
Social/Emotional Learning (SEL) Curriculum Proposal

RSD #17 Board of Education
Curriculum Subcommittee
February 8th, 2021

Social/Emotional Learning at the Secondary Level

SEL is an integral part of education and development

- Fosters a sense of safety and belonging
 - Builds positive relationships and school-connectedness
 - Teaches and reinforces important skills such as emotional awareness, empathy, managing stress, coping with challenges, regulating behavior, resolving conflicts, building and maintaining healthy relationships, perspective-taking, setting goals, and responsible decision-making
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Second Step® Middle School

We reviewed several curriculums such as The Core Project, Habitudes, and The Paths Program and found Second Step® to be the most comprehensive and research driven.

- **Comprehensive** - includes one year of interactive and engaging lessons differentiated by grade, 200+ additional advisory activities, teacher training, remote adaptation guide, family communication and engagement tools
 - **Evidence-based** - evaluated by multiple randomized and quasi-experimental studies shown positive implications for students and school community
 - **Endorsed** by numerous organizations including the US Dept. of Education, CASEL, and ASCA for the quality of research, training, and support for teachers and families
 - **Provides continuity** between elementary, intermediate and middle schools
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Second Step® Middle School

- Comprehensive, web-based SEL curriculum designed for grades 6-8.
- Responsive to the current needs of our students - underpinned by the latest research in adolescent brain development and social psychology.
- Equips students with the **knowledge, skills, and mindsets** that help contribute to **positive classroom/school climate** and serves as a foundation to **academic and social success**.

UNIT 1

Mindsets & Goals

7 lessons per grade

UNIT 2

Recognizing Bullying & Harassment

6 lessons per grade

UNIT 3

Thoughts, Emotions, & Decisions

6 lessons per grade

UNIT 4

Managing Relationships & Social Conflict

7 lessons per grade



Second Step® in conjunction with the HKMS Health Curriculum

The HKMS health curriculum includes topics such as:

- Bullying/Cyberbullying
- Sexual Harassment
- Dating Violence

Second Step expands on these areas and
complements this learning with related topics



Scope and Sequence

6 th Grade	7 th Grade	8 th Grade
Unit 1: Mindsets and Goals		
<ol style="list-style-type: none">1. Starting middle school2. Helping new students3. How to grow your brain4. Trying new strategies5. Making goals specific6. Breaking down your goals7. Monitoring your progress8. Bringing it all together	<ol style="list-style-type: none">1. Starting middle school2. Helping new students3. Creating new pathways in your brain4. Learning from mistakes and failures5. Identifying roadblocks6. Overcoming roadblocks 17. Overcoming roadblocks 28. Advice on roadblocks	<ol style="list-style-type: none">1. Welcome2. Who am I? My identity3. My interests and strengths4. Harnessing my strengths5. Pursuing my interests6. My future self7. My path forward
Unit 2: Recognizing Bullying and Harassment		
<ol style="list-style-type: none">1. Common types of bullying2. Recognizing bullying3. Responding to cyberbullying4. How to be an upstander5. Standing up and staying safe6. Raising awareness about bullying	<ol style="list-style-type: none">1. What is harassment?2. What is sexual harassment?3. The effects of sexual harassment4. Gender-based harassment5. Our rights and responsibilities6. Preventing harassment	<ol style="list-style-type: none">1. Understanding bullying2. Social factors that contribute to bullying3. Environmental factors that contribute to bullying4. Speak up and start a movement5. Be inclusive and change policies6. Stand up for change!



Scope and Sequence

6 th Grade	7 th Grade	8 th Grade
Unit 3: Thoughts, Emotions, & Decisions		
<ol style="list-style-type: none">1. What emotions tell you2. Emotions and your brain3. How emotions affect your decisions4. Managing your emotions5. What works best for you?6. Raising awareness about managing emotions	<ol style="list-style-type: none">1. Emotions matter2. Feel, think, do3. Unhelpful thoughts4. Reframing unhelpful thoughts5. Practicing positive self-talk6. Making better decisions	<ol style="list-style-type: none">1. Understanding stress and anxiety2. Where does stress come from?3. Can stress help you grow?4. Strategies for managing stress5. Changing strategies and getting help6. My stress management plan
Unit 4: Managing Relationships & Social Conflict		
<ol style="list-style-type: none">1. We're changing2. Why conflicts escalate3. Considering multiple perspectives4. Respectful communication5. Resolving challenging conflicts6. Making amends7. Conflict solvers	<ol style="list-style-type: none">1. What makes a conflict escalate?2. Keeping your cool in a conflict3. Conflicts and perspectives4. Resolving conflicts part 15. Resolving conflicts part 26. Taking responsibility for your actions7. Tips for resolving conflicts	<ol style="list-style-type: none">1. My values2. Values and relationships3. Recognizing others' perspectives4. Finding the best solution5. Making things right6. Unhealthy relationships7. Guide to healthy relationships8. High school challenges



