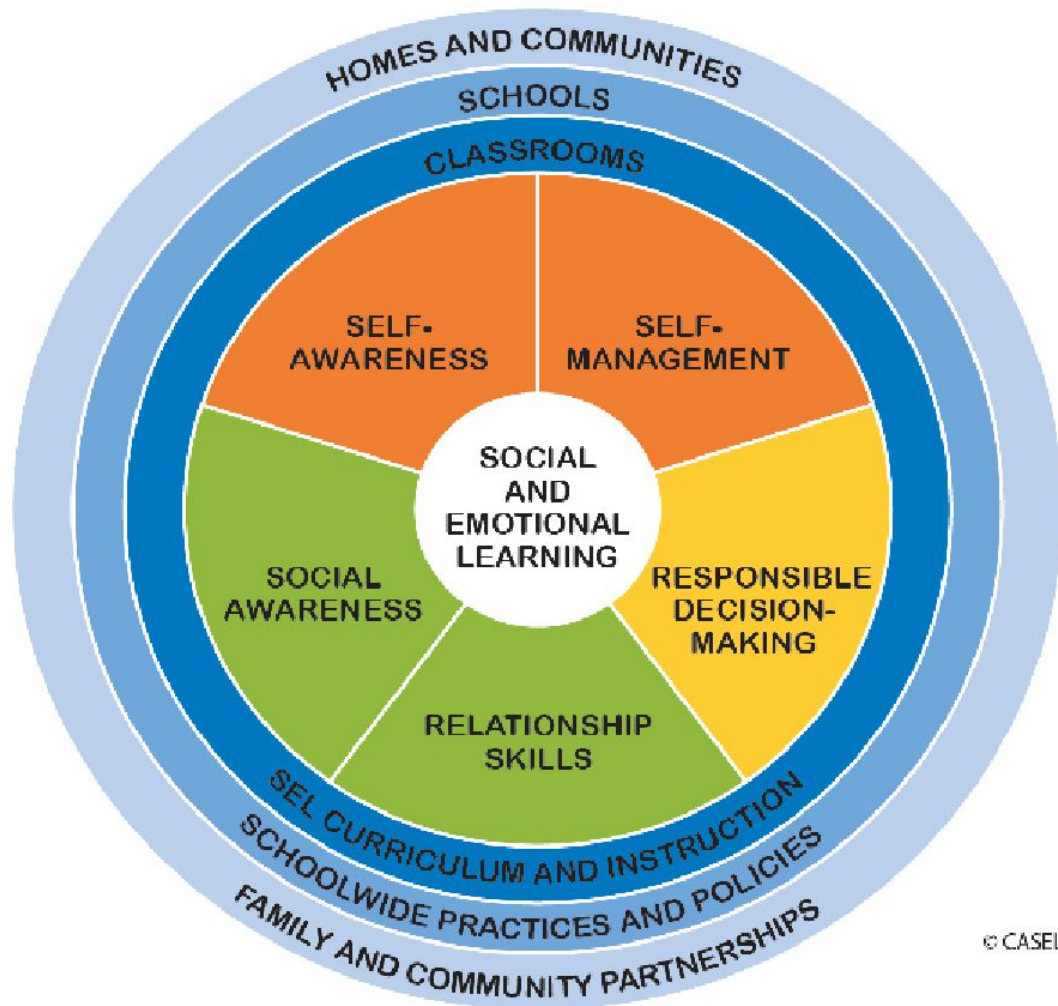
“If a child doesn't know
how to read, *we teach.*
If a child doesn't know to
swim, *we teach.*
If a child doesn't know how
to multiply, *we teach.*
If a child doesn't know how
to drive, *we teach.*
If a child doesn't know to
behave, *we teach?*
Or punish?”

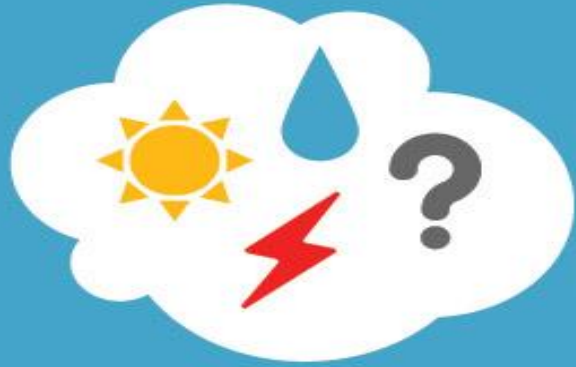


Social and Emotional Learning

Social and emotional learning (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.

