2017
National MTSS
Professional
Learning
Institute

ALL
MEANS
ALL

"Scaling up a Multi-Tiered System of Support"
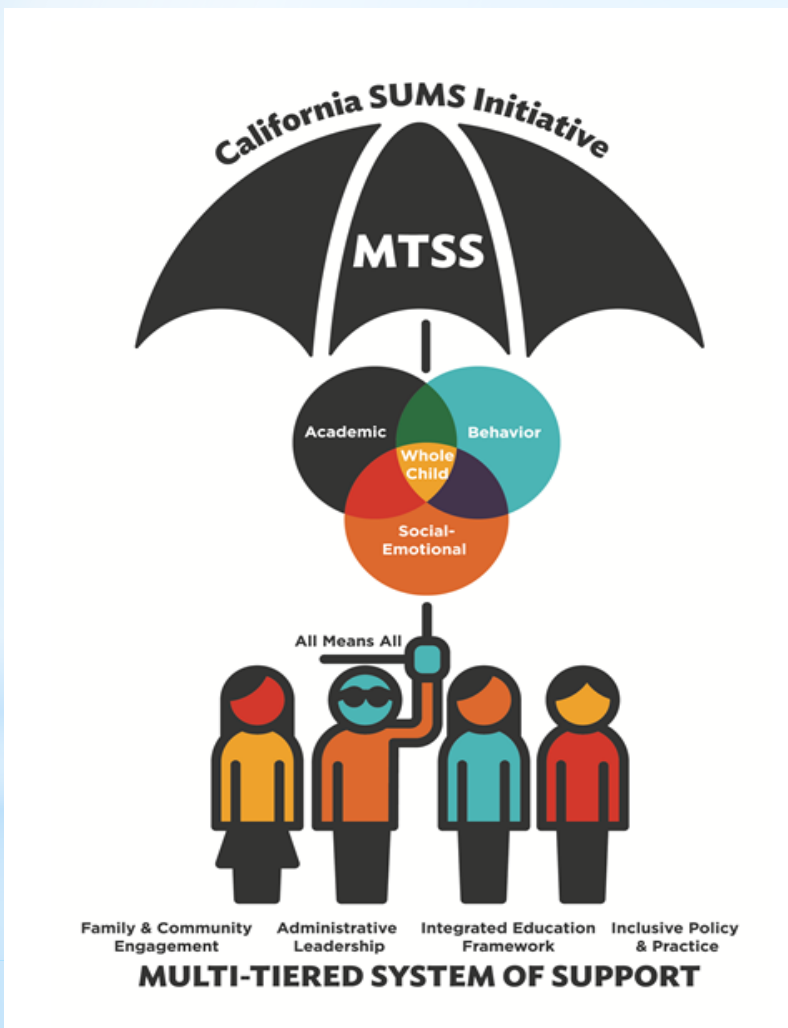
Best Practices for K-12 Social Emotional Learning (SEL)

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Integrated Academic, Behavioral & Social-Emotional Learning in a Tiered System Of Support

California SUMS Initiative

MTSS

Academic | Behavior
Whole Child
Social-Emotional

All Means All

Family & Community Engagement | Administrative Leadership | Integrated Education Framework | Inclusive Policy & Practice

