



SOCIAL EMOTIONAL LEARNING IN CHARLES COUNTY PUBLIC SCHOOLS

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Supervising School Counselor
March 2023

AGENDA

- Intro
 - Who's here today
- What is Social Emotional Learning (SEL)
 - Impact of SEL
- Resources in our schools
 - Staff
 - Programs & Curriculum



WHAT IS SOCIAL EMOTIONAL LEARNING?

- Understand and manage emotions
- Set and achieve positive goals
- Feel and show empathy for others
- Show and maintain positive relationships with others
- Make responsible decisions

CASEL: The Collaborative for Social Emotional Learning

[Advancing Social and Emotional Learning - CASEL](#)





Impact of SEL on Learning

Video

School Mental Health Professionals

78 school counselors

44 school psychologists

23 pupil personnel workers

4 behavioral specialists

Contracted mental health services provided by Tri County Youth Services Bureau (TCYSB) to provide support at all school levels through mixed funding (general and grant)

move

THIS WORLD

MOVE THIS
WORLD



MOVE THIS WORLD

- https://ccboemd-my.sharepoint.com/:u:/r/personal/jcheaves_ccboe_com/Documents/Videos/Mindful%20Morning.html?csf=1&web=1&e=IQRvjz

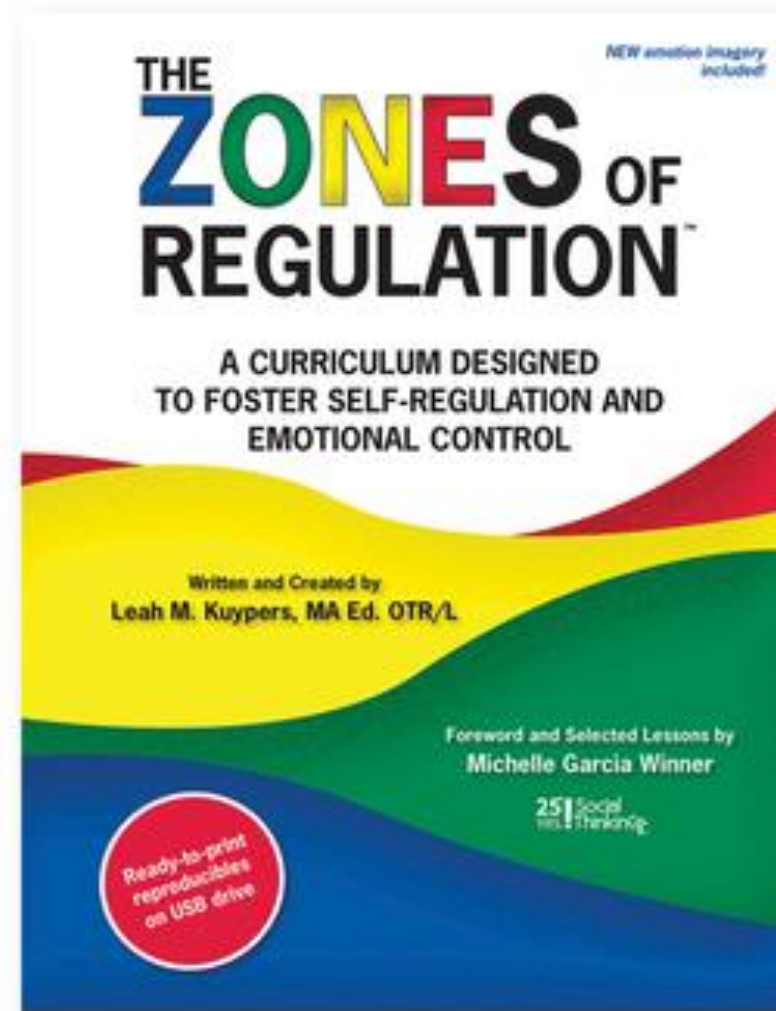
SECOND STEP[®] ELEMENTARY

SEL for Today

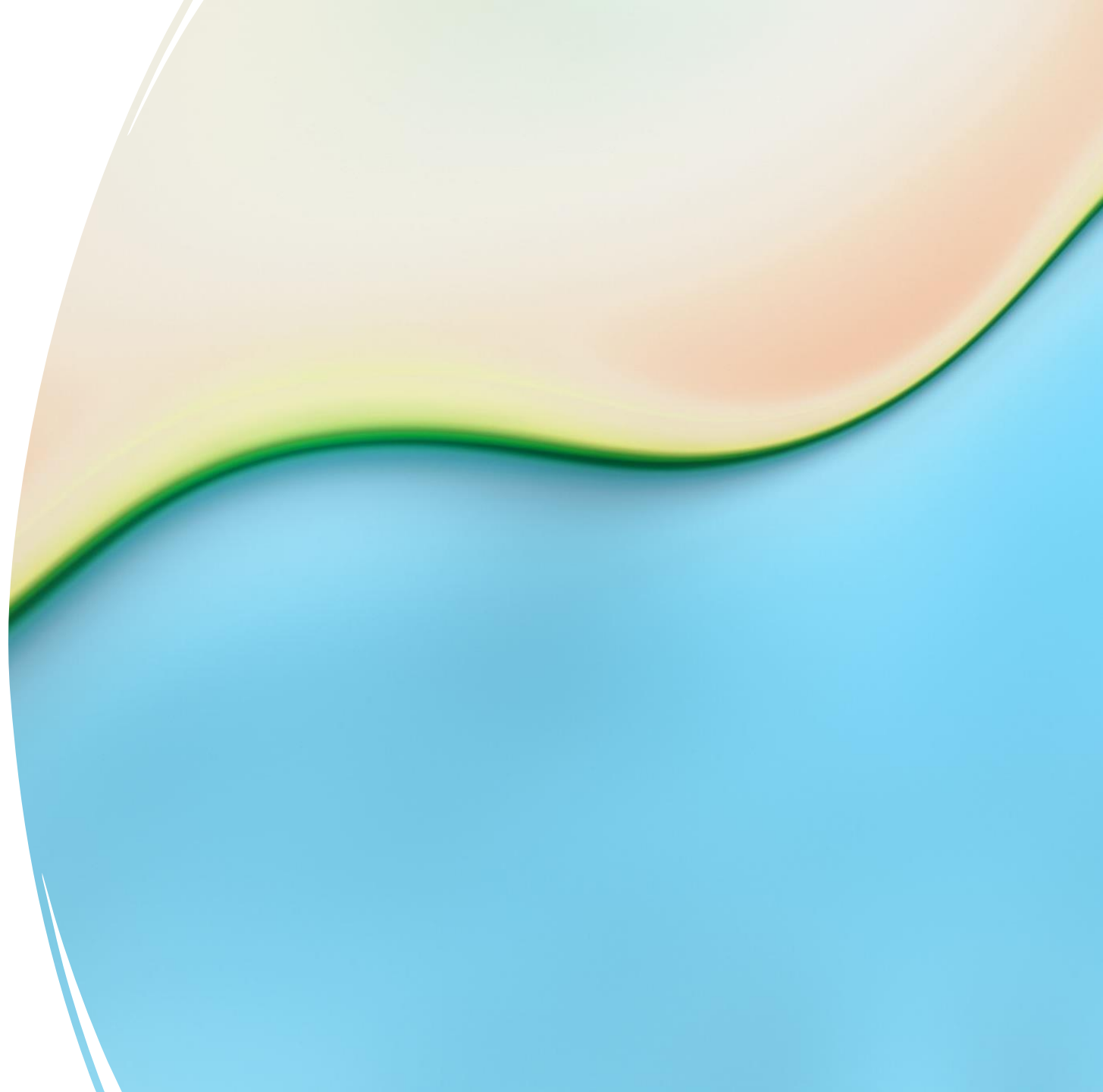


SECOND STEP

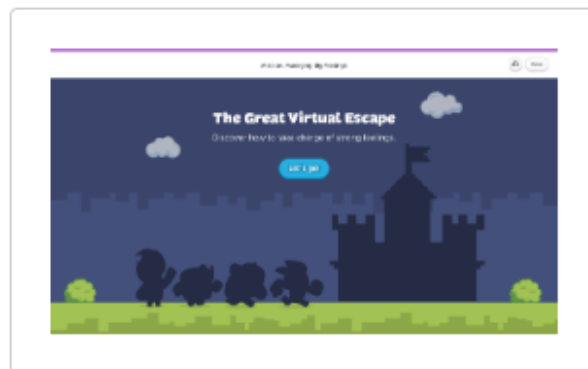
ZONES OF REGULATION



XELLO



MISSION: MANAGING BIG FEELINGS



Recommended Grade:

3

Assigned Grade

3

Estimated Time:

30 to 40 minutes

The Great Virtual Escape

Discover how to take charge of strong feelings.

In this lesson:

Find the Feeling

Freeze the moment so you can identify some strong feelings.