Second Step® Implementation

- An Advisory experience will be scheduled during the Flex period at the middle school
 - ◆ Students will participate in Second Step lessons during these Advisory times
 - ◆ Advisory is typically every other week for 40 minutes
 - ◆ Second Step lessons are timed for 25 minutes
 - We will prioritize training staff in the **design, methodology** and **research** of Advisory programs.
 - Teachers will work in pairs to facilitate the planned lessons
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Second Step® Cost

\$2,749 for a schoolwide license

What's included:

- **Second Step Lessons:** 26 interactive lessons per grade with plans, handouts, and activities
 - **Advisory Activities:** Additional 200+ advisory activities that give teachers the option to expand learning experiences including Class Meetings, Class Challenges, Service-Learning Projects, and weekly Check-In/Check-Outs
 - **Program Training:** On-demand webinar training videos and training guides for each unit
 - **Additional Resources:** Optional academic lesson plans to extend SEL throughout the school day, lessons and strategies to help rebuild students' connection to school during the COVID-19 pandemic, anti-racism and anti-bias education resources, standards alignment charts, recommended reading lists, family communications and engagement tools
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Questions?



School-Connect- Optimizing the High School Experience

- Leading provider of high school SEL curriculum.
- Their 80-lesson multimedia curriculum is designed to improve high school students' social, emotional, and academic skills and strengthen relationships among students and between students and teachers.
- Based on CASEL's SEL Competencies identified by researchers as critical to success in school, the workplace, and life in general.

Module 1: Creating a Supportive Learning Community
Module 2: Developing Self-Awareness & Self-Management
Module 3: Building Relationships and Resolving Conflicts
Module 4: Preparing for College and the Workforce



School-Connect: Implementation

We reviewed several curriculums such as The Core Project and 7 Mindsets and found School-Connect to be the **most comprehensive and research-driven.**

- Students will participate in School-Connect lessons during Advisory
 - ◆ Advisory is typically one day a week for 65 minutes
 - ◆ School-Connect lessons are timed for 40 minutes
 - ◆ Each module has 20 lessons total (there are about 36 advisory periods)
 - One module will be covered per grade level
 - ◆ Module 1: Creating a Supportive Learning Community (Freshman)
 - ◆ Module 2: Developing Self-Awareness & Self-Management (Sophomores)
 - ◆ Module 3: Building Relationships and Resolving Conflicts (Juniors)
 - ◆ Module 4: Preparing for College and the Workforce (Seniors)
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Scope and Sequence

MODULE 1: Creating a Supportive Learning Environment (9th)

Lesson 1.1: Getting to Know You
Lesson 1.2: Creating First Impressions
Lesson 1.3: Introducing Social and Emotional Learning
Lesson 1.4: Creating a Social Contract
Lesson 1.5: Applying Student Success Skills
Lesson 1.6: Playing Plan-O-Rama

Lesson 1.7: Celebrating and Building Community
Lesson 1.8: Building Rapport with Teachers
Lesson 1.9: Reviving Digital Zombies
Lesson 1.10: Tuning In to Others
Lesson 1.11: Using Active Listening
Lesson 1.12: Collaborating Effectively

Lesson 1.13: Valuing an Education
Lesson 1.14: Developing Academic Supports
Lesson 1.15: Understanding Mindsets
Lesson 1.16: Cultivating Curiosity and Grit
Lesson 1.17: Focusing and Prioritizing
Lesson 1.18: Taking Effective Notes
Lesson 1.19: Improving Memory Skills - Part 1
Lesson 1.20: Improving Memory Skills - Part 2

MODULE 2: Developing Self-Awareness and Self-Management (10th)

Lesson 2.1: Understanding the Teenage Brain
Lesson 2.2: Being Aware of Our Emotions
Lesson 2.3: Recognizing the Power of Thought
Lesson 2.4: Managing Emotions
Lesson 2.5: Defusing Anger
Lesson 2.6: Coping with Stress

Lesson 2.7: Inducing Positive Emotions
Lesson 2.8: Recognizing Character Strengths
Lesson 2.9: Building True Happiness
Lesson 2.10: Outsmarting Media Advertising
Lesson 2.11: Forging Your Identity
Lesson 2.12: Exploring Career Options
Lesson 2.13: Planning for College