MULTI-TIERED SYSTEM OF SUPPORT

MTSS is a coherent continuum of evidence based, system-wide practices to support a rapid response to student needs, with frequent data-based monitoring to inform decision- making and empower each student to achieve their potential.
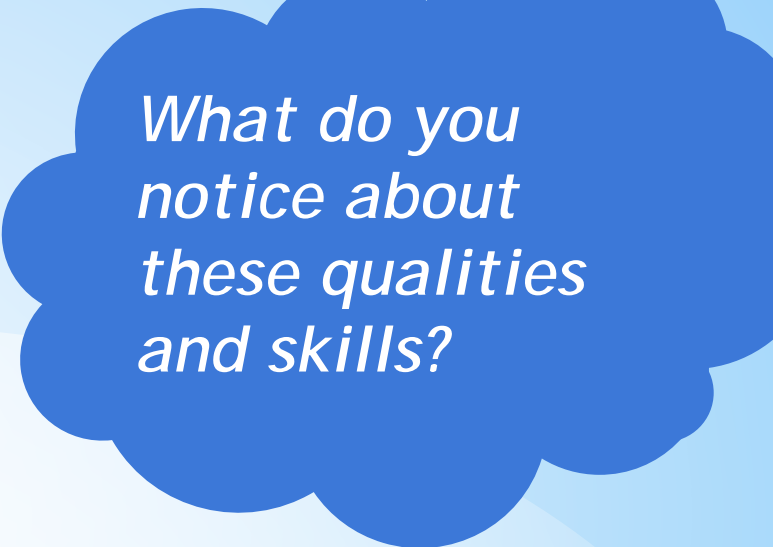
Session Focus

- What is Social Emotional Learning (SEL)?
- Why SEL?
- How do we teach/learn SE competencies?
- What are principles for successful SEL programming?
- What programs are effective for elementary, middle and high school?
- Where to go for quality resources?

WHO IS IN THE ROOM?

Top 10 Qualities Employers Seek

1. Communication skills (verbal and written)
2. Honesty - integrity
3. Teamwork skills
4. Interpersonal skills
5. Strong work ethic
6. Motivation - initiative
7. Flexibility - adaptability
8. Analytical skills
9. Computer Skills
10. Organizational skills

What do you notice about these qualities and skills?

Social and Emotional Learning (SEL)

is the process of acquiring the skills to recognize and manage emotions, develop caring and concern for others, establish positive relationships, make responsible decisions, and handle challenging situations effectively.

 Collaborative for Academic Social Emotional Learning

© CASEL 2017

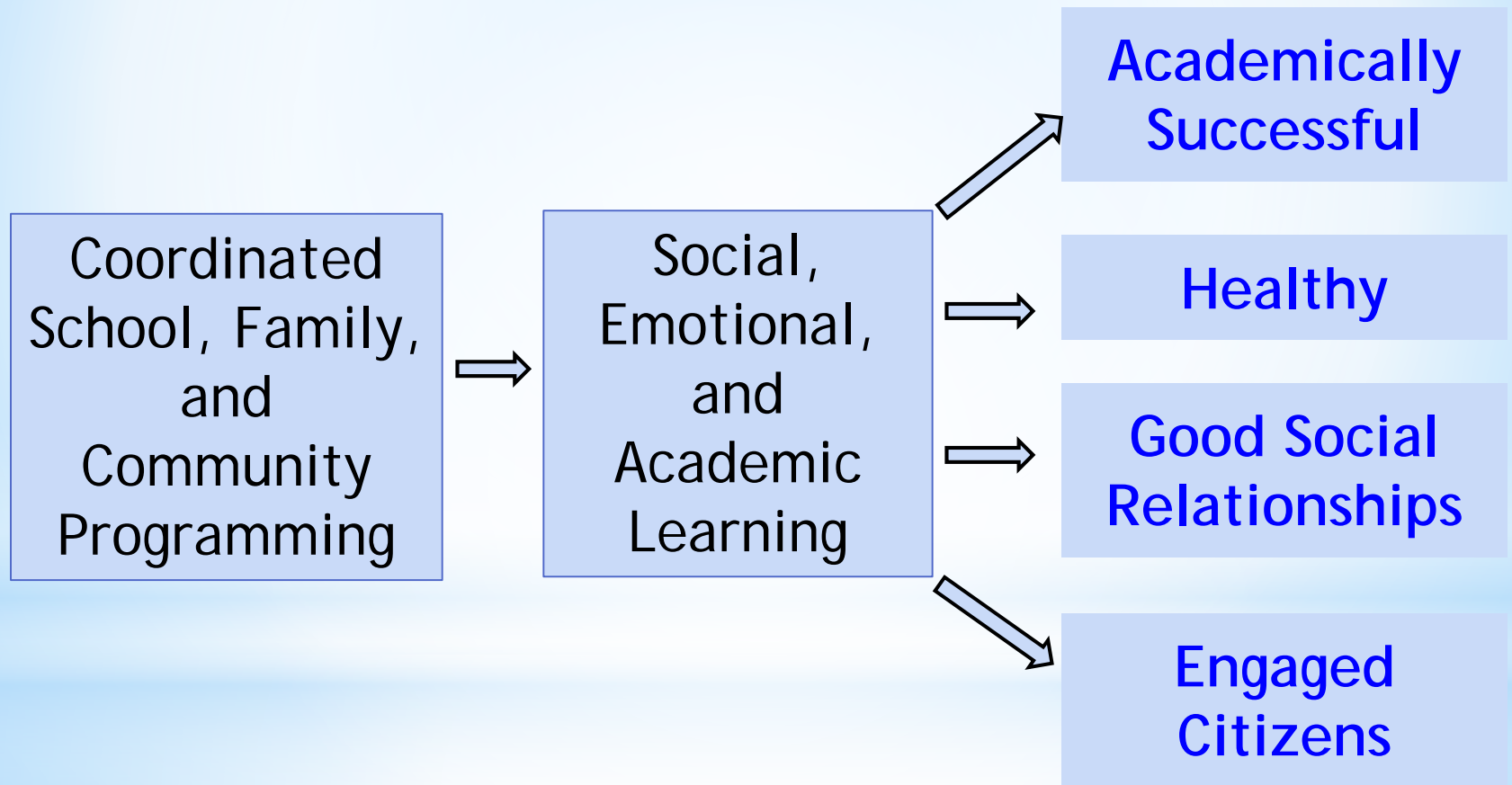# 5 Keys to Social and Emotional Learning Success

