MS Parent Coffee
Why Social and Emotional Learning?

August 2021

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What do you know about these activities, programs or units in the SAS Middle School?

- TRi Time
- Counseling
- Advisory
- ELA Book Clubs
- Eagle Days
- Collaborative work
- Student choice assessments
- Athletics and Activities
- Sustainability, Identity or Social Issues Units



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Learning Targets:

- Define SEL
- Identify the 5 components of SEL
- Explain the academic and behavioral benefits of SEL for students
- Know what parents can do to help



What is “social and emotional learning”?

Social and emotional learning (SEL) is the process through which children and adults *understand and manage emotions*, *set and achieve positive goals*, *feel and show empathy for others*, *establish and maintain positive relationships*, and *make responsible decisions.*

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HOMES AND COMMUNITIES
SCHOOLS
CLASSROOMS
SELF-AWARENESS
SELF-MANAGEMENT
SOCIAL AND EMOTIONAL LEARNING
SOCIAL AWARENESS
RESPONSIBLE DECISION-MAKING
RELATIONSHIP SKILLS
SEL CURRICULUM AND INSTRUCTION
SCHOOLWIDE PRACTICES AND POLICIES
FAMILY AND COMMUNITY PARTNERSHIPS

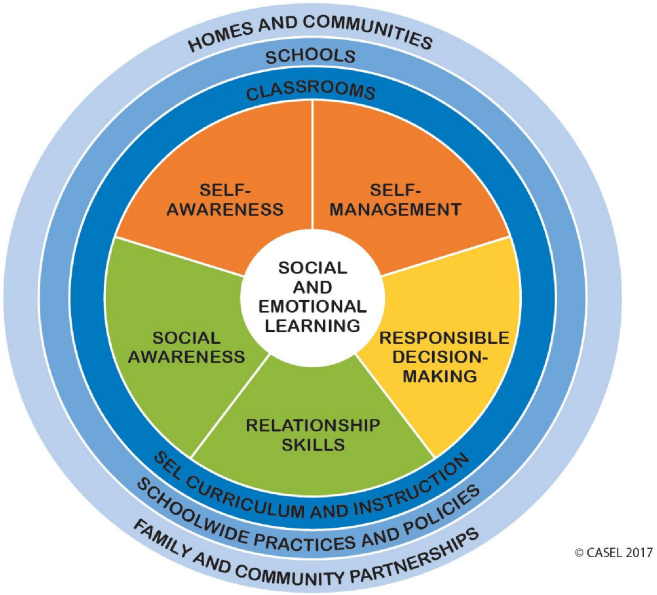
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Social and Emotional Learning
SEL

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

- 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

What does the research tell us about the benefits of SEL?

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Increased Academic Achievement

According to a 2011 meta-analysis of 213 studies involving more than 270,000 students, those who participated in evidence-based SEL programs showed an 11% point gain in academic achievement.



Improved Behavior

Studies show decreased dropout rates, school and classroom behavior issues, drug use, teen pregnancy, mental health problems, and criminal behavior.



Strong Return on Investment

A review of six SEL interventions in evidence-based SEL programs showed that for every dollar invested there was an economic return of 11 dollars.

From: CASEL.ORG

Science Links SEL to Student Gains:
Landmark study documented multiple benefits of SEL

2011 meta-analysis of 213 studies involving school-based, universal SEL programs including over 270,000 students in K-12 revealed:

Science Links SEL to Student Gains:

- ✔ Social-emotional skills
- ✔ Improved attitudes about self, others, and school
- ✔ Positive classroom behavior
- ✔ 11 percentile-point gain on standardized achievement tests

Reduced Risks for Failure:

- × Conduct problems
- × Emotional distress

Source: Durlak, J.A., Weissberg, R.P., Dymnicki, A.B., Taylor, R.D., & Schellinger, K. (2011) The impact of enhancing students' social and emotional learning: A meta-analysis of school-based universal interventions. Child Development: 82 (1), 405-432.

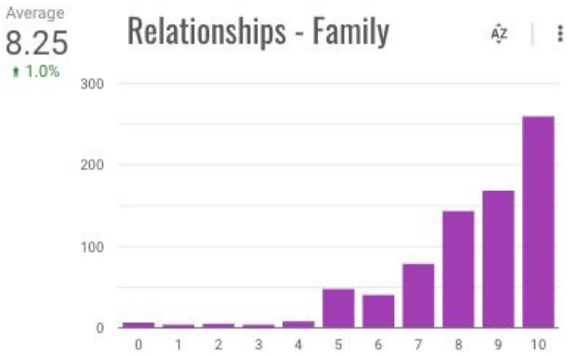
Gathering Feedback on Student Wellbeing



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Well-Being Check-in Data









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From Grade 8

ADVISORY FOCUS:
SELF-MANAGEMENT

Today, we will be learning some tips and tools to help us utilize the an app on our laptop that manages everything on our laptops!

