Social Emotional Learning Parent Academy

February 26, 2020

Tonight's Agenda

- Identify what Social Emotional Learning is (SEL)
- Learn about resources available
- Attend two break-out sessions and learn more specifically about SEL competencies:
  - Self Awareness: Growth Mindset
  - Self Management/Responsible Decision Making/Relationship Skills: Developmental Milestones
  - Social Awareness: Empathy Building

Introduction **(7:00 - 7:20)**	**Media Center** - Sinead Crews
Breakout Session 1 **(7:25 - 7:55)**	Self Awareness: Growth Mindset - **Room 20** Self Management/Responsible Decision Making/Relationship Skills: Developmental Milestones - **Room 21** Social Awareness: Empathy - **Room 23**
Breakout Session 2 **(8:00 - 8:30)**	Self Awareness: Growth Mindset - **Room 20** Self Management/Responsible Decision Making/Relationship Skills: Developmental Milestones - **Room 21** Social Awareness: Empathy - **Room 23**

What is Social Emotional Learning?

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions (CASEL).

SOCIAL AND EMOTIONAL LEARNING (SEL) COMPETENCIES

SELF-AWARENESS

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- ⮑ IDENTIFYING EMOTIONS
- ⮑ ACCURATE SELF-PERCEPTION
- ⮑ RECOGNIZING STRENGTHS
- ⮑ SELF-CONFIDENCE
- ⮑ SELF-EFFICACY

SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- ⮑ PERSPECTIVE-TAKING
- ⮑ EMPATHY
- ⮑ APPRECIATING DIVERSITY
- ⮑ RESPECT FOR OTHERS

RESPONSIBLE DECISION-MAKING

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- ⮑ IDENTIFYING PROBLEMS
- ⮑ ANALYZING SITUATIONS
- ⮑ SOLVING PROBLEMS
- ⮑ EVALUATING
- ⮑ REFLECTING
- ⮑ ETHICAL RESPONSIBILITY

SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- ⮑ IMPULSE CONTROL
- ⮑ STRESS MANAGEMENT
- ⮑ SELF-DISCIPLINE
- ⮑ SELF-MOTIVATION
- ⮑ GOAL SETTING
- ⮑ ORGANIZATIONAL SKILLS

RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- ⮑ COMMUNICATION
- ⮑ SOCIAL ENGAGEMENT
- ⮑ RELATIONSHIP BUILDING
- ⮑ TEAMWORK

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5 Competencies of SEL

Self-awareness:

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

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The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

➲ IDENTIFYING EMOTIONS

➲ ACCURATE SELF-PERCEPTION

➲ RECOGNIZING STRENGTHS

➲ SELF-CONFIDENCE

➲ SELF-EFFICACY

5 Competencies of SEL

Self-management:

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

SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- ➲ IMPULSE CONTROL
- ➲ STRESS MANAGEMENT
- ➲ SELF-DISCIPLINE
- ➲ SELF-MOTIVATION
- ➲ GOAL SETTING
- ➲ ORGANIZATIONAL SKILLS

5 Competencies of SEL

Responsible decision-making:

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

RESPONSIBLE DECISION-MAKING

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

⮑ IDENTIFYING PROBLEMS

⮑ ANALYZING SITUATIONS

⮑ SOLVING PROBLEMS

⮑ EVALUATING

⮑ REFLECTING

⮑ ETHICAL RESPONSIBILITY

5 Competencies of SEL

Relationship skills:

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

RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

➲ COMMUNICATION

➲ SOCIAL ENGAGEMENT

➲ RELATIONSHIP BUILDING

➲ TEAMWORK

5 Competencies of SEL

Social awareness:

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

SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- ⮑ PERSPECTIVE-TAKING
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Parent Resources

- School Counselor
- Teacher
- Parents can promote their child's SEL by learning more about their school's SEL initiative and modeling behaviors and adopting practices that reinforce their child's SEL skills at home. Examples include:
  - Participating in family informational meetings at their school to learn more about its SEL initiative; and
  - Emphasizing their child's strengths before discussing deficits and needed improvements.
- CASEL's SEL for parents introductory video: [click here](#)

Additional Parent Resources

- Resource list from Social Emotional Character Development
- Websites:

  Confident Parents, Confident Kids: [click here](#)
  Healthy Children: [click here](#)
  Info About Kids: [click here](#)
  Parent Toolkit: [click here](#)
  Stop Bullying: [click here](#)

- CASEL's Top 10 Books for Parents: [click here](#)

- Newsletter's and Guides: [click here](#)

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