A Vision for Schoolwide SEL

Educators, students, families, and community members work together to support the healthy development of all students.

All students are engaged and active learners who are self-aware, caring, respectful, connected to others, responsible decision makers, and academic achievers.

Students are contributing in positive ways to their school and community.

SEL Is a Big Picture Strategy

Coordinated School, Family, and Community Programming

$\Rightarrow$

Social, Emotional, and Academic Learning

$\Rightarrow$ Academically Successful

$\Rightarrow$ Healthy

$\Rightarrow$ Good Social Relationships

$\Rightarrow$ Engaged Citizens

Source: *SEL and Academics: Research Brief*, Collaborative for Academic, Social and Emotional Learning, 2007.

SEL Works: The Evidence is Robust

- Neuroscience shows that emotion, attention, and learning are linked.

- Can be taught by teachers, who also benefit:
  - Less stressful working condition
  - Stronger focus on learning
  - Better relationships with students

- Direct impact on school climate

- Bottom line – student achievement goes up, failure goes down

CASEL; Photo Credit: Morningside Center for Teaching Social Responsibility

Benefits of Social and Emotional Learning

Science Links SEL to these Student Gains:
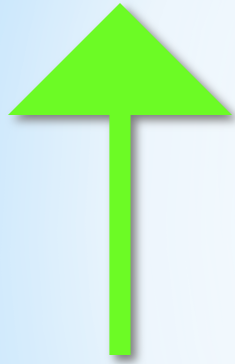
- Social-emotional skills
- Improved attitudes about self, others, and school
- Positive classroom behavior
- 11 percentile-point gain on standardized achievement tests

And Reduced Risks for Failure

- Conduct problems
- Aggressive behavior
- Emotional distress

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

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SEL Has a Lasting Payoff
At age 21-fifteen years after participating in a good SEL program- Seattle youth still outpaced their peers

- Higher HS graduation and college attendance

- Better rates of employment and economic status

- Better emotional and mental health

- Fewer with criminal record & substance problems

Hawkins, J. D., Kosterman, R., Catalano, R.F., Hill, K.G., Abbott, R.D. (2005)

