## For Educational Use Only

# Social and Emotional Learning in School and at Home

Supporting our Students' Engagement, Resilience, and Well-Being During Challenging Times

Melissa Adle Schlinger

Vice President of Practice and Programs CASEL

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**er** Programs

## For Educational Use Only Presentation **Overview**

- Welcome
- Background on CASEL and SEL Research
- What is SEL and how is it implemented at school?
- How can I support SEL at home?
- Q & A



## For Educational Use Only Reflecting on the Future

If we were to ask our students one year from now about how they felt during the pandemic, what do you hope they will say?





## For Educational Use Only Who is CASEI?

The Collaborative for Academic, Social, and Emotional Learning (CASEL) was founded in 1994 to help make social and emotional learning (SEL) an essential part of education by:



Advancing the science of SEL

Improving state and federal **policies** 

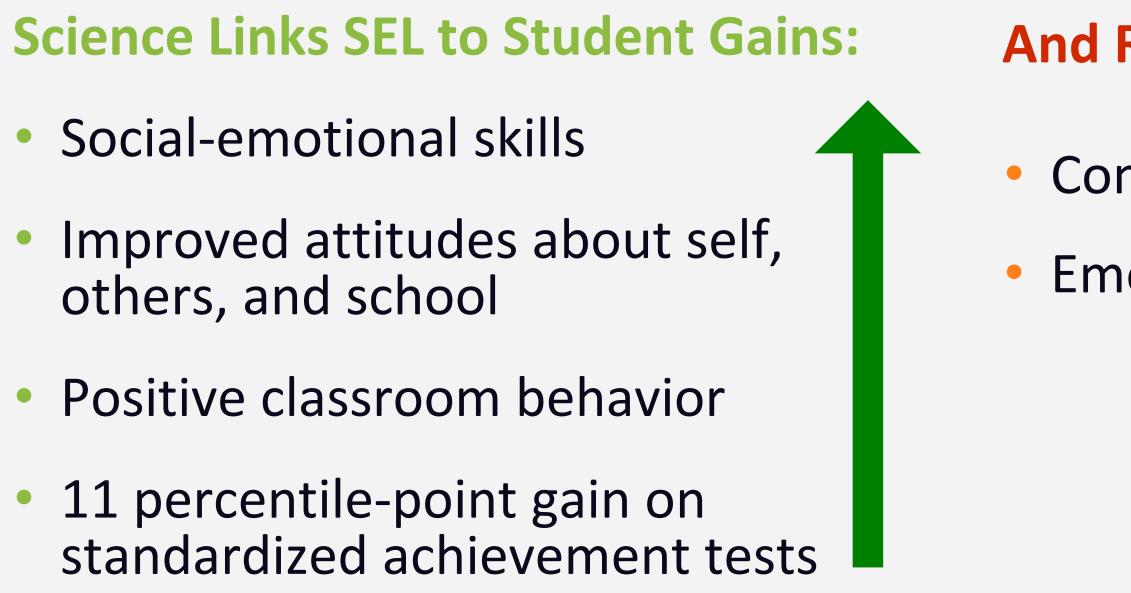




### Expanding effective SEL practice

# For Educational Use Only Landmark 2011 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:





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 metaanalysis of school-based universal interventions. Child Development: 82 (1), 405-432.

## **And Reduced Risks for Failure:**

## Conduct problems Emotional distress

## For Educational Use Only Impact of SEL is long-lasting and global

A major new research study finds that social and emotional learning (SEL) programs benefit children for months and even years.



## 97,000+

Students involved, kindergarten through middle school

SEL Students Benefit in Many Areas

### HIGHER...

- Academic performance
- SEL skills
- Attitudes
- Positive social behaviors

Higher social and emotional competencies among SEL students at the end of the initial intervention was the best predictor of long-term benefits. **Benefits were the same regardless of socioeconomic background, students' race, or school location.** 



### Effects assessed

## 6 mo – 18 yrs

### after programs completed

LOWER... Conduct problems Emotional distress Drug use

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What is SEL?



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.

