

Social Emotional Learning: *Why It Matters for Student Success*

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Circle: Welcoming Ritual

Select a talking piece for **two** sequential go-arounds.

Please share your:

1. Name, organization, role
2. What are your dreams for your children or students?



What is Social and Emotional Learning (SEL)?

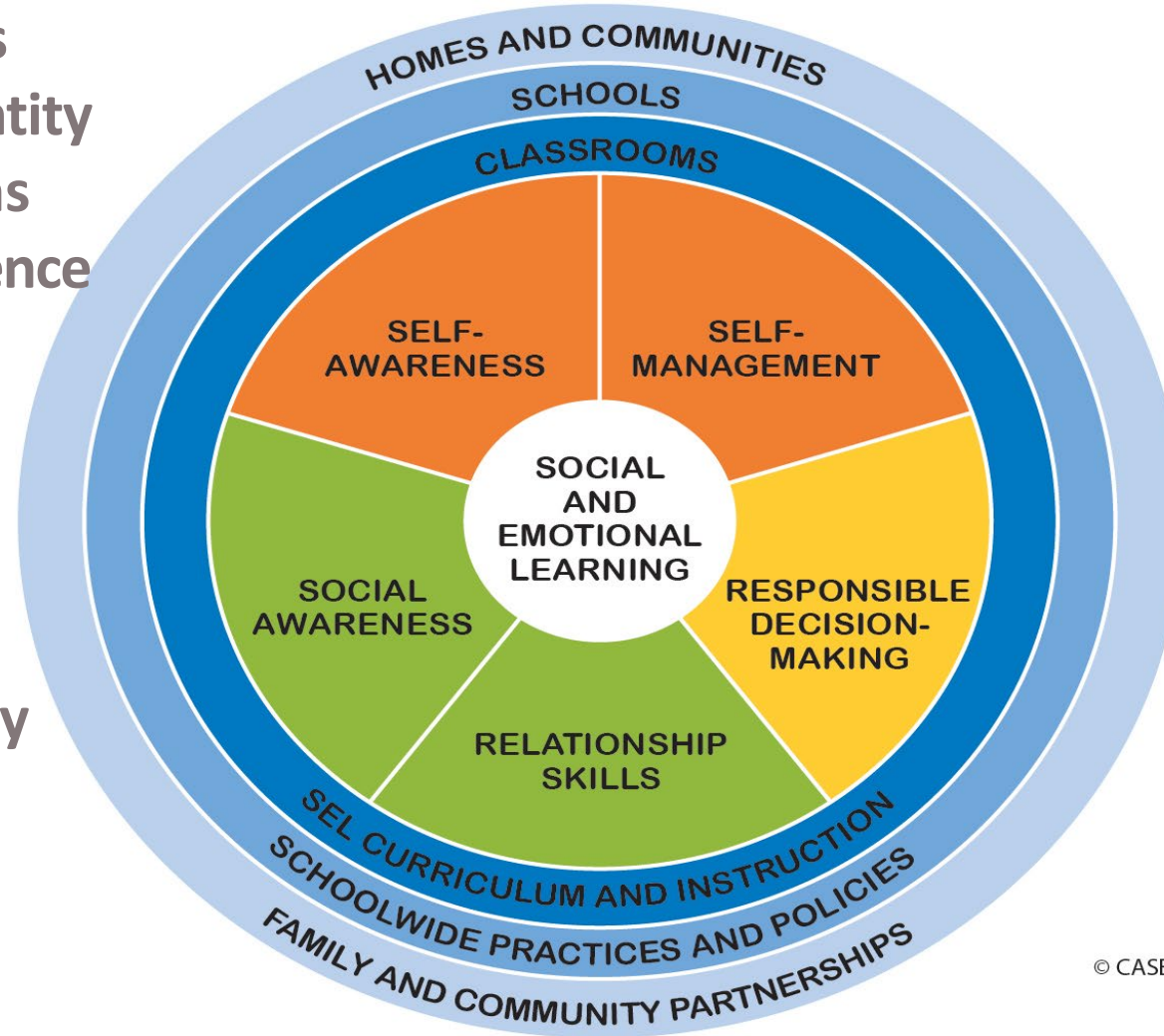
Social and emotional learning (SEL) is the process through which **children and adults acquire and effectively apply** the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.