Lesson 2.14: Envisioning Your Future
Lesson 2.15: Setting Life Goals
Lesson 2.16: Going on a Mission
Lesson 2.17: Preparing for Tests - Part 1
Lesson 2.18: Preparing for Tests - Part 2
Lesson 2.19: Taking Full Responsibility
Lesson 2.20: Fighting Off Victimitis



Scope and Sequence

MODULE 3: Building Relationships and Resolving Conflicts (11th)

Lesson 3.1: Developing Positive Relationships

Lesson 3.2: Standing in the Other Person's Shoes

Lesson 3.3: Empathizing with Others

Lesson 3.4: Appreciating Diversity

Lesson 3.5: Debunking the Myths of Womanhood

Lesson 3.6: Debunking the Myths of Manhood

Lesson 3.7: Understanding Introverts and

Extroverts

Lesson 3.8: Responding to Conflict

Lesson 3.9: Using a Problem-Solving Approach
- Part 1

Lesson 3.10: Using a Problem-Solving
Approach - Part 2

Lesson 3.11: Using a Problem-Solving
Approach - Part 3

Lesson 3.12: Dealing with Gossip

Lesson 3.13: Addressing and Preventing Bullying

Lesson 3.14: Managing Social Media and
Cyberbullying

Lesson 3.15: Making Personal Decisions

Lesson 3.16: Refusing and Persuading

Lesson 3.17: Making a Sincere Apology

Lesson 3.18: Forgiving Others and Ourselves

Lesson 3.19: Understanding Healthy Dating

Lesson 3.20: Helping Others

MODULE 4: Preparing for College and the Workforce (12th)

4.1: Thinking Ahead About Life After High School

4.2: Charting Your Future

4.3: Motivating Yourself & Moving Forward

4.4: Navigating College Applications

4.5: Writing Your College Essays

4.6: Rethinking Stress

4.7: Understanding Mindfulness

4.8: Skill Building for Mental Health & Well-Being

4.9: Writing a Resume

4.10: Interviewing Effectively

4.11: Developing a Work Ethic

4.12: Practicing Teamwork

4.13: Providing Customer Service

4.14: Problem Solving in the Workplace

4.15: Responding to Feedback

4.16: Negotiating an Agreement

4.17: Building a Budget

4.18: Understanding Financial Literacy

4.19: Living on Your Own & with Roommates

4.20: Choosing Wisely

Culminating Project: Transitioning Successfully



School-Connect Reinforced by Health Curriculum

Module 1: Creating a Supportive Learning Community - Table of Contents

- Lesson 1.2: Creating First Impressions
- Lesson 1.8: Building Rapport with Teachers
- Lesson 1.10: Tuning In to Others
- Lesson 1.11: Using Active Listening
- Lesson 1.14: Developing Academic Supports
- Lesson 1.15: Understanding Mindsets
- Lesson 1.17: Focusing and Prioritizing
- Lesson 1.18: Taking Effective Notes
- Lesson 1.5: Applying Student Success Skills
- Lesson 1.19: Improving Memory Skills
- Lesson 1.16: Cultivating Curiosity and Grit



Relevant Topics from Health 1 Course Outline (Freshman)

- Communicating Effectively
 - Interpersonal Communication Skills
 - Healthy Relationships
 - Mental/Emotional Health
 - Executive Functioning
 - Time Management
 - Organization and Planning
 - Self Advocacy
 - Resilience and Perseverance
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School-Connect Reinforced by Health Curriculum

Module 3: Building Relationships and Resolving Conflicts - Table of Contents

- Lesson 3.1: Developing Positive Relationships
- Lesson 3.19: Understanding Healthy Dating
- Lesson 3.3: Empathizing with Others
- Lesson 3.4: Appreciating Diversity
- Lesson 3.16: Refusing and Persuading
- Lesson 3.8: Responding to Conflict
- Lesson 3.9: Using a Problem-Solving Approach
- Lesson 3.12: Dealing with Gossip
- Lesson 3.15: Making Personal Decisions



Relevant Topics from Health 2 Course Outline (Juniors)

- Healthy Relationships
 - Acceptance
 - Sexual Orientation and Gender Identity
 - Refusal Skills
 - Decision Making
 - Mental/Emotional Health
 - Social Health
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School-Connect Cost

\$7,313.25 for a schoolwide license

What's included:

- With a Modules 1-4 school license schools receive:
 - ◆ 4 School-Connect Modules 1-4 binder sets
 - ◆ Lesson outlines for all 80 lessons in Modules 1-4
 - ◆ Access to School-Connect iPortal with all the PowerPoints, student handouts, and lesson extensions for those lessons.
 - School licenses are a one time fee with no additional annual fees
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Questions?