Feelings Fix

Pick the best way to steer through a strong feeling.

Follow Your Feelings

Tell a story about a time you struggled with a big feeling.

The Power of Feelings

Show who is really in charge of strong feelings.

MIDDLE SCHOOLS

SECOND STEP[®] ELEMENTARY

SEL for Today



SECOND STEP

BASE EDUCATION



WHAT'S YOUR ROLE ▾

PROGRAMS ▾

BASELINE ASSESSMENTS

PLATFORM ▾

RESOURCES ▾

ABOUT US ▾

LOG IN

Succeeding with Social Emotional Learning Technology

Our mission is to make your SEL implementation as easy and effective as possible. We tackle the hard topics head-on and students respond with honest answers that spark a meaningful dialogue. *With BASE Education, it's never been easier to reach your students.*



- Favorite resources
- Instant Login Applications
- Library Resources
- Misc. Applications
- More apps

Clever extension ✕

[Get the Clever extension](#) for one-click access to any program.

Favorite resource

Xello BASE

Instant Login Applications

Discovery Education DreamBox Lanschool Air Imagine Language & Literacy Lumio - Smart Teacher Access SAM Edmentum - Study Island Turnitin Vocabulary.com

Library Resources

Library



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Anxiety

This module will help you to understand anxiety, recognize the signs, and develop coping strategies as well as help-seeking behaviors. Approximate Completion Time: 35 minutes - 1 hour 45 minutes