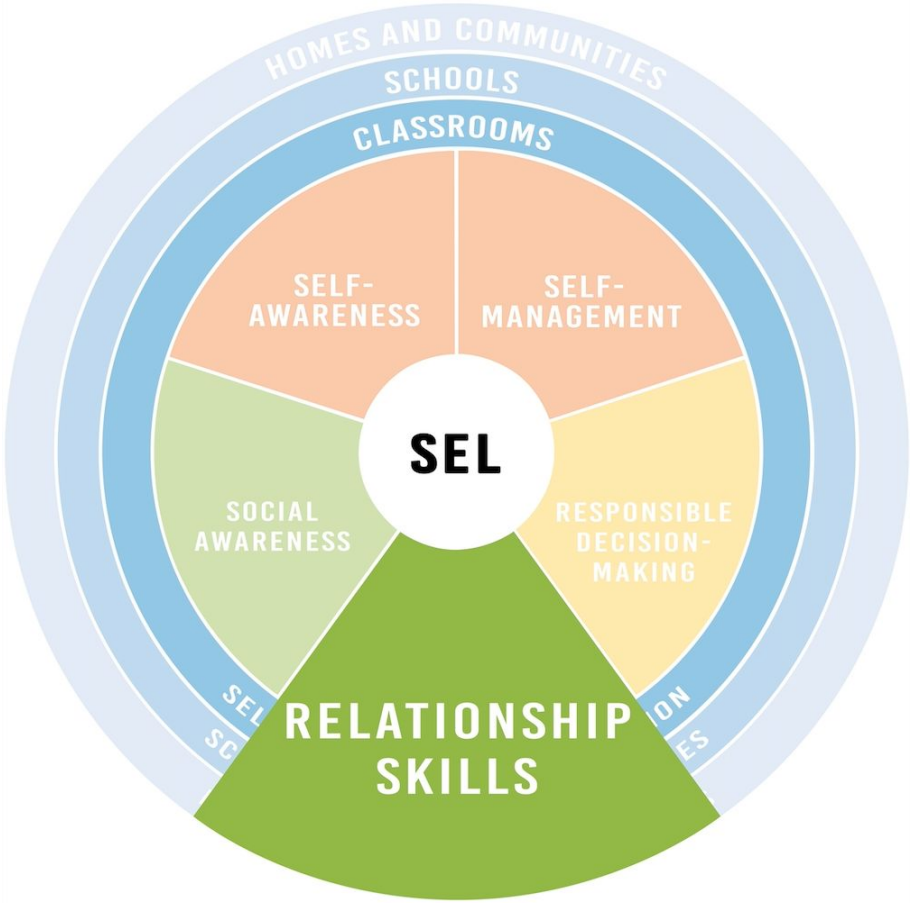
FINDER



SELF-MANAGEMENT

How we effectively manage stress, control impulses, and motivate ourselves to set and achieve goals

From Grade 6


HOMES AND COMMUNITIES
SCHOOLS
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SELF-AWARENESS
SELF-MANAGEMENT
SEL
SOCIAL AWARENESS
RESPONSIBLE DECISION-MAKING
RELATIONSHIP SKILLS

ATTACHMENT PATTERNS

When someone is...
Dismissive

We feel... Avoidant
Protective against being hurt, downplays emotions, distant and distrusting

When someone is...
Overly Involved

We feel... Anxious
Clingy, fear of abandonment, strong dependence on people

When someone is...
Responsive

We feel... Secure
Trusting, closeness / independence, good coping skills and emotion regulation

TO BUILD SECURE RELATIONSHIPS...

Be **responsive**.

Use the questions on the next slide to have a discussion with a partner(s) who you don't know as well in your advisory. Practice asking and answering questions in a positive responsive way.



PRACTICE BEING RESPONSIVE!





Are you more of an introvert or an extrovert?

Who in your life knows you best?

What is something that makes you angry?

What is something you're nervous about?

What is one of your favorite things to do outside of school?

Tell us a favorite memory from your life.

Who is a hero of yours? Why?

What are some qualities you look for in a friend?

Break-out Room

Practice being responsive and starting to build relationships.

Think of a question that you might pose to the group or something that you would like to volunteer about yourself.

- ***Where do you call home?***
- ***What is your favorite meal?***
- ***How has your middle schooler enjoyed the first weeks of school?***

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Wrap-up

“Every interaction does matter.”

How did your conversations go?
How can you use being responsive on a daily basis?
Partner share and then share with your advisory.



Executive Functioning Skills



Planning is the ability to figure out how to accomplish our goals.



Organization is the ability to develop and maintain a system that keeps materials and plans orderly.

Time Management is having an accurate understanding of how long tasks will take and using time wisely and effectively to accomplish tasks.



Task Initiation is the ability to independently start tasks when needed. It is the process that allows you to just begin something even when you don't really want to.





Working Memory is the mental processes that allow us to hold information in our minds while working with it.



Metacognition is being aware of what you know and using that information to help you learn.

Self-Control is the ability to regulate yourself, including your thoughts, actions, and emotions.



Attention is being able to focus on a person or task for a period of time and shifting that attention when needed.





Perseverance is the ability to stick with a task and not give up, even when it becomes challenging.



Flexibility is the ability to adapt to new situations and deal with change.