SEL Domains and Competencies

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

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

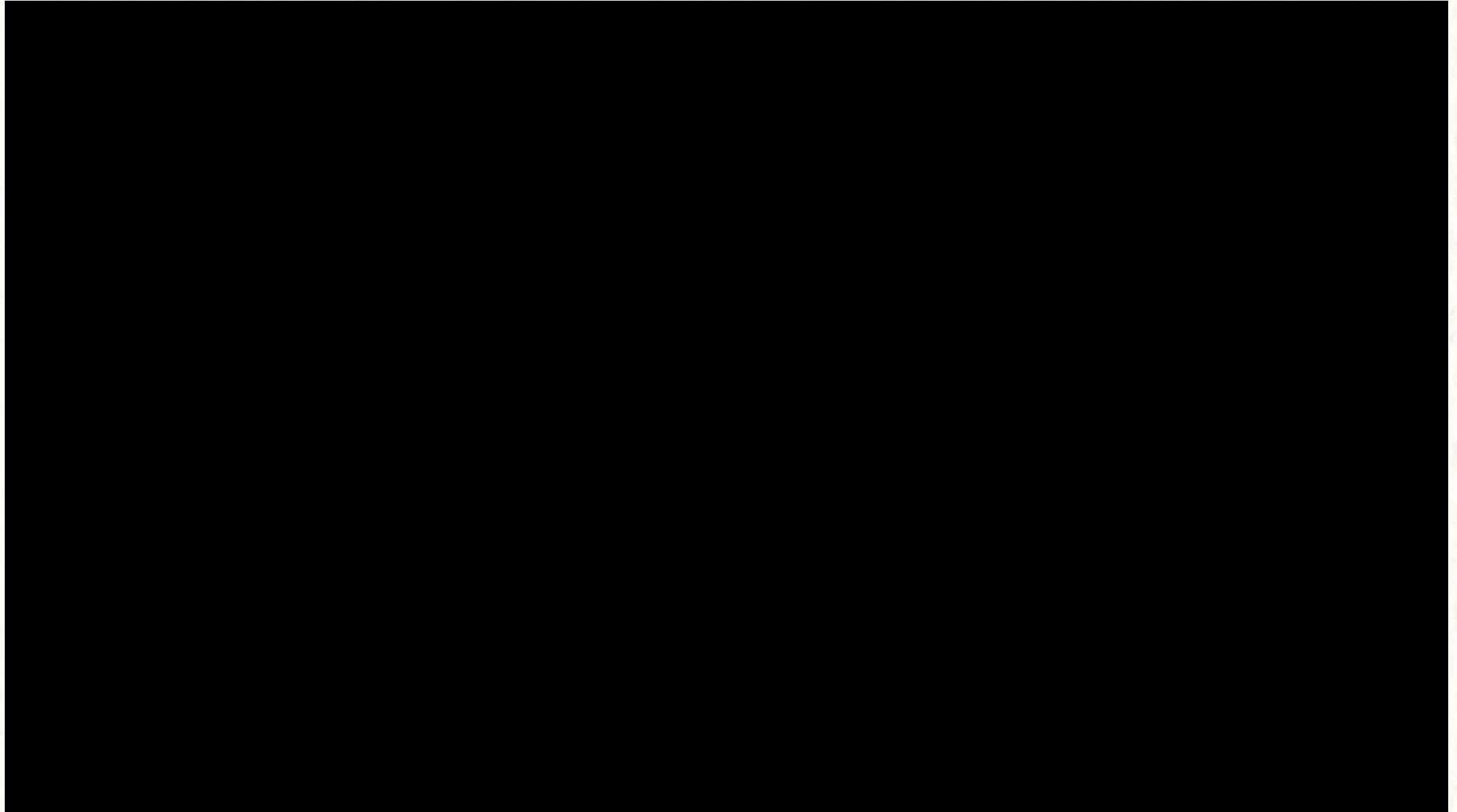


- Impulse control
- Stress management
- Self--discipline
- Self--motivation
- Perseverance
- Goal--setting
- Organizational skills

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

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



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Video in Spanish
https://youtu.be/xz_aCbDI9uk

Video in English
<https://youtu.be/y2d0da6BZWA>

Reflect on your SEL Competencies

1. Using side two of the SEL competencies handout, place a  sign next to your strengths and a  sign next to your stretches or opportunity for growth.
2. Look around the room to spot the five SEL competency posters.
3. Find and stand near the competency poster that includes your **strength**. Briefly talk to a partner about one of your strengths.
4. Find and stand near the competency poster that includes your **stretch or growth opportunity**. Briefly talk to another partner about that stretch.

Why should we support adult SEL?

