

Supporting students' social-emotional learning

The role of adult social-emotional learning

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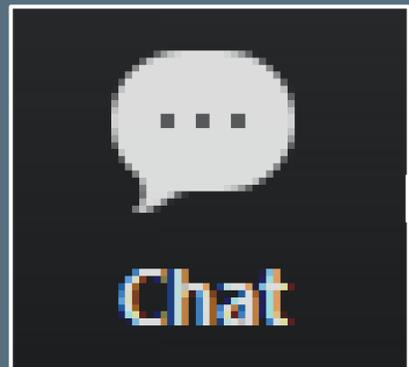


zoom



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- You have the option to dial into the phone line or listen through computer audio.



Click on the Chat box to ask questions for the presenters or let us know about any technical issues.

Agenda

1. Welcome and introductions
2. SEL Jeopardy
3. The importance of adult SEL
4. *The Science of Happiness*
5. Next steps



Welcome and introductions

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Welcome and introductions

- The first webinar in this series took place on September 27, 2019.
- A link to the recording is available on the Indiana Department of Education's website.

[Link to Webinar 1](#)



Welcome and introductions

Let's find out who is attending today.

Please select your role.

- Teacher
- Instructional coach
- School administrator
- District administrator
- Student services
- Other



Welcome and introductions

Let's find out who is attending today.

How well do you understand the concept of social-emotional learning?

- This is the first I am hearing about it.
- I know a little about it.
- I have a good understanding.
- I'm pretty much an expert.



Welcome and introductions

“ Social and emotional learning 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.

- Collaborative for Academic, Social, and Emotional Learning



Welcome and introductions

Let's find out who is attending today.

How much do you think about **adult** social-emotional learning?

- I think about it **rarely**.
- I think about it **a little**.
- I think about it **often**.
- I think about it **all the time**.



SEL Jeopardy

SEL Jeopardy

The ability to know your emotions and how they affect thoughts and actions that help build self-confidence, self-esteem, empathy for others, and insight that help recognize strengths and areas of growth.

What is...



SEL Jeopardy

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What is...



SEL Jeopardy

The ability to have body awareness and recognize sensations in the body, which is an important skill for managing transitions, changing routines, increasing alertness for learning, and improving regulation.