$ Benefit-cost ratio $

6

Number of SEL interventions analyzed

11 to 1

For every dollar invested in SEL there is a return of eleven dollars

4Rs, Life Skills Training, Positive Action, Second Step, Responsive Classroom, Social & Emotional Training (Sweden)
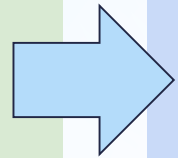
SEL APPROACHES

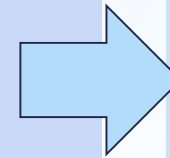**Explicit skills instruction**

Academic integration

Instructional Practices

Extracurricular

SEL Skills Acquisition 5 domains

Improved attitudes re: self, others & school

Positive social behaviors

Fewer conduct problems

Less emotional distress

Academic success

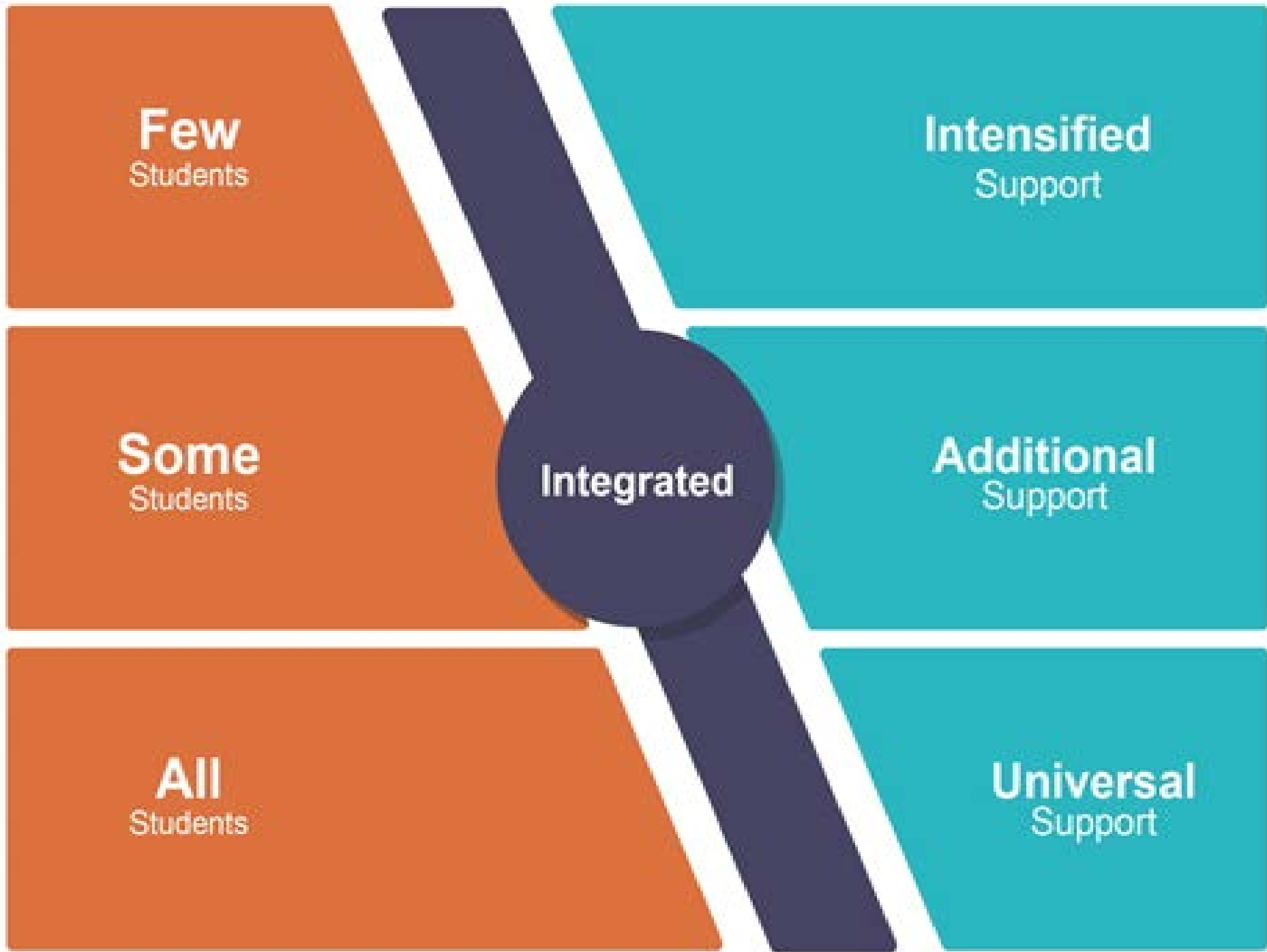CASEL; Williamson, et al, 2015; Hamedani, ND