- **Adults** who have the ability to recognize, understand, label, express, and regulate emotions are more likely to demonstrate patience and empathy, encourage healthy communication, and create safe learning environments. *(Brackett, Katella, Kremenitzer, Alster, and Caruso, 2008)*
- **Parents** are the first models of social and emotional skills including managing emotions and controlling impulses. The ability of parents to manage their stress is a predictor of the quality of the relationship with their children. *(Epstein)*

Why is SEL important?

All learning is social.
All learning is emotional.

Research tells us that **students are more successful in school and daily life when they:**

- Know and can manage themselves.
- Understand the perspectives of others and relate effectively with them.
- Make sound choices about personal and social decisions.

(Weissberg et al.,⁸ 2016).

Top 10 Employability Skills

1. Communication skills
2. Teamwork
3. Analytical and problem-solving skills
4. Personal management skills
5. Interpersonal effectiveness
6. Computer/technical literacy
7. Leadership/management skills
8. Learning skills
9. Academic competence in reading and math
10. Strong work values
(Dependability, honesty, self confidence, positive attitude, personal integrity)

What do you notice about these qualities and skills?

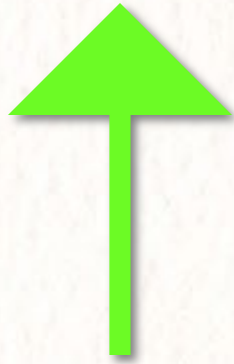
SEL Works: The Evidence is Robust

- 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



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

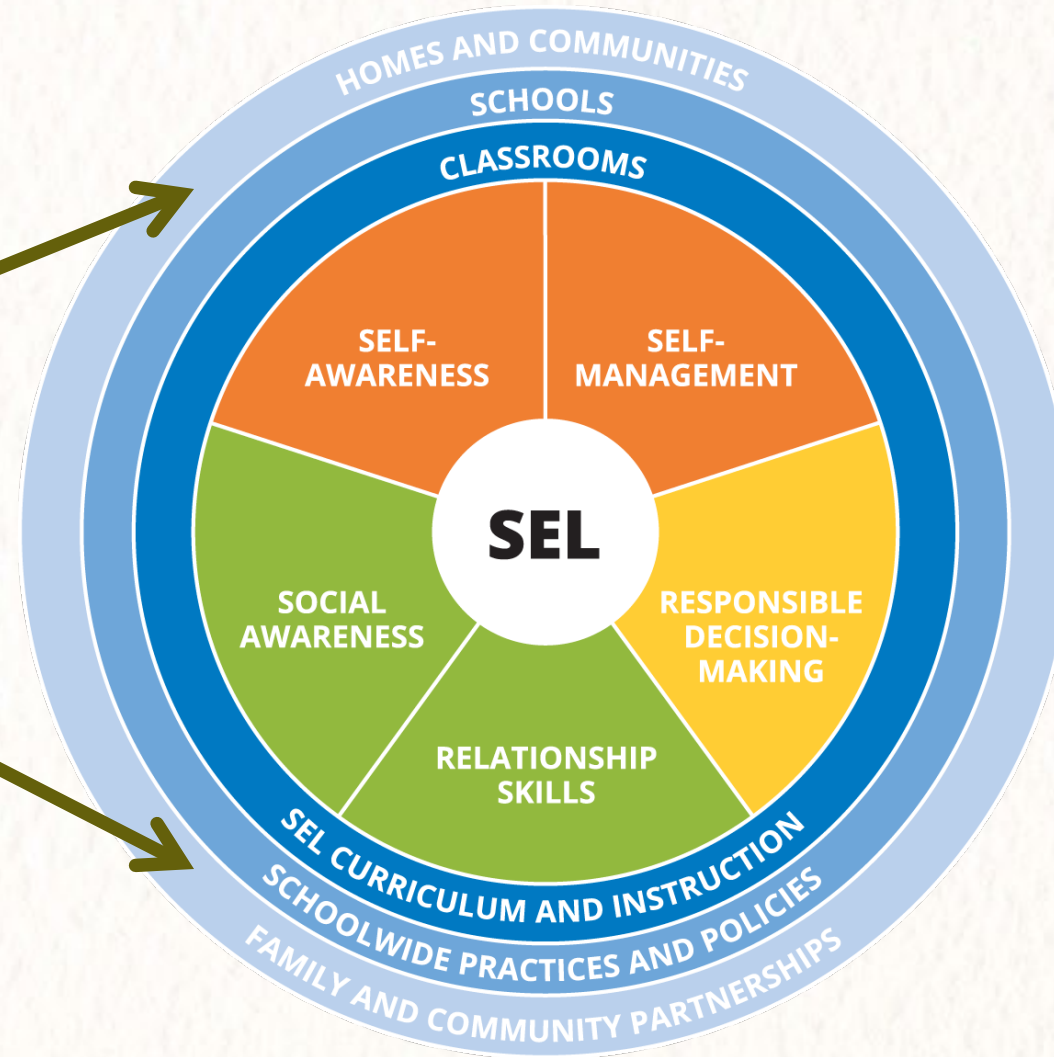
Source: Durlak, J.A., Weissberg, R.P., Dymnicki, A.B., Taylor, R.D., & Schellinger, K. (2011). The Impact of Enhancing Students' Social and Emotional Learning: A Meta-Analysis of School-Based Universal Interventions. *Child Development*.



