

SELmatters.

for high school teachers



Social Emotional Learning in the Online Classroom

Welcome High School Teachers,

We are happy to share with you our inaugural issue of “SELMatters,” a publication designed to provide teachers with social emotional learning (SEL) tools and strategies to help their students meet their full potential.

As we publish this issue, we are experiencing unprecedented times due to the Covid-19 Pandemic. For the first time ever, traditional schools have had to transition to an e-learning platform. This is a big shift in teaching & learning practices.

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.

Molly Gosline, Ed.M.,M.A
Executive Director, SEL4IL
Founder, SEL School Consulting

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

What is SEL success for teachers & students?

ISSUE 01

Teachers will learn applicable skills that support building an SEL culture in their classroom:

- Developmental psychology (actionable theoretical constructs)
- Strategies to apply research conceptual frameworks
- SEL data-driven collection, dialogue, and decision-making
- Protocols to support committing to the work and continual growth to expand possibilities to support student learning
- Building practices based on your classroom's data
- Developing high leverage teaching practices to support building a school wide SEL culture

Students will learn Strategies to build skill sets to develop competencies in:

Self-efficacy, Self-awareness, Social awareness, Self-management, Responsible decision-making, Relationships, empathy

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SELF-AWARENESS

When kids understand themselves better, it's easier for them to build positive self-esteem. Knowing more about how they think and how they come across gives kids a better sense of when to speak up for what they need, or self-advocate.

SKILLSETS

Identifying Emotions

Accurate Self - Perception

Recognizing Strengths

Self - Confidence

Self - Efficacy

DISCUSSION STARTERS

What is something that you want to learn over the next few months that you don't know how to do now?

Describe yourself in 3 words.

Ask someone in your house to describe you in 3 words.

Are there differences from your own descriptions?

What can you learn from this exercise?

WRITING PROMPTS

What qualities do you most admire in yourself?

What is one aspect of yourself that you would like to improve?

What are your unique personality traits?

What personality traits do you share with members of your family?

With your friends?



RESOURCES

- Be kinder to yourself video: <https://youtu.be/AyQdeYjXUHE>
- Mindfulness Activities
- www.casel.org
- www.SEL4USA.org

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SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations are aspects of self-management .

SKILLSETS

Impulse control

Stress Management

Self-discipline & Motivation

Goal-setting

Organizational skills



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DISCUSSION STARTERS

Have you created a daily calendar? If so, do you share it with friends & family? (what would be the benefit of sharing?)

How are you managing your stress?

What are your best organization tips you can share with your classmates?

Set 1 short term goal (things you can accomplish this week), 1 mid-range goal (that you can accomplish this month), and 1 long term goal (in your lifetime).

How will you work towards those goals?

WRITING PROMPTS

If you had more time in your schedule, what would you do with it?

If you could learn a new skill at home, what would it be?

What is the most adventurous thing you want to do?

RESOURCES

- The Character Lab (Angela Duckworth)
- Greater Good Science Center Magazine

SOCIAL - AWARENESS

We all have the ability to develop social awareness by taking the perspective of and empathizing with others from diverse backgrounds and cultures. If we are open to understanding social and ethical norms for behavior, and recognizing family, school, and community resources and support, we can develop this competency throughout our lives.

SKILLSETS

Perspective-taking

Empathy

Appreciating diversity

Respect for others

Sense of belonging

DISCUSSION STARTERS

Consider other students your age around the globe. What are some challenges they may currently have?

When someone shares their concerns with you, what are some thoughtful responses to support them? Is 'fixing' their problem/worry the only solution?

What are 3 ways we can learn about people who are different than us?

How can you cultivate a sense of belonging when we are all stuck at home?

WRITING PROMPTS

List three things you have learned from your parents.

What do you do when you see someone struggling with something?

What are ways you can help your friends? family? Community?

What are actions you can take during this time?



RESOURCES

- Emotional Intelligences and Positive Psychology
- Greater Good Center, UC Berkeley

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RELATIONSHIP SKILLS

Relationship building skills are a combination of skills that a person applies to connect with others and form positive relationships. As relationships evolve through time and different norms (COVID 19 is a great example!), we can continue to nurture our skill sets to better connect with others. The Developmental Relationships Framework provides a thoughtful approach towards building strength in this competency.



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SKILLSETS

Teamwork

Social Engagement

Relationship-building

Communication

DISCUSSION STARTERS

What is one aspect of your communication style that is a strength? What is one that is a weakness?

How can we socially engage with those who are socially isolated?

Think of one person you would like to connect with most. Write them a letter and mail it.

How can you foster teamwork with students in your classes right now?

WRITING PROMPTS

What do you think a healthy relationship looks like?