-CASEL





SELF-AWARENESS

The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.

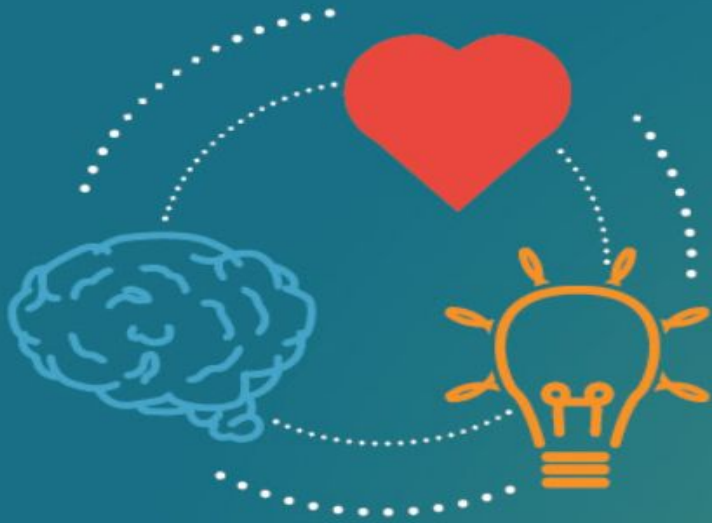
<https://www.youtube.com/watch?v=tGdsOXZpyWE>



Identify Emotions

What drives you and what drives you crazy?





SELF-MANAGEMENT

The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.

<https://www.youtube.com/watch?v=XjdvqFZkdMM>

Stress Management & Impulse Control

Stimulus

Freedom to
Choose

Response



A group of diverse people, including men and women of various ethnicities, are holding hands in a circle. They are dressed in professional attire, suggesting a workplace or community setting. The background is a solid light blue color.

SOCIAL AWARENESS

Social awareness is the ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.



RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.