Where Does SEL Happen?

- Within a context of **safe, participatory school, family, and community environments** that support children's development and provide **opportunities and recognition for successfully applying these competencies**.
- SEL school-wide implementation takes place in the classroom, throughout the building, in families and in the community.

Families Are an Important Part of Social and Emotional Learning



CA PTA Position

SEL Is Essential to a Well-Rounded Education

- Position Statement passed in September 2018
- California State PTA committed to:
 - Supporting schools' SEL efforts
 - Educating members – and all families – about SEL



capta.org

A Vision for Social and Emotional Learning

“California State PTA believes that Social Emotional Learning needs to be well integrated into what children experience in schools and classrooms and doing so increases student well-being and academic achievement.”

What about SEL most resonates for PTA?

- Validates what most parents believe --their children need to grow up to be happy and successful
- Recognizes that adults as well as children need to continually improve these skills
- Calls on educators to meaningfully engage with parents as partners in their children's education
- Stresses that relationships are central to positive learning environments

What Parents Need: Information About School SEL Efforts

- What information and training is staff receiving?
 - Perhaps parent leaders could be invited?
- How does SEL fit into your school's overall goals?
- What changes might parents and students expect to see in the classroom? At the school generally?
- What measures is your school using to see if SEL efforts are working?

For more about PTA SEL go to www.CAPTA.org

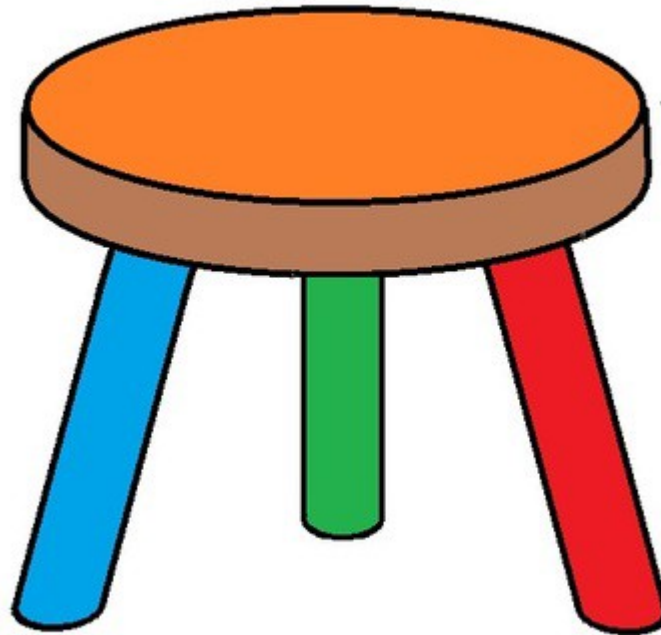
Key Approaches to Developing Social Competence and Emotional Competence

Explicit Instruction

Intentionally teaching the knowledge, mindsets, and skills of SEL

Integration and Infusion

Integrating SEL into teaching practice and academic content



Culture and Climate

Intentionally developing a positive school culture and climate in school and classrooms for all members of the learning community

SEL and the Academic Content

Students will:

- English Become a self-directed learner.
- English Evaluate a speaker's point of view.
- English Learn to work together, express and listen carefully to ideas.
- Math Develop a belief in diligence and sense of one's own efficacy.
- Math Monitor & evaluate own progress & change course if necessary.
- Science Student-to-student discourse is productive, using practices to...solve problems.
- History Improve ability to make reasoned decisions based upon evidence.
- Health To deal with frustrations...and to follow a plan to manage stress.