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BEDTIME
CHECKLISTS



BEDROOM WHITEBOARD

HELP THEM DEVELOP A SENSE OF TIME BY USING TIMERS



THINGS TO DO:

- [ ]
- [ ]
- [ ]
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HELP THEM PRACTICE MAKING A PRIORITIZED TO DO LIST

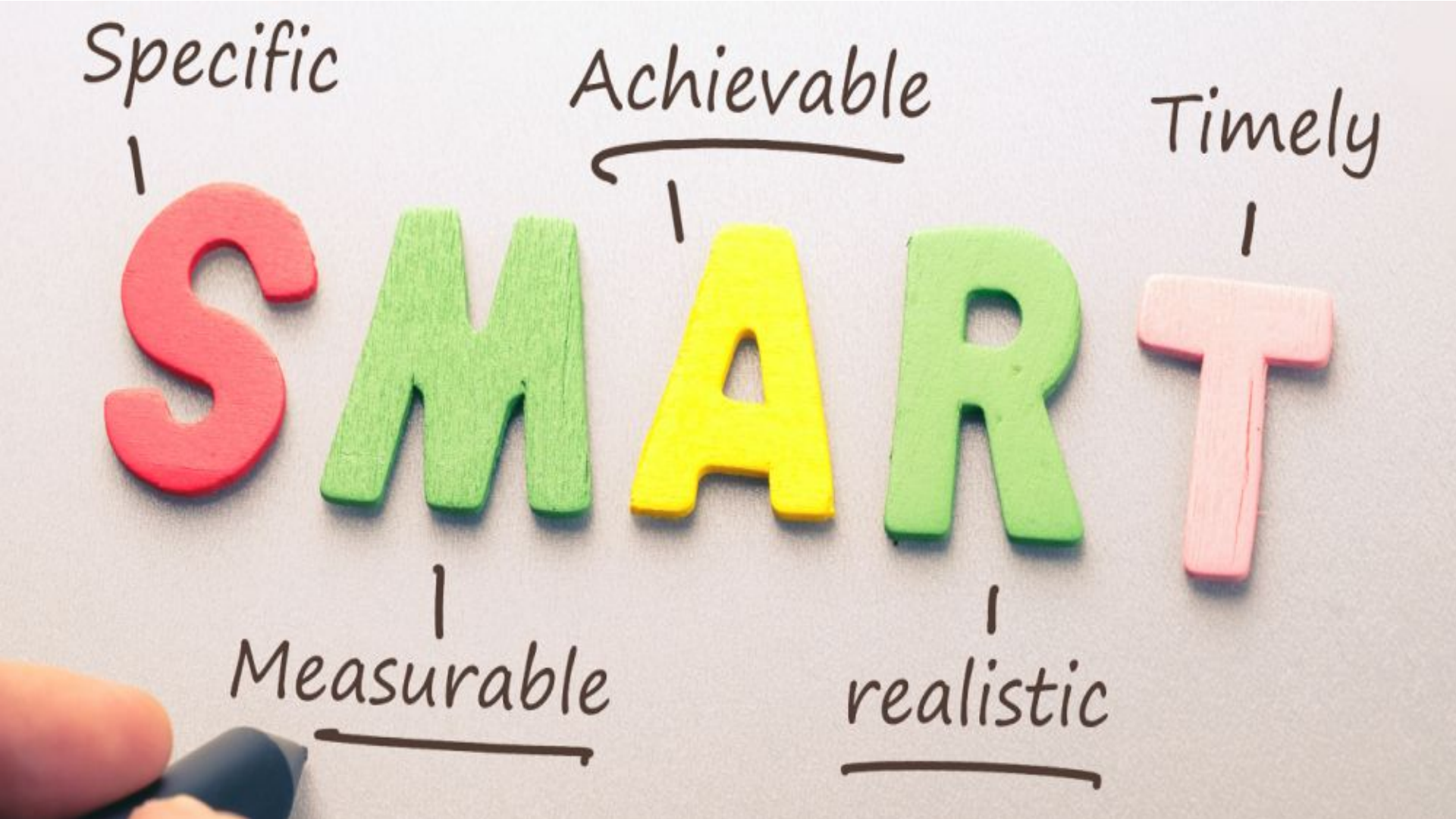
(Eat their broccoli first)







SAME PLACE EVERY TIME


Specific
Achievable
Timely
SMART
Measurable
realistic

MODEL YOUR THINKING AS YOU MAKE ADULT DECISIONS



VISIBLE THINKING

Harvard Project Zero



TALK, TALK, AND TALK SOME MORE





Break-out Room

Talk through the suggestions to support the SEL competencies at home:

- ***visible thinking,***
- ***smart goals,***
- ***timers,***
- ***visible planners.***

What might you try at home?

Other ideas?

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Thinking about CASEL's definition of SEL, what might be some of the learning targets of these?

TRi Time
Counseling
Advisory
ELA Book Clubs
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- understand and manage emotions
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What can parents do to partner with us?

Be explicit with your children when discussing SEL skills that you use in your adult life

Show your children that you value their growth and learning in SEL skills as much as academic skills

Give them opportunities to mess up so that they can learn from their mistakes

Why is teaching SEL across the curriculum and in our co-curricular and extra-curricular program so important?

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