

# SOCIAL EMOTIONAL LEARNING

**Students who possess skills of emotional literacy are best able to fully engage with learning and develop intellectual courage.**



Social Emotional Learning (SEL) is the process through which students develop skills to regulate, react to, and process their emotions; navigate relationships in a healthy way; and develop self-awareness. The practice of SEL encompasses strategies to support students as they build resiliency, manage stress, develop empathy, clarify their personal values, and make responsible decisions.

## WHO IS SEL FOR?

SEL is a key facet of University Prep's *Strategic Plan 2020* so all students realize their full potential as socially responsible citizens of the world.

## WHY SEL MATTERS

Educational research shows that school-wide SEL programs produce:

- Increased positive student behaviors
- Greater persistence of students in college
- Greater job satisfaction post-college

Students with SEL skills show:

- Improved academic performance
- Improved life-long health
- Increased ability to manage stress and depression, improved self-esteem, and reduced risk-taking behaviors
- Improved empathy, emotion recognition and regulation, problem-solving abilities, and decision-making skills

## SEL AND STUDENT LIFE

SEL is infused into all facets of school life as both content for exploration and a practiced skill through which to navigate academics, co-curricular activities, school norms and expectations, and social dynamics. Our DEISEL program weaves SEL skills and competencies with the frameworks of diversity, equity, and inclusion (DEI).

### SEL CORE COMPETENCIES



Self-management



Self-awareness



Responsible decision making



Relationship skills



Social awareness

## **CURRICULUM**

Teachers are working to infuse SEL practices like reflection, teamwork, organizational skills, recognizing strengths, and perspective-taking in lessons and projects.

## **COMMUNITY TIME**

Community Time is an opportunity for students to build and practice their SEL skills. This happens in structured activities in advisory, grade-wide meetings, as well as in clubs.

## **DEISEL PROGRAM**

At UPrep, we believe that diversity, equity and inclusion work (DEI) and Social Emotional Learning (SEL) go hand in hand. By being able to understand their own stress, students are also able to begin to understand others and continue to build empathy. Through collaboration with grade-level deans and counselors, we are working to not just react to the needs that arise for our students, but to proactively position DEISEL as a harm reduction curriculum.

For example, during monthly Puma Development sessions in the Middle School, we explore topics like boundaries, intent and impact, and communication and healthy relationships. The lessons and activities, facilitated by faculty members, offer space for our students to build connections, self- and social-awareness, resiliency, and accountability, and apply DEI competencies and SEL skills.

## **STUDENT ADVISORY BOARDS**

Newly formed Student Advisory Boards in both the Middle and Upper School give students ownership and voice in speaking to their own social and emotional need.

## **SEL DIRECTOR**

The director in this full-time position works with all stakeholders in the school community to document, develop, and streamline SEL programming.

### **Questions?**

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