School Climate and Social Emotional Learning: Teaching From the Inside Out

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Objectives

- Gain knowledge of Social and Emotional Learning (SEL)
- Understand how SEL promotes student achievement
- Application of strategies: How can I apply our learning to a school setting?
Social, Emotional Learning?

What comes to mind when you hear the words “social and emotional learning”? 
Emotional intelligence is being smarter with feelings.
Congratulations!
Social-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.1

Core Competencies of SEL

Brain Builders
Skills for Learning
Emotion Management

Empathy
Problem Solving

Resource by CASEL.org
Student Learning Experience

- Instruction and Curriculum
- Safe and Supportive Climate
- Family and Community

Source: Sacramento City Unified School District
Social Emotional Activity

- What are the qualities you would like your children to have to be successful adults: parents, successful business people, productive citizens
- How do we help them become that person?
- As teachers, parents, - are we modeling those behaviors? Are we guiding them back to that path? Are we celebrating those behaviors?
5 Areas:

- Self-Awareness
- Self-Management
- Responsible Decision-Making
- Relationship Skills
- Social Awareness
Self Awareness

The ability to accurately recognize one’s own emotions and thoughts and how these influence behavior.

- What are my thoughts and feelings?
- What causes those thoughts and feelings?
- How can I express my thoughts and feelings respectfully?

Resource by CASEL.org
Self - Management

The ability to successfully regulate one’s emotions, thoughts, and behaviors in different situations.

- What different responses can I have to a situation?
- How can I respond to the situation as constructively as possible?
Social Awareness

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures.

- How can I better understand other people's thoughts and feelings?
- How can I better understand why people feel and think the way they do?
The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups.

- How can I adjust my actions so that my interactions with different people turn out well?
- How can I communicate my expectations to other people?
- How can I communicate with other people to understand and manage their expectations of me?

Resource by CASEL.org
Responsible Decision - Making

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms.

- What consequences will my actions have on myself and others?
- How do my choices align with my values?
- How can I solve problems creatively?

Resource by CASEL.org
Research on SEL/Student Success

Increased Academic Outcomes Documented!
Social-emotional skills led to improved attitudes about self, others, and school and an 11% point gain on standardized achievement tests!

Reduced Risk of Failure Documented!
Social Emotional Skills led to decrease in conduct problems and emotional distress!

The Short - and - Long-Term Benefits of SEL

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

These social and emotional skills are some of several short-term student outcomes that SEL programs promote (Durlak et al., 2011; Farrington et al., 2012; Sklad et al., 2012).
Long-Term Benefits of SEL

- High school graduation
- Readiness for postsecondary education
- Career success
- Positive family and work relationships
- Better mental health
- Reduced criminal behavior
- Engaged citizenship

SEL Promotes Success in School & Life

**Inputs/Approaches**
- SEL Skills Instruction:
  - Self-awareness
  - Self-management
  - Social awareness
  - Relationship skills
  - Responsible decision-making

**Positive Learning Climate & Instructional Strategies**
- Safe, Caring
- Well-managed
- Engaging
- Cooperative
- Supportive
- High Expectations

**Short-term Outcomes**
- Greater Attachment, Engagement and Commitment to School
- Less Risky Behavior, More Positive Development

**Long-term Outcomes**
- Greater Success in School, Work, and Life

Source: Sacramento City Unified School District
Grade Level Activity

- Take a look at the “Desirable Characteristics” worksheet and star* the characteristics that can be taught within the classroom?

- Take your grade level span packet and work with a partner on a lesson that can be applied to your classroom. Analyze and name the SEL skill(s) being taught in the lesson you select.
- Be prepared to explain the lesson to another group within your grade-level span and the skill(s) being taught.
Resources

https://casel.org


http://www.scusd.edu/social-emotional-learning-sel

http://www.cfchildren.org