## For Educational Use Only **Core Social and Emotional** Competencies

- 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

### **RESPONSIBLE DECISION-**MAKING

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- **Ethical responsibility**

## For Educational Use Only Systemic Schoolwide SEL Framework

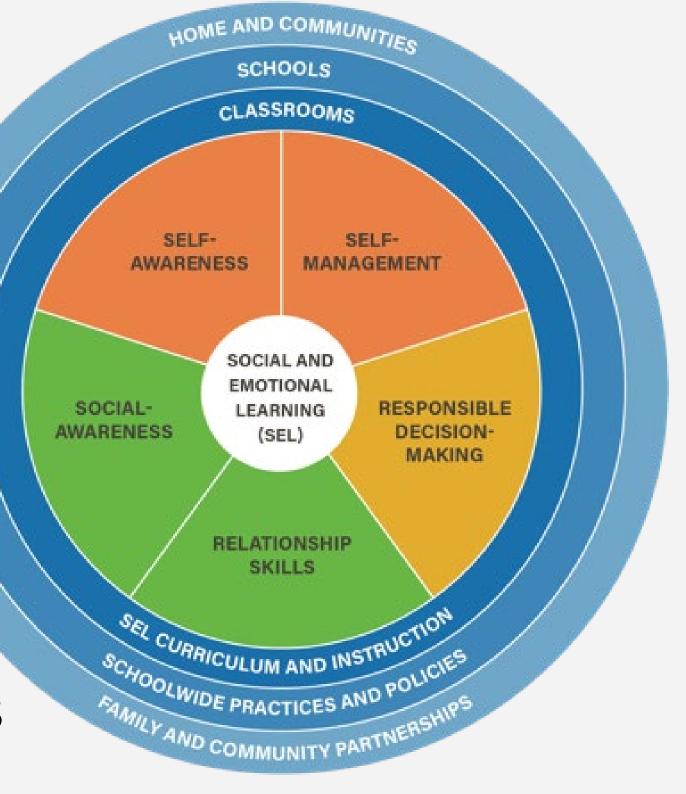
Creates equitable learning conditions and inclusive cultures that:

- foster caring relationships
- actively involve all students in learning and practicing social, emotional, and academic competencies

This requires:

- aligned policies, resources and actions to support adults
- coordinated school-familycommunity partnerships





## For Educational Use Only **Indicators of** Schoolwide SEL

Schoolwide SEL is a systemic approach to integrating academic, social, and emotional learning across all school contexts.







## INDICATORS OF SCHOOLWIDE SEL

	Student	
	Students have consistent opportunities to cu practice, and reflect on social and emotional competencies in ways that are developed appropriate and cultural.	
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	competencies in ways that are developmental appropriate and culturally responsive,	Ithata
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	Staff honor and elevate a broad range of student perspectives and experiences by engaging student as leaders, problem solvers, and decision-makes	
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# For Educational Use Only How can Schools achieve systemic SEL implementation?





SEL integrated with academic instruction	



Supportive	school	and	classroom
climates			

**Focus on adult SEL** 

A continuum of integrated supports



Authentic family partnerships

Aligned	community	partnerships
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Systems for continuous improvement

# For Educational Use Only What can schools do to promote social and emotional development?

### **ORGANIZE:**

### **Build Awareness, Commitment, and Ownership**

- Create a representative **SEL team** to create a plan and lead implementation
- Establish robust structures for two-way **communication** with families, staff, and community stakeholders
- Collaborate with staff and community partners to develop plans for **foundational learning** for all stakeholders





# For Educational Use Only What can schools do to promote social and emotional development?



## Implement: Strengthen Adult Capacity

- - o self-care
  - trauma-informed practices
- and **collaboration** among staff
- mindsets



• Provide supportive opportunities and resources for adult **learning** to strengthen staff professional skills and social and emotional competence, especially in

distance learning strategies for building SEL

• Create structures that foster relationships, trust

• Support staff in **modeling** SEL competencies and

## For Educational Use Only What can schools do to promote social and emotional development?

## **Implement: Promote SEL for Students**

- Prioritize adult-student as well as peer relationships
  - $\circ$  check-ins
  - advisory
  - morning meetings
  - comunity building rituals
- Build critical social and emotional skills
  - o awareness of emotions
  - coping/stress management
  - o empathy/relationship skills
- Create spaces and use practices that allow students to use their voice in instructional activities and also to talk about the impact of COVID, racial disparities, and other issues that they may be facing
- Connect with families regularly, inviting input and sharing information
- Align with community partners to provide supports to students and families