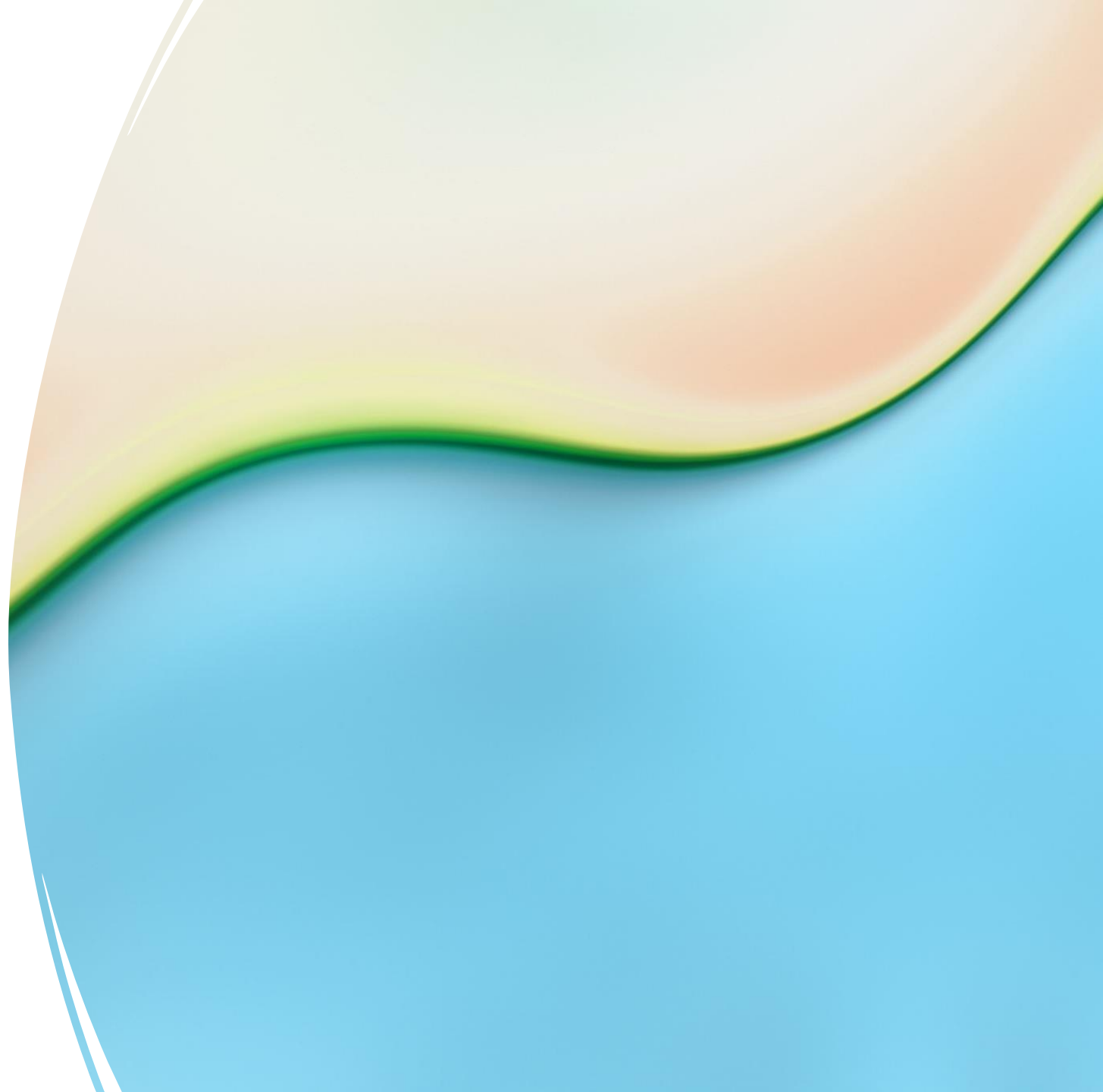



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Anxiety for Parents/Guardians

This module will help you to understand anxiety, recognize the signs, and develop coping strategies as well as help-seeking behaviors.

XELLO





STUDENTS

FAMILIES

EDUCATORS

FEATURES

Lessons

Assignments

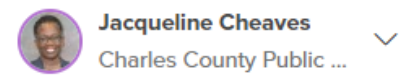
Dashboard Resources

College Planning

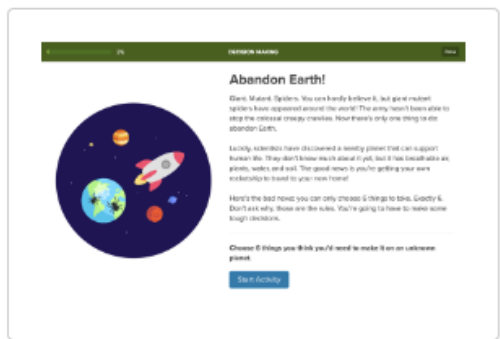
REPORTS

SETTINGS

Search for students, groups, and more



DECISION MAKING



Abandon Earth!

Dear Madam System, You are handy & smart & just get what you want. You have conquered around the world. The only thing that can stop the colossal greedy machine, how there's only one thing to do: abandon Earth.

Lately, scientists have discovered a nearby planet that can support human life. They don't know much about it yet, but it has beautiful air, plants, water, and soil. The great news is you're getting your new neighbors to head to your new home!

Here's the bad news: you can only choose 6 things to take. Goodby & Don't talk only, those are the rules. You're going to have to make some tough decisions.

Choose 6 things you think you'll need to make it on an unknown planet.

[Take Activity](#)

Decisions, Decisions

Develop the skills to help you make the best big and small decisions

In this lesson:

Abandon Earth!

Select 6 things to take with you to a strange new planet!

Options Brainstorm

Come up with some possible choices you could make in various situations.

Outcome Matchup

Match potential outcomes with their decisions.

What Would You Do?

Dig deeper into a friend's difficult decision and help them uncover their choices.

Your Big Decision

Reflect on a big decision you've had to make.

Gut or Logic?

Decide whether you'd use gut, logic, or a bit of both to make a decision.

Recommended Grade:

6

Assigned Grade

6

Estimated Time:

20 to 30 minutes

HIGH SCHOOLS



BASE EDUCATION



WHAT'S YOUR ROLE ▾

PROGRAMS ▾

BASELINE ASSESSMENTS

PLATFORM ▾

RESOURCES ▾

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MindWise
INNOVATIONS

SOS Signs of Suicide®

S.O.S

OUR MIND MATTERS

our minds
matter

[about](#)

[join us](#)

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[mental health resources](#)

[support us](#)