Few Students — Intensified Support

Some Students — Integrated — Additional Support

All Students — Universal Support

EXAMPLE: Universal-Tier 1
For All Students

80% of efforts

- SEL & life skills instruction including stress-coping skills, mindfulness

- Community & relationship building

- Restorative conversations

- School norms, expectations, recognition

- SEL screening

- Staff wellness and SEL competence

- Staff student mental health training

For Some Students

- Check in – check out

- Social skills groups & wellness groups: anger, depression, stress, mindfulness, & other identified SE skill needs

- Restorative conversations using affective statements & questions

- Restorative circles-conflict & problem resolution

- Short-term counseling

- Mentoring
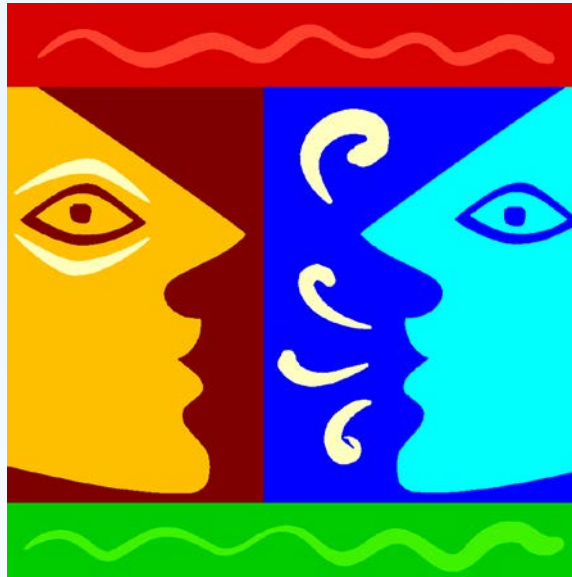
EXAMPLE: Intensive -Tier 3
For Few Students

- Individual behavior plans

- Functional behavior assessment

- Wraparound

- Individual Therapy

- Suicide intervention & postvention

- Restorative Conferences for serious harm & reintegration

And SEL for Educators Too!

Hamedani, ND; Meiklejohn et al. 2012; Jennings et al. 2012

A Conversation

Review the handout "How to Integrate SEL Support: School-wide, Classroom & Individual".

Have a conversation about how your school/district is integrating SEL into your tiered support system or school programming.

What are the Principles of Effective SEL?

❑ Sequenced, Active, Focused, Explicit (SAFE) programs

❑ Adults and students model SEL skills

❑ Developmentally/culturally appropriate instruction

❑ Community-building

❑ Student owns it

School Theory of Action

1) A Shared vision for SEL is established among all stakeholders within a school

2) Assess needs and available resources for school-wide SEL implementation

3) Ongoing and embedded professional learning in SEL instruction

Oberle, Domitrovich, Meyers &Weissberg, 2016

School Theory of Action

4) Evidence-based SEL programming is adopted and incorporated into the schools' educational practices

5) SEL is integrated into everyday practices at school

6) Cycles of inquiry are conducted to ensure continuous improvement

Oberle, Domitrovich, Meyers & Weissberg, 2016

Major Findings in Implementation

- Quality implementation is critical

- Monitoring implementation is essential

- Ignoring implementation is extremely costly

- Any adaptations need to be made cautiously and intentionally

- The same factors that influence quality of implementation also influence sustainability

J. Durlak, 2015

- Interventions not utilized with fidelity

- Interventions incorrectly adapted

- Intervention efforts not initiated early enough or sustained long enough

What Doesn't Work?