## For Educational Use Only What can parents do to support their children's social and emotional development?



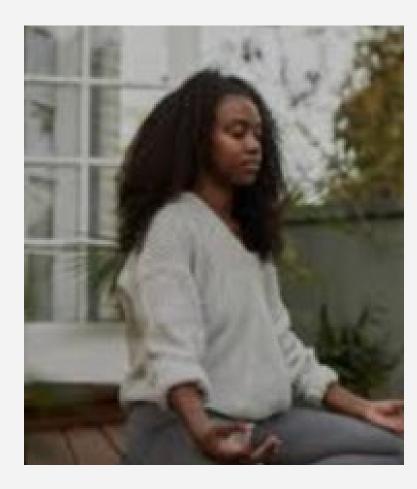
## **ORGANIZE & PLAN: Structures, routines are key**

With your children:

- Create a physical environment that is conducive to learning at home
- Set expectations together of predictable routines, break activities, rewards, etc...
- Make a plan for how to get help (technology questions, instruction questions, homework)
- Check in regularly with your child to see how things are going and if adjustments are needed



# For Educational Use Only What can parents do to support their children's social and emotional development?



## **Build Adult Capacity:**

- Take care of yourself and your own needs (routines, physical and mental health)
- Reduce activities that cause distress (social media, news, overindulgence)
- Foster your own relationships and support systems
- healthy behaviors and coping strategies how YOU are doing, seek help if appropriate
- Intentionally model positive, inclusive, and Check in with yourself regularly to reflect on





# For Educational Use Only What can parents do to support their children's social and emotional development?



### **Promote SEL for children:**

- relationships with peers, family members, teachers
- others
- lacksquarerather than jumping to "fix it"
- Communicate about what is happening in developmentally appropriate ways
- feel, and listen to and validate emotions



Foster opportunities for your child to maintain and build Provide support for stress management and coping skills Practice gratitude, empathy, acts of kindness towards

Encourage your child to use their voice, problem solve, advocate for themselves, seek help when they need it

Check in with your child regularly, ask them how they

## For Educational Use Only **Resources for Schools**

**CASEL Guide to Schoolwide SEL** Reunite, Renew, and Thrive: SEL Roadmap for Reopening School

**Greater Good in Education:** Supporting Learning and Well-Being During the Coronavirus Crisis Education Week: Video: 7 Tips for Remote Teaching **Teaching Tolerance: A Trauma-Informed Approach to Teaching Through Coronavirus** WestEd: Strategies for Trauma-Informed Distance Learning Education Week: How to Teach Social-Emotional Learning When Students Aren't in School The COVID-19 Education Coalition: Learning Keeps Going Facing History and Ourselves: Taking School Online with a Student-Centered Approach **American Federation of Teachers: COVID-19 School Closures: Distance Learning Tips** Search Institute: Building Developmental Relationships During the COVID Crisis Edsurge: How Can Educators Tap Into Research to Increase Engagement During Remote Learning? **Buck Institute for Education: Project Based Learning for Remote Learning** 



## For Educational Use Only **Resources for Parents**

### **Jennifer Miller: Confident Parents Confident Kids blog**

Jennifer Miller's blog is all about how family members can support social and emotional development at home, and recent posts provide a range of quality resources and ideas for supporting SEL during school closures

• Harvard Graduate School of Education: Caring for Preschoolers at Home

Guidance for creating structure and routine and developing social and emotional skills while preschoolaged children are staying home

### • <u>xSEL Labs</u>: SEL In An Unplanned Home School Setting

Ideas for setting expectations, teaching SEL competencies in context, motivating, and staying connected with social support networks

### • <u>AIR</u>: Building Positive Conditions for Learning at Home: Strategies and Resources for Families and Caregivers

Four basic elements for parents on creating a supportive learning space at home, with concrete strategies in both English and Spanish

### • <u>Child Mind Institute</u>: Single Parenting During the Coronavirus Crisis

Provides strategies for single parents during COVID-19 grounded in the ideas of "radical acceptance" and self-compassion



# For Educational Use Only Optimistic Closure

At the beginning of this session, we asked you to think about what you hope students will say one year from now about how they felt during the pandemic.

It's up to all of us to make that hope a reality.

What is one commitment that you will make today to help ensure that SEL is central to every child's experiences?



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# Thank you!

## Melissa Adle Schlinger Vice President for Practice and Programs <u>mschlinger@casel.org</u>

