



Social - Emotional Learning

What is it and Why it is so Important?

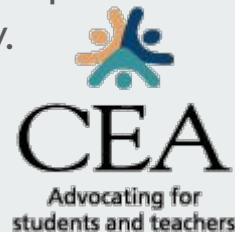
Judy Palmer, Ken Chichester, Fran Amara
January 8, 2020

Our Mission



To transform the educational experience through social-emotional learning by:

- Providing intentional support for developing SEL skills across all grades to provide all students with the skills needed for success in both school and adult life.
- To provide our students and adults with the skills and mindsets they need to cope with difficulties to build resilience and regulate their emotions appropriately.



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Leadership for the Future of Learning

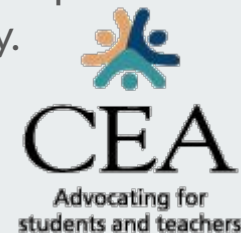


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What is Social - Emotional Learning?



Collaborative for Academic, Social and Emotional Learning (CASEL) defines SEL as:

The **process** through which children and adults **acquire and effectively apply** the **knowledge, attitudes, and skills** necessary to:

- Understand and manage their emotions
- Set and achieve positive goals
- Feel and show empathy for others
- Establish and maintain positive relationships, and
- Make responsible decisions.

Five Core Competencies of SEL



**Collaborative for Academic, Social, and Emotional Learning (CASEL)*

Self-Awareness



Know your strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset.”

**Collaborative for Academic, Social, and Emotional Learning (CASEL)*

Self-Management



Effectively manage stress, control impulses, and motivate yourself to set and achieve goals.

**Collaborative for Academic, Social, and Emotional Learning (CASEL)*



Restorative Interventions for Challenging Behavior

- What happened?
- How did I feel when ____ I did ____? What do you think the other person felt?
- What caused my feelings?
- How did I express and regulate my feelings?
- What have you thought about since ____ happened?
- Who has been affected by what you have done? In what way?
- What could I have done to handle the situation better and demonstrate my best self?
- What do you think you can do to make things right?

Social Awareness



Understand the perspectives of others and empathize with them, including those from diverse backgrounds and cultures.

**Collaborative for Academic, Social, and Emotional Learning (CASEL)*

Relationship Skills

Communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.



Responsible Decision-Making



Make constructive choices about personal behavior and social interactions based on ethical standards, safety, and social norms.

**Collaborative for Academic, Social, and Emotional Learning (CASEL)*

Recognizing emotions in self and others

Understanding the causes and consequences of emotions

Labeling emotions accurately

Expressing emotions appropriately

Regulating emotions effectively

The Reality....



Mental Health: Not static. It is influenced by the interactions between the child and his or her environment.



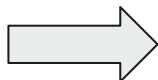
SEL is recognized as playing a critical role in the promotion of positive mental health and the prevention of mental health disorders among children and youth.

SEL promotes positive development through the fostering social and emotional skills that form the foundation of mental well-being and success in life.

Special Education Outplacement Data

Data on the number of placements within the different special education disability categories and the average tuition cost within the facilities supporting those specific needs.

<i>Primary Disability</i>	<i># Placements</i>	<i>Average Tuition</i>
ADD/ADHD/OHI	45	\$ 65,198
Autism	120	\$ 102,906
Emotional Disability	90	\$ 70,273
Hearing Impairment	3	\$ 36,291
Intellectual Disability	19	\$ 78,724
Learning Disability	8	\$ 59,953
Multiple Disabilities	34	\$ 97,272
Speech/Language Dis.	4	\$ 67,564
	323	\$ 84,601



Five Core Competencies of SEL



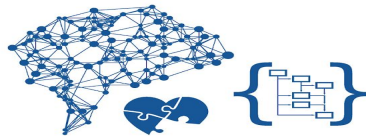
**Collaborative for Academic, Social, and Emotional Learning (CASEL)*

Impact on students, staff, families, community...

Top 10 skills

in 2020

1. Complex Problem Solving
2. Critical Thinking
3. Creativity
4. People Management
5. Coordinating with Others
6. Emotional Intelligence
7. Judgment and Decision Making
8. Service Orientation
9. Negotiation
10. Cognitive Flexibility



“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

-Viktor E. Frankl