What barriers to implementation might need to be considered at your site?

Partner Reflection

Effective Versus Promising Programs

Effective =

10 plus years

3 or more studies

Promising programs =

Notable impact on outcomes

Less researched

Sara Rimm-Kaufman and Chris Hulleman, 2015

Elementary Programs Promoting Individual Skills

- Positive Action
- Second Step
- Promoting Alternative Thinking Strategies (PATHS)

Sara Rimm-Kaufman and Chris Hulleman, 2015

Elementary Programs Emphasizing Teacher Capacity

- Caring School Community (CSC)

- The Responsive Classroom Approach (RC)

- Tribes Learning Communities

- RULER

- MindUP

- Resolving Conflict Creatively

- 4Rs (Reading, Writing, Respect & Resolution)

Promising Interventions Elementary

Sara Rimm-Kaufman and Chris Hulleman, 2015

Middle School Considerations

Early adolescence (10-14) is a time of considerable physical and cognitive maturation with increased social pressure and vulnerability to problem behaviors.

SEL can increase:

self perceptions

social behaviors

prosocial attitudes

academic performance

SEL can decrease:

conduct problems

emotional distress

Effective Middle School Programs

- Life Skills Training (LST)

- Responding in Peaceful and Positive Ways (RIPP)

Promising Middle School Programs

- Aban Aya Youth Project
- All Stars (& All Stars Plus)
- Facing History and Ourselves
- Keepin' it Real
- Lions Quest
- MindUP
- Olweus Bullying Prevention Program
- TimeWise

SEL in High School

- Why is SEL important in high school?

- What are the unique challenges of SEL in high school?

Williamson, et al, 2015; Hamedani, ND

Approaches for High School SEL that Promote Healthy Adolescent Development

- Resilience

- Risk Prevention

- Youth Asset Building

- Life Skills

Williamson, Modecki & Guerra, 2015

Key Factors for Effective SEL in High School

- A web of structural supports

- An intentional community

- A culture of respect, participation and reflection

- A commitment to restorative practices

- A curriculum of connection and engagement

- A focus on developing student agency

Cervone, Ed.D. and Cushman, 2014

Academics

Extracurricular

Other Ways to Integrate SEL in High School

Williamson, et al, 2015; Hamedani, ND

- Positive Behavioral Interventions and Supports (PBIS)

- Too Good for Drugs and Violence High School

- Teenage Health Teaching Modules

- Facing History and Ourselves

- Check and Connect

- Changing Lives Program

- Positive Life Changes

- Positive Psychology for Youth Program

Promising Practices for High School SEL

Williamson et al, 2015

About **CASEL**

CASEL was founded in 1994 as a national collaborative to make social and emotional learning (SEL) an essential part of every child's education by:

- Advancing the science of SEL

- Expanding effective SEL practice

- Improving state and federal policies

CASEL serves as a strategist, collaborator, supporter, and convener for the national SEL community
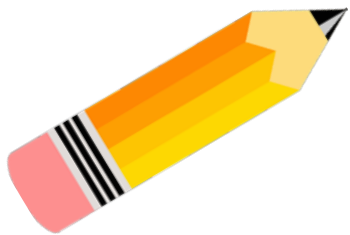
www.casel.org

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Session Feedback Survey

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Access the link through the SCHED app or by going to https://2017mtsspli.sched.com/.

Paper Needs Assessment

Tell us what you want to learn about SEL.