Teaching Practices Promote SEL

MORE

- Project-based learning and inquiry
- Cooperation and teaming
- Critical thinking
- Problem solving
- Working in teams
- Student-centered (their goals and interests)
- Self-assessment

LESS

- Lecture
- Competition
- Rote learning
- Independent seatwork
- Teacher-directed
- Rewards

We are STARS in "The Circle"

	Hallway	Playground	Cafeteria	Restroom	Bus
Safety	-Walk on the right side, facing forward -Hands and feet to self -Stay with class	-Hands and feet to self -Use equipment properly -Stay with class	-Feet on the floor -Walk -Hands and feet to self -Stay in seat -Take your hand if you need help	-Feet on the floor -Walk -Hands and feet to self	-Listen to the bus driver -Stay in assigned seat -Keep hands/feet to self
Taking Responsibility	-Straight to destination -Remain quiet -Stay with your buddy	-Report all dangerous problems -Keep the area clean -Take turns	-Food on tray -Talk quietly -Stay in seat -Clean up after yourself	-Keep restroom clean -Flush -Wash hands -Use water and paper towels wisely	-Follow bus rules -Keep bus clean -Be on time
Positive Attitude		-Share -Include others and be a friend -Work together to solve problems		-Follow directions with a smile.	
Respect	-Listen to teachers -Respect the personal space of others -Hands off of work.	-Stay in our personal space -Treat others as you would like to be treated -Use equipment properly	-Listen to monitor's -Use good manners -Silence when music is on -Leave others' food alone	-Be a true reporter -Talk quietly -Respect privacy -Clean up after yourself	-Obey driver -Keep hands and feet to yourself -Use a quiet voice

Climate and Culture

- Expecting and teaching specific behaviors
- Classroom shared agreements
- Community-building- circles & class meetings
- Consistent classroom procedures & routines
- Student-centered discipline i.e. Restorative practices
- Promotion of and recognition for student effort

RESTORATIVE QUESTIONS

- What happened?
- What were you thinking then/since?
- Who could have been affected by what you did and how?
- What could you have done differently?
- What needs to happen now to make things right?



Parent Toolkit



Social & Emotional Development

Research shows that those with higher social-emotional skills have better attention skills and fewer learning problems, and are generally more successful in academic and workplace settings. Like any math or English skills, these skills can be taught and grow over time.

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SELF-AWARENESS

Emotions & feelings, influencing behavior and decisions



SELF-MANAGEMENT

Controlling emotions and behaviors to achieve goals



SOCIAL AWARENESS

Building empathy, understanding of others and social norms



RELATIONSHIPS

Making and keeping healthy relationships



RESPONSIBLE DECISION-MAKING

Making positive choices for oneself and others

<http://www.parenttoolkit.com/>



Orange County Department of Education

About OCDE Board Departments Employment School Districts

Learning Supports > Student Mental Health Matters > Social and Emotional Learning (SEL)

Student Mental Health
Matters

Social and Emotional
Learning (SEL)

Trainings

Resilient Mindful Learner
Project

School Climate Matters

Student Mental Health
Resources

Restorative Practices

Restorative Practices
Resources

Eliminating Barriers to
Learning OC Trainers
Network

Contact Us

Social and Emotional Learning (SEL)



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 and Social Emotional Learning (CASEL)



Assessments and Screeners



California SEL



District/School Planning and Implementation



Adult SEL

Professional Development Opportunities

NEW TRAINING SERIES
Integrating Social and
Emotional Learning into
Teaching and Leading
[SEL Series Flyer 2018-19](#)

SEL for Leaders

New Training Dates Added

Highlighted Resources

SEL Resources List

Five SEL Competencies

SEL Trends: Integrating with
Academics

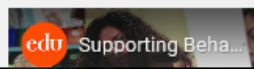
For California Educators
SEL Embedded into Core
Education Documents

New Infographic
Six Steps to Effective SEL
Assessment

Newly Released Guide
by RAND and CASEL
Choosing and Using SEL
Competency Assessments

The RAND Assessment Finder

Videos



OCDE SEL Resources:
<https://goo.gl/NbQqEc>

Assessments and Screeners

California SEL

District/School Planning and
Implementation

Adult SEL

Online Resources

(Articles, Teaching Materials, Research)

SEL Programs and Curriculum

SEL Presentations

Parent/Community



Thinking about Social and Emotional Learning ...

- What moves your heart?
- What moves your thinking?
- What moves you to action?

