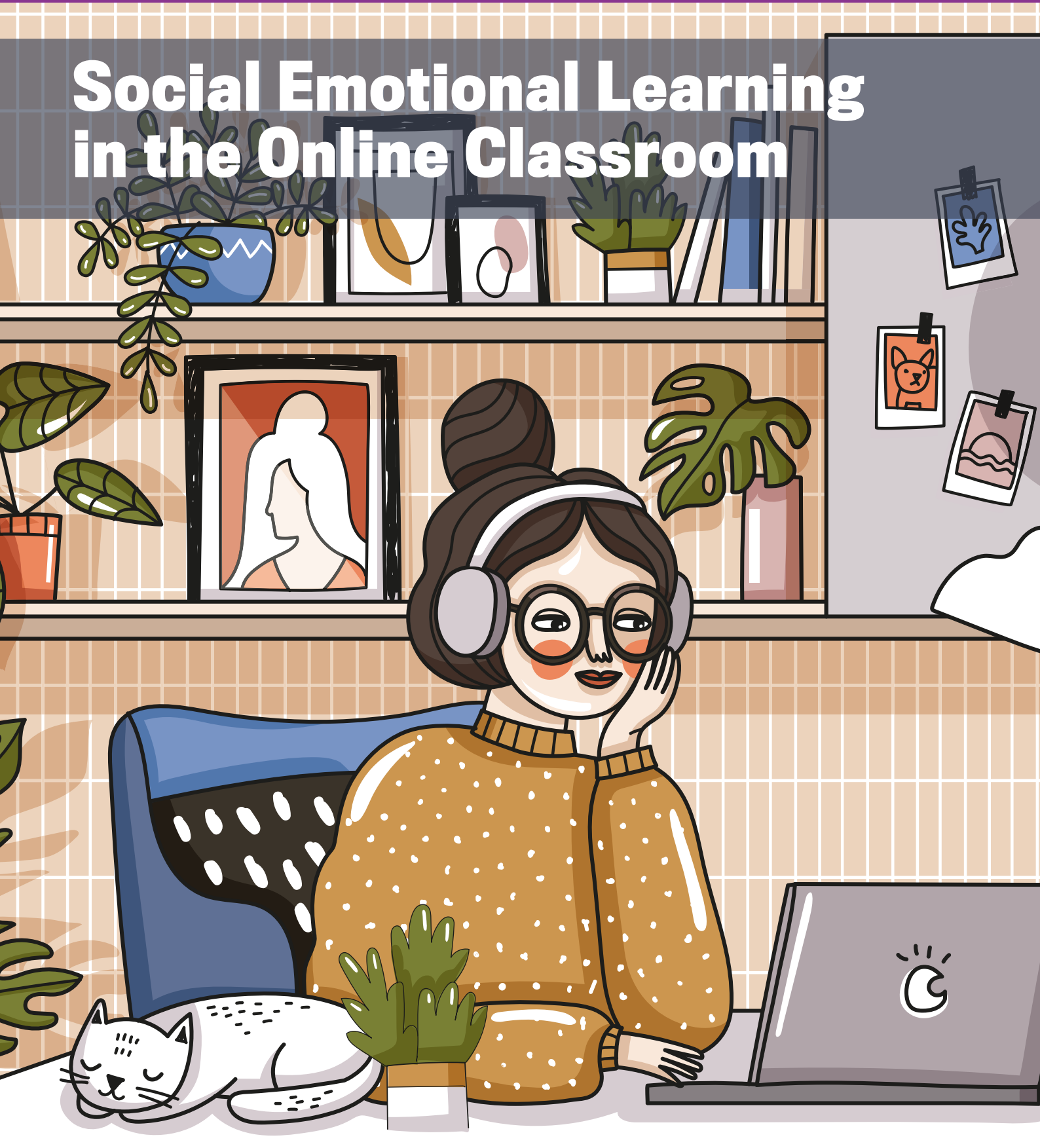


SELmatters.

for school counselors

Social Emotional Learning in the Online Classroom





Welcome School Counselors,

We are happy to share with you our inaugural issue of “SEL matters”, a publication designed to provide counselors with social emotional learning (SEL) guidance, strategies and resources to support your teaching & learning community and help students reach their full potential.