What does an unhealthy relationship look like?

What characteristics do good listeners exhibit?

What are lessons you have learned through the relationships you have?

RESOURCES

- Taking Care of Students during eLearning
- Staying Connected with Teens

RESPONSIBLE DECISION MAKING

Teenagers can behave in impulsive and even harmful ways. Studies have shown that adolescents brains are still developing, and this may contribute to how they reason and analyze situations.. While they continue to mature and develop their minds, there are teacher resources to help support their growth in positive ways.



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SKILLSETS

Identifying problems

Analyzing situations

Solving problems

Evaluating

Reflection

Ethical responsibility

DISCUSSION STARTERS

What is one problem you can identify that you encounter frequently (ie, oversleeping, etc.) By identifying it, what can be positive next steps towards finding a solution?

How would you evaluate your time in quarantine so far (productive, not very organized, needs improvement, etc.)

What are some ethical responsibilities you feel right now?

WRITING PROMPTS

What do you consider when you make decisions?

What do you do when you make a decision that you regret?

What is the most responsible decision you have ever made?

Why is making the responsible decision difficult sometimes?

RESOURCES

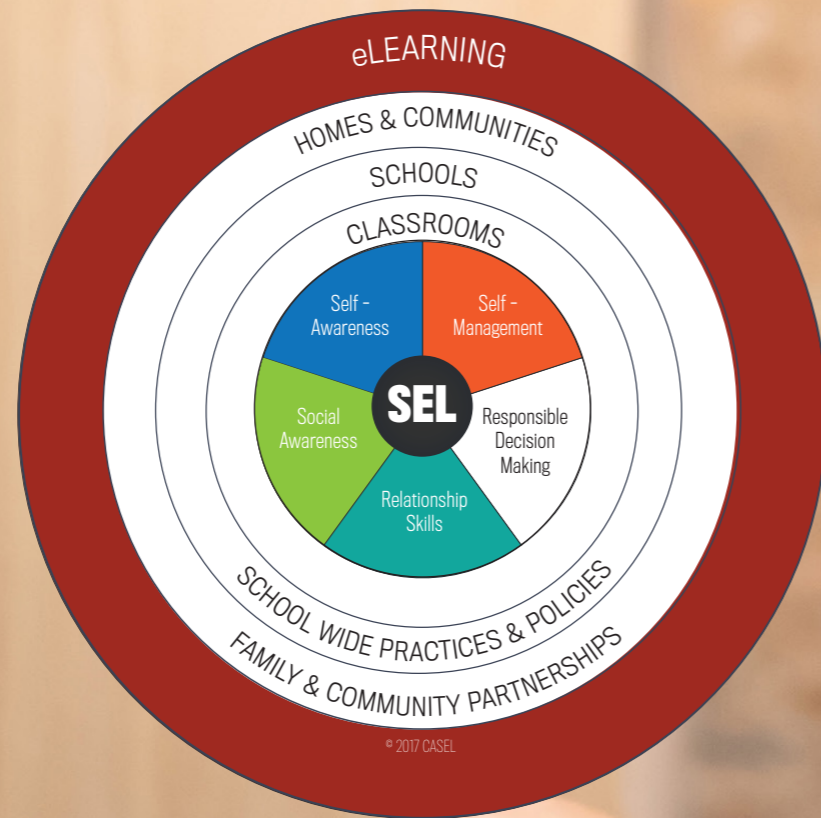
- Cultivating SEL during eLearning
- EASEL Lab: Building SEL Knowledge Together

E-LEARNING

Social Emotional Learning (SEL) has emerged from leading education research institutions and organizations as an integral – and often missing – piece in eLearning instructional practices that develop skills beyond academic competencies.

While sound SEL research that highlights the importance of school-wide implementation exists, an understanding of what SEL looks like – how it lives and breathes in online learning communities – does not. Our teachers and school leaders are working hard to develop and implement SEL practices and strategies that matter during this eLearning time.

But how can families and communities also participate in providing opportunities for their youth to engage in building skill sets that support developing social skills and emotional intelligences during eLearning?



Some tips include:

Communicate with other families

- #learningtogether
- #notalone
- #friendsmatter

Honor each day as a new opportunity

- #thisdaymatters
- #mixitupFriday

Cultivate positive attitudes

- #iamhere2help
- #candoattitude

Schedule fun brain break activities

- #springishere
- #getoutside
- #movearound

Stick to consistent routines

- #stressrelief
- #knowingmatters
- #alleviateanxiety

Promote kindness

- #kindnessmatters
- #siblingrivalryhappens
- #dudejustbenice

RESOURCE

“Confident Parents, Confident Kids”, Jennifer S. Miller

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)



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