<https://www.youtube.com/watch?v=lf3VPtQyehI>

The Dying Art of Building Relationships -Forbes

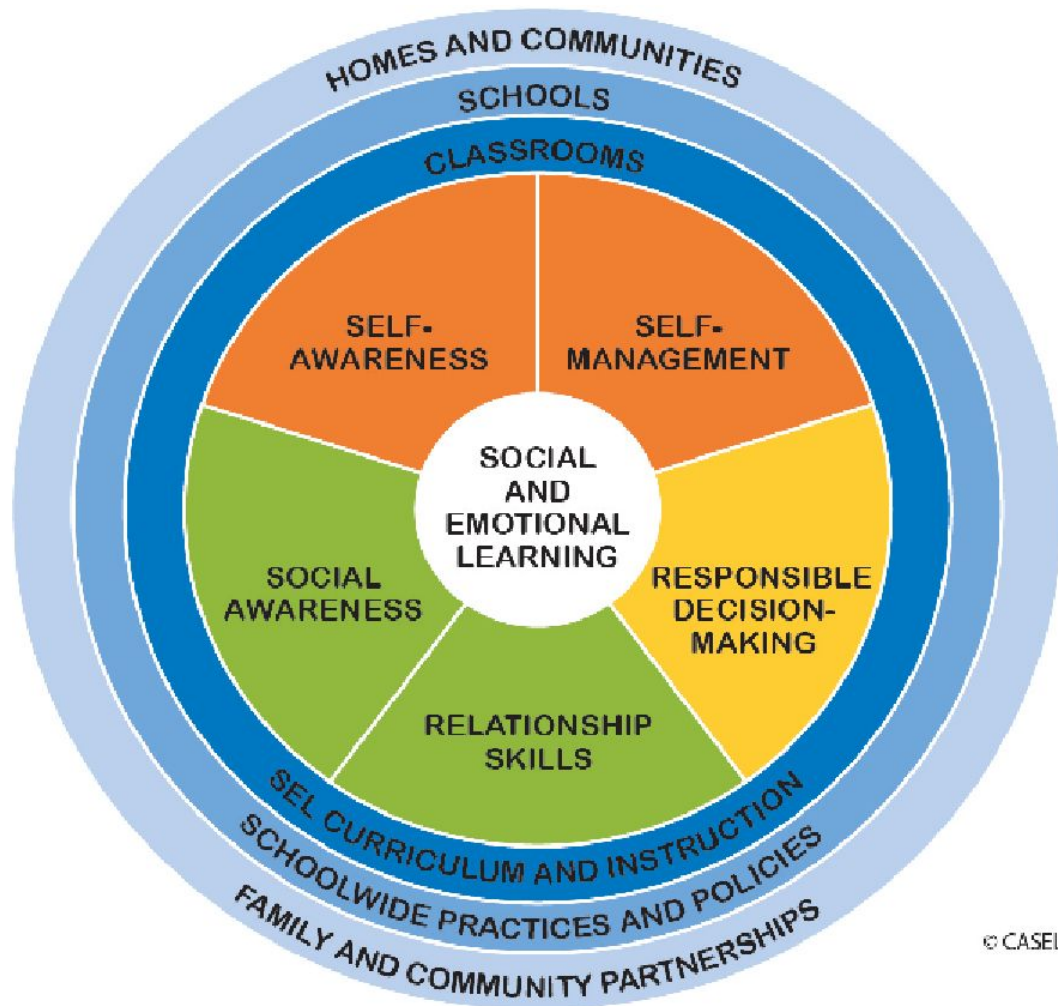
1. Schedule time for relationship building
2. Invest in knowing your people
3. Make it personal (notes, phone call, visits)
4. Show up for things that matter



The background features two white silhouettes of people holding folders. On the left is a man in a polo shirt, and on the right is a woman in a dress. They are set against a background of orange and yellow halftone patterns. The title 'RESPONSIBLE DECISION MAKING' is centered in white, bold, sans-serif font.

RESPONSIBLE DECISION MAKING

The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.





<https://www.youtube.com/watch?v=BatqV3B9hiU>





Social Emotional Learning

Shelby County Schools

Year 1

Build
competence
and expertise in
adults

Year 2

School and
classroom
implementation
& SEL Learning
Standards and
indicators

Year 3

SEL assessment
and integration
into policies and
procedures

District PLU, District PLP, School Board Training, District Conferences, Shelby Cares, Mental Health Minute, District Wellness Initiative, LEAD classes in high school, Implementation Sessions, SEL Learning Goals and indicators, Stakeholder involvement through surveys, focus groups and planning teams



Self Awareness

Understanding my feelings and how they impact my thoughts and behaviors



Self Management

Managing my feelings and behaviors in a way that helps me deal with difficult situations, manage stress, and reach my goals



Social Awareness

Valuing differences in others and understanding their views so I can be a productive team member and citizen



Relationships

Communicating effectively and working through conflicts, so I can have healthy relationships



Decision Making

Making good choices by considering my own views as well as others, and possible consequences



Influence

Affecting others in a positive way through leadership and service

Resources

CASEL website

Emotional Intelligence 2.0- Travis Bradberry & Jean Greaves

A Nation of Hope website

All Learning is Social and Emotional- Nancy Frey, Douglas Fisher & Dominique Smith

Videos

Social-Emotional Learning: What is SEL and Why It Matters

<https://www.youtube.com/watch?v=ikehX9o1Jbl>

Increase Your Self-awareness With One Simple Fix/Tasha Eurich

<https://www.youtube.com/watch?v=tGdsOXZpyWE>

Let's Talk About Self-Management

<https://www.youtube.com/watch?v=XjdvqFZkdMM>

“Under the Surface”

<https://www.youtube.com/watch?v=AZ-pU7ozt3g>

The Power of Relationships/Andrew Mills

<https://www.youtube.com/watch?v=lf3VPtQyehI>

Ellen's Monologue About Making Decisions

<https://www.youtube.com/watch?v=BatqV3B9hiU>

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