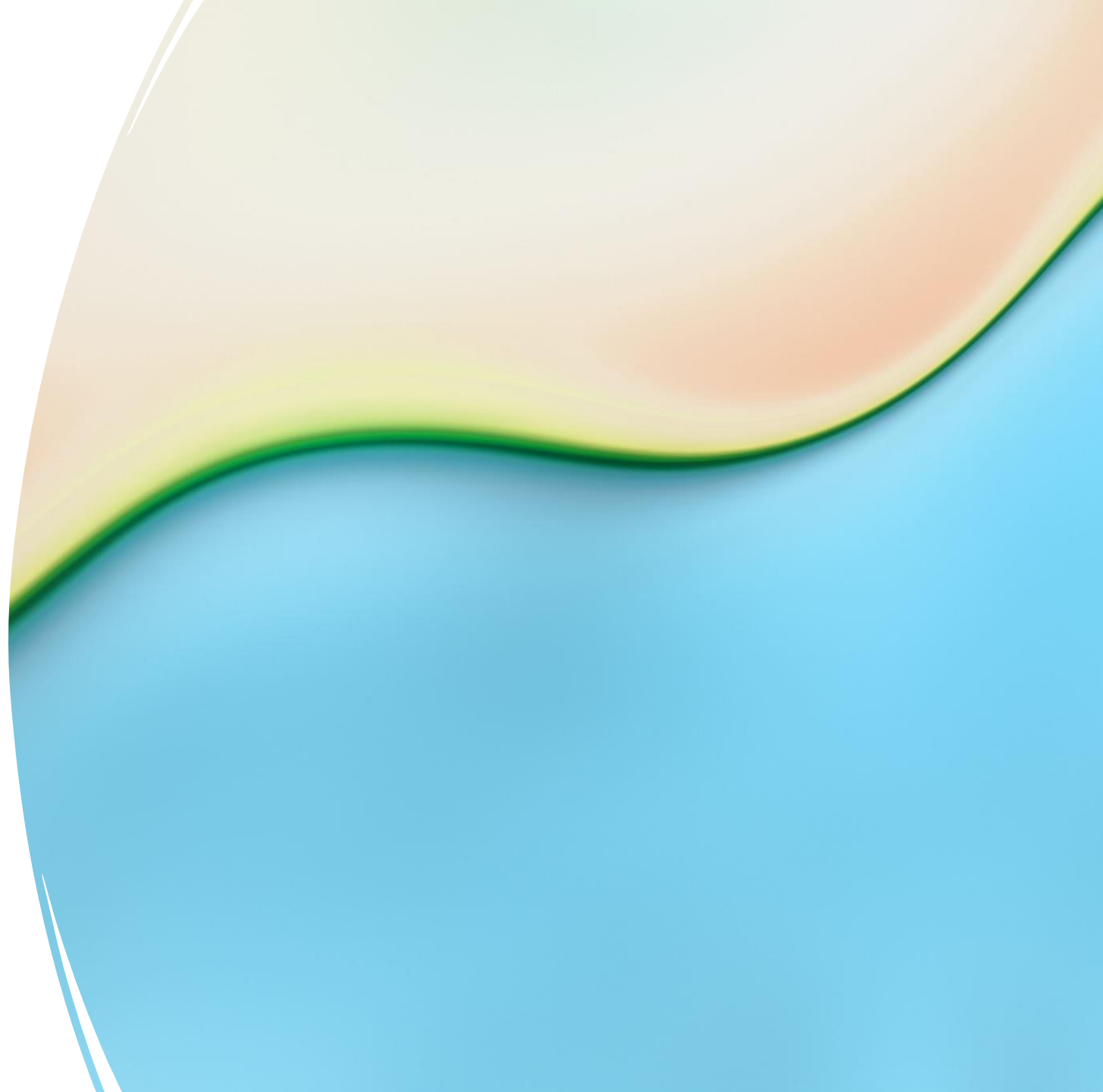
mental health tools for teens

A non-profit organization working toward the day when no teen dies by suicide.

Currently at Lackey, LaPlata and North Point



XELLO



Search for students, groups, and more

WORK/LIFE BALANCE

What is Work/Life Balance?

This lesson is all about the work/life balance. You'll have a job, and a life outside of the job. When the balance scales tip to the side between your work demands and your home life.

There will be lots of things you have to do outside of work. You can't make anything from doing things to looking after family members.

A healthy balance also includes time for things you want to do. These things can be hobbies, or personal interests. Making time for the things you enjoy is important for your health and well-being.

Everyone has different views about the ideal work/life balance - and that's okay! The goal is to find a balance that works for you.

Please use the true statements about work/life balance, then consider how you feel about your current balance.

[Start Lesson](#)

Balancing Act

Finding a healthy balance between work and home

In this lesson:

- What is Work/Life Balance?**
Select the true statements about work/life balance, and then consider your current balance.
- A Better Balance**
Give a busy student some tips for achieving a better balance.
- Staying Healthy and Happy**
Reflect on why it's important to find time for 5 activities you like to do.
- The Time/Money Balance**
Pick your ideal work schedule, and consider the pros and cons of your choice.
- Balance in the Workplace**
Help some busy professionals find ways to bring their lives into better balance.
- Career Exploration**
Investigate the potential work/life balance for a career you like.

Recommended Grade:

11

Assigned Grade

11

Estimated Time:

30 to 40 minutes

QUESTIONS