As we publish this issue, we are experiencing unprecedented times due to the COVID-19 pandemic. For the first time, traditional schools have transitioned to an eLearning platform. This huge shift in student support practices came suddenly and, for many counselors, without support and direction regarding how-to’s in maintaining connections with your students. You have reconsidered what relationships mean, revised documentation, and reinvented school counseling in a myriad of ways. We want to lighten your load a little and assist you by sharing SEL strategies to continue the connections you had with your students in your school building through this phase of eLearning and develop an approach to a re-entry plan to support your students once we are all allowed back into our beloved school buildings all across this country.

We know how much is being asked of you and you want to support your students academically, socially, and emotionally. We want to lighten your load a little and assist you by sharing SEL strategies to support your critical work. Together, we can strive to provide the continual SEL growth opportunities we know our students need and deserve.

SELMatters. Now more than ever.

Enjoy!

A handwritten signature in black ink that reads 'Molly A. Gosline'.

Molly A. Gosline, Ed.M, M.A., EdD (Penn, exp. 2022)
Executive Director and Founder, SEL School Consulting - @SELSchool
Executive Director, SEL4IL - @SEL4IL

What is 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 &
MANAGE
EMOTIONS



SET & ACHIEVE
POSITIVE
GOALS



FEEL & SHOW
EMPATHY FOR
OTHERS



ESTABLISH &
MAINTAIN POSITIVE
RELATIONSHIPS



MAKE
RESPONSIBLE
DECISIONS

SEL, Our Approach:

To form a long-term plan to build pro-social skills in our students in a meaningful way, and build academic successes, we should make certain that adults receive the professional development and learning opportunities they need to support student social and emotional learning. These opportunities include learning about the values of:



SCHOOL-WIDE
TRANSPARENT
PLAN



DATA
COLLECTION &
DIALOGUE



SCHOOL
LEADERS CREATE
POLICIES



RESEARCH
BASED
STRATEGIES



ADULT SEL
PROFESSIONAL
DEVELOPMENT

INSIDE

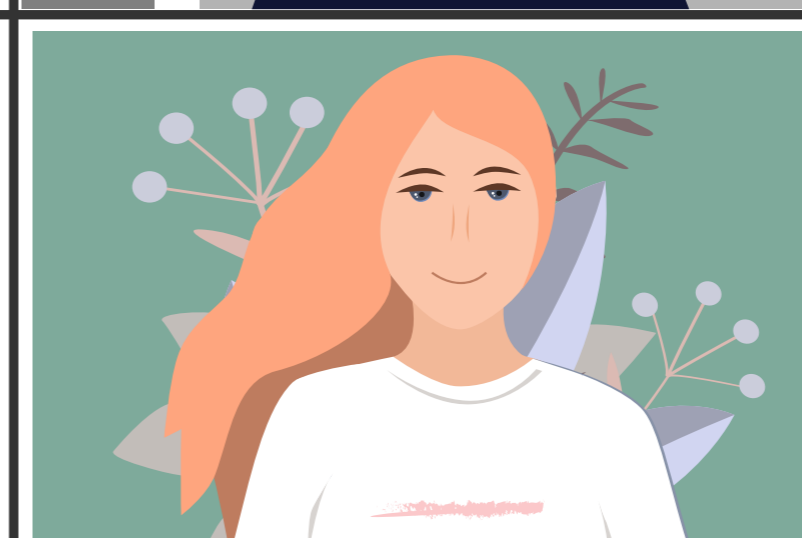
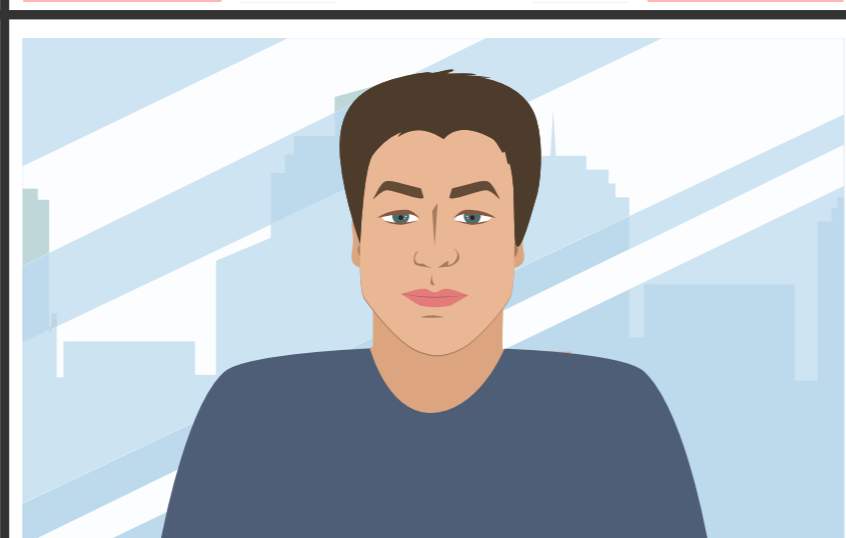
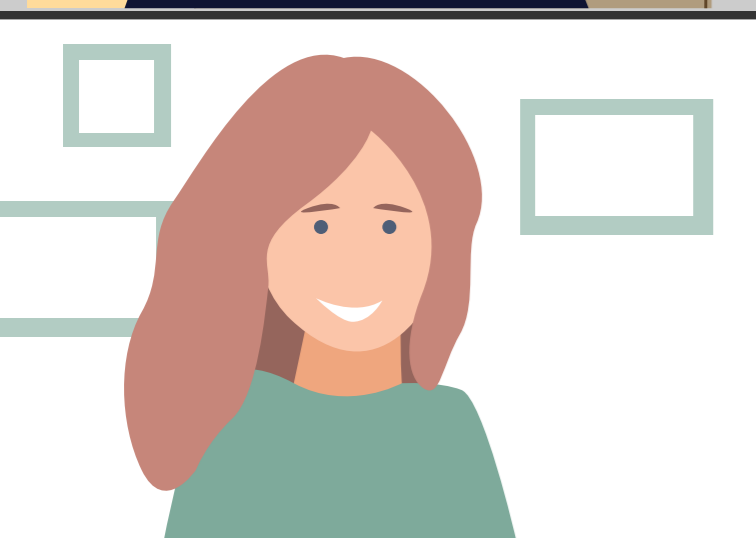
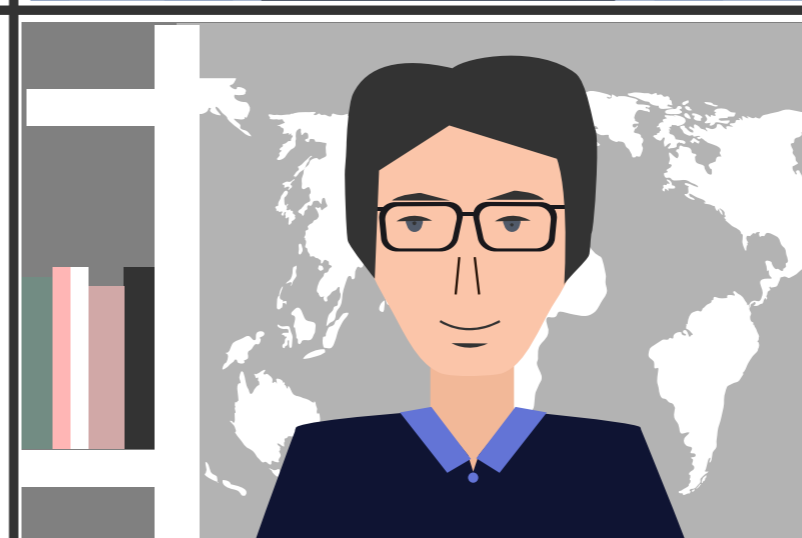
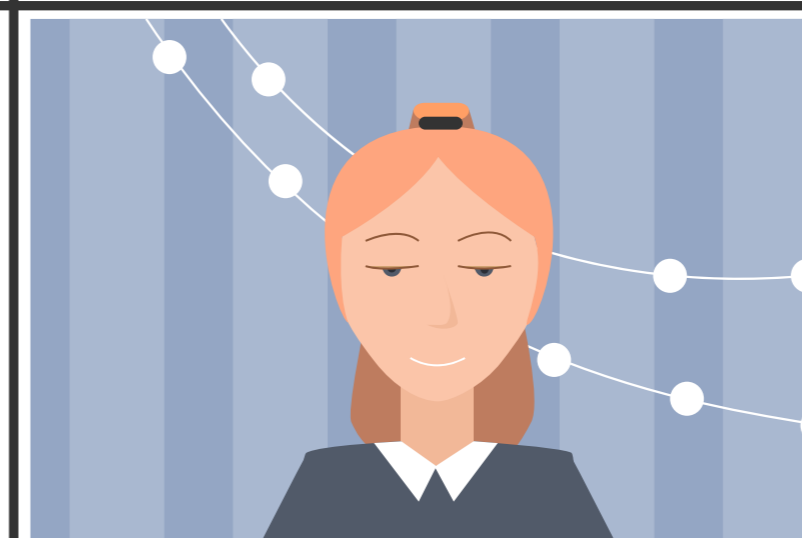
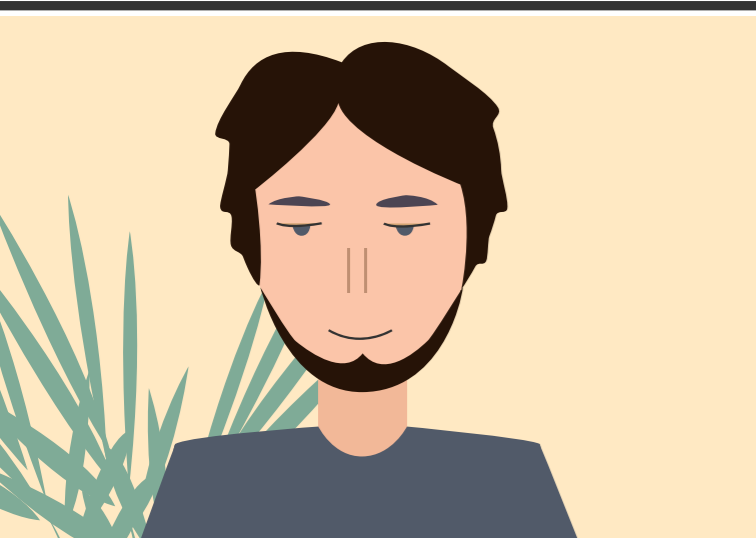
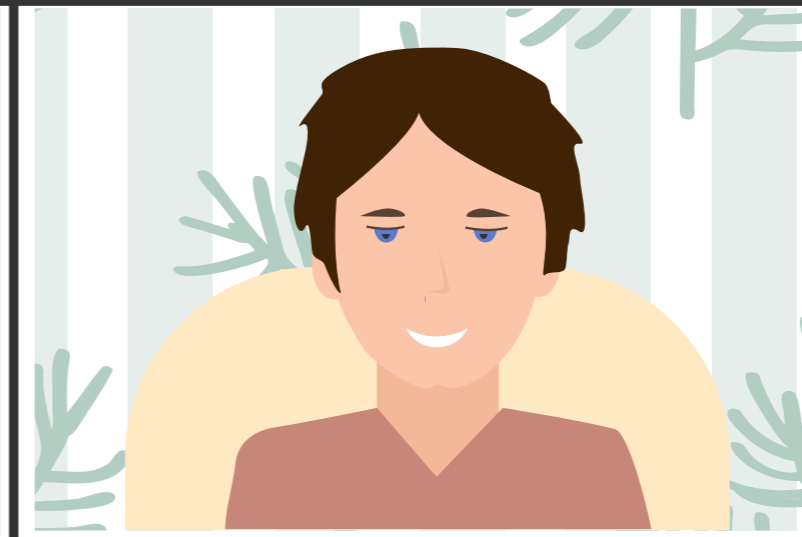
06 STUDENT VOICE

08 CULTIVATING BELONGING

10 RELATIONSHIPS

12 CARE & SAFETY

14 RESOURCES





The school counseling profession has changed over time to support more of students holistic needs including wellness and mental health.

STUDENT VOICE

We've also learned we are not the sole experts of the students we support; in fact, our students have more expertise about their own needs than we do at times. Using Student Voice to inform our practice is emerging as an authentic strategy in allowing students to build efficacy around their own growth.

More than just referring to vocal chords, Student Voice refers to honoring students' whole selves including their culture, opinions, values, and perspectives. Counselor practices that can cultivate a safe climate for students to share themselves, their needs, and their hopes include approaches that allow for their ambitions and passions and even reservations to be included.



A sense of belonging
is critical during these
unprecedented and
uncertain times.

CULTIVATING BELONGING

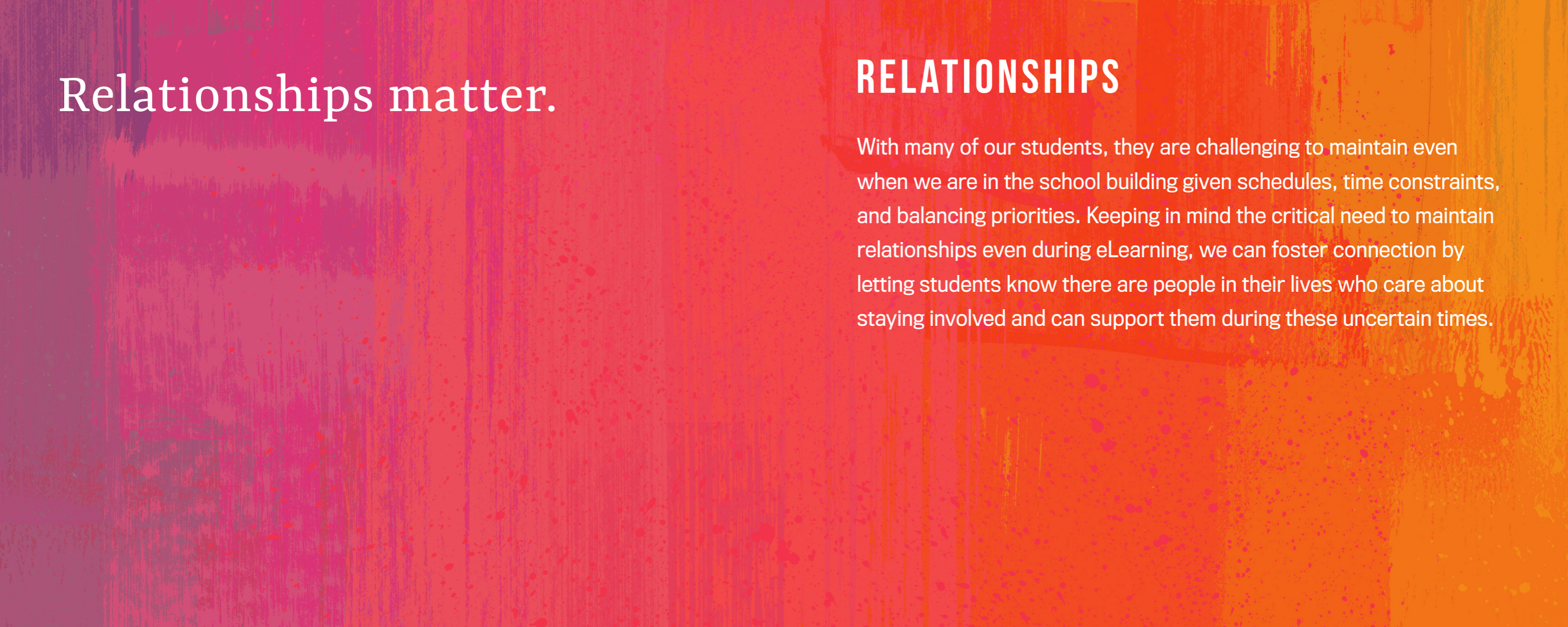
Engaging students with respect and dignity can help foster a sense of belonging even during a global epidemic. Being transparent about what you know and do not know can provide assurances that they are not alone, that they still belong to your school community and greater still, to the human populations. They matter. They are needed. They are valued. How often are we hearing those words spoken to our students while we struggle with the chaos of attendance issues,



Relationships matter.

RELATIONSHIPS

With many of our students, they are challenging to maintain even when we are in the school building given schedules, time constraints, and balancing priorities. Keeping in mind the critical need to maintain relationships even during eLearning, we can foster connection by letting students know there are people in their lives who care about staying involved and can support them during these uncertain times.



Helping students alleviate stress & anxiety during eLearning is critical for students to use their voice, have a sense of belonging, and stay committed to relationships.

CARE & SAFETY

Guiding students through self-management and self-care activities can help them feel a sense of control when so many aspects of their lives are out of control. Students may also be grieving the losses related to not being physically present in their schools such as the cancellation of a sports or theater season, club activities, proms, and graduations.

These milestones are a significant contribution to feeling like you are a part of a peer community and that you matter as part of a greater school community. We also know many students who are experiencing urgency around food, shelter, and access. Perhaps more importantly, we

need to be aware that there are traumas that we do not know about regarding our students including experiencing traumas such as abuse and neglect. It is important for counselors to connect and build a plan and approach to support all students while online learning continues.





E-LEARNING

STRATEGIES

- Frame meaningful counseling objectives
- Keep the conversation simple
- Organize any content you want to share in a fun infographic
- Create engaging visuals
- Effective interactivities
- Problem-solving discussions
- Develop simple assessments
 - What's helpful?
 - What do you need?
 - How can I help?

TIPS for eCounseling

Give a shout out to a student you haven't seen in a while via text, email, insta or twitter. Let them know they matter!

Acknowledge frustration. Allow your students to just - Be Frustrated. Let it out to let other emotions in.

Create a space with colleagues each week (ZOOM, Facetime, etc.) where everyone can have a quick check in with one success and one defeat. Let go and move forward - stronger together!

RESOURCES

ASCA The American School Counselor Association (ASCA) supports school counselors' efforts to help students focus on academic, career and social/emotional development so they achieve success in school and are prepared to lead fulfilling lives as responsible members of society. ASCA provides professional development, publications and other resources, research and advocacy to school counselors around the globe. Retrieved from <https://www.schoolcounselor.org/>

CASEL The Collaborative for Academic, Social, and Emotional Learning (CASEL) is a trusted source for knowledge about high-quality, evidence-based social and emotional learning (SEL). CASEL supports educators and policy leaders and enhances the experiences and outcomes for all PreK-12 students. Retrieved from <https://casel.org/>

SEARCH INSTITUTE

Search Institute partners with organizations to conduct and apply research that promotes positive youth development and advances equity. Retrieved from <https://www.search-institute.org/>

SEL matters.



Molly A. Gosline, Ed.M., M.A.

Molly is the Coordinator of Social Emotional Learning at **Adlai E. Stevenson High School** in Lincolnshire, Illinois where she works within the professional learning community to build an SEL culture. She is the Executive Director of **SEL4IL** and the **Founder** of SEL School Consulting. Molly earned an Ed.M. in the risk & prevention division of the human development and psychology program from **The Harvard Graduate School of Education** and is currently a doctoral student in the Mid-Career Education Leadership Program at the **University of Pennsylvania**.

Resources



SEL4IL The IL Chapter of SEL4US is a valuable statewide organization which connects, promotes and advocates for SEL policies, funding, and professional development opportunities to support building efficacy among IL teachers and students.

CASEL, The Collaborative for Academic, Social, and Emotional Learning (CASEL) is a trusted source for knowledge about high-quality, evidence-based social & emotional learning.

CASEL CARES is a new initiative that connects the SEL community with experts to address how SEL can be most helpful in response to today's circumstances.

New from CASEL: A supportive on-line feature with Resources, Guidance and Weekly Webinars on supporting student SEL during COVID-19)



@SELSchool | www.SELSchoolConsulting.com