Welcome to Session 2

SEL Techniques and Tools for Adults and Students: The Foundation for Successful Learning, Remote or In-person

Session Guide:

• You are muted and your video is turned off.
• Please enter your questions to the host or presenters in the Q&A window only.
• Use the Chat to talk with other people in the session and share resources.
Zoom Guide

Thank you for joining us today!
You will not be on video during today’s session

- Select a Speaker
  - Speakers (Work/off Audio)
  - Same as System
  - Test Speaker & Microphone...
  - Leave Computer Audio
  - Audio Settings...

- Click Here to adjust your audio settings
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You can switch between questions you’ve asked and those asked by others using these buttons.
You can use the Q&A feature to ask questions of the host and presenters. These questions can receive text or live responses. To begin asking a question use the field below. You can see a test question above.

The chat feature will allow you to talk with other people in today’s webinar.
The To field will tell you who will receive your message. Be mindful of who you are chatting to.

Your text can only be seen by panelists.
SEL Techniques and Tools for Adults and Students: The Foundation for Successful Learning Whether Remote or In-person

Supporting School Mental Health in the Wake of COVID-19
August 18, 2020

Supporting, Connecting and Empowering Schools
Weather reports
SEL programs benefit children for months and even years (casel.org).

82
Different programs reviewed
(38 outside U.S.)

97,000+
Students in kindergarten through middle school

6 mo – 18 yrs
Effects assessed after programs completed

SEL Students Benefit in Many Areas

- Academic performance
- SEL skills
- Positive attitudes
- Positive social behaviors

- Conduct problems
- Emotional distress
- Drug use

Higher social and emotional competencies among SEL students at the end of the initial intervention was the best predictor of long-term benefits.

Benefits were the same regardless of socioeconomic background, students’ race, or school location.
SEL Benefits Adults

Teachers who possess social and emotional competencies are more likely to stay in the classroom longer.

Teachers with high levels of social competence are better able to protect themselves from burnout by:

- ✔ developing and managing nurturing relationships with their students
- ✔ managing behavior in their classrooms
- ✔ serving as behavioral role models for children
- ✔ regulating their own emotions

CASEL 5: SEL Competencies

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

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

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

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

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

www.casel.org
SEL Critical in this Moment

- Trauma-informed strategies
- Talking about race and racism
- Self-care and coping skills
- Building relationships from a distance
- Student engagement
- Family engagement
- Potentially 3 different learning environments at the same time (online, hybrid, in the classroom)
SEL in this Moment (casel.org)

- **Self-awareness**— “critical when things are uncertain and socially turbulent; in understanding our cultural, racial, and social identities; examining our implicit biases”
- **Self-Management**— “coping with grief and loss; developing resilience; expressing social agency against injustices”
- **Social awareness**— “understanding of inequities and impact of systemic racism”
- **Relationship skills**— “build meaningful connections across race, culture, age; support one another through grief and struggle”
- **Responsible decision-making**— “make decisions that promote public health and collective well-being; engage in collective action to create a more just and equitable society”
1. Provide daily SEL instruction and practice to foster a sense of belonging and safety as students return to close proximity with others.
2. Emphasize school culture and rethink school-wide celebrations and traditions.
3. Make your safety measures visible for students and clearly communicated to families.
4. Maintain regular communication with families.
5. Take care of your own adult SEL needs.
Provide daily SEL instruction and practice to foster a sense of belonging and safety

In the chat box, please share:
What are some ways you already do this?

“No significant learning occurs without a significant relationship.”

--Dr. James Comer
Provide daily SEL instruction and practice to foster a sense of belonging and safety

Other ideas:

● Daily community building activities, like morning meetings, class meetings, games, and activities.
● Connect with students as a whole class, in small groups, or one on one to check in with each other (remote setting).
● Provide frequent opportunities for reflection and feedback to identify needs as students adapt to a new environment.
● Use calming strategies to support students.
● Consider providing SEL instruction through a video-based curriculum.
Emphasize school culture and rethink school-wide celebrations and traditions.
Make safety measures visible for students and clearly communicated to families

- Use positive language to explain the purpose for each safety measure
  
  “This is how we care for one another”
  “We are taking care of ourselves and each other”

- Practice, practice, practice (Use interactive modeling as a teaching strategy)
Maintain regular communication with families

- Select a means for communicating with families on a daily/weekly basis.
- Provide support for families to continue to facilitate SEL at home.
- Create weekly challenges or activities to share with families and foster a sense of community school-wide while students are learning from home.
Take care of your own social-emotional needs

- Trim Your List
- Allow Yourself to Stop
- Embrace Vulnerability
- Reach Out to Experts
- Pass Your Umbrella
To create **school environments** that set-up all students for success in school and life.
Resources

www.SEL4NJ.ORG
www.CASEL.ORG
www.Edutopia.org
www.ascd.org/ascd-express/vol15/num13/5-strategies-for-teacher-self-care.aspx
www.movethisworld.com/white-papers/toolkit-sel-planning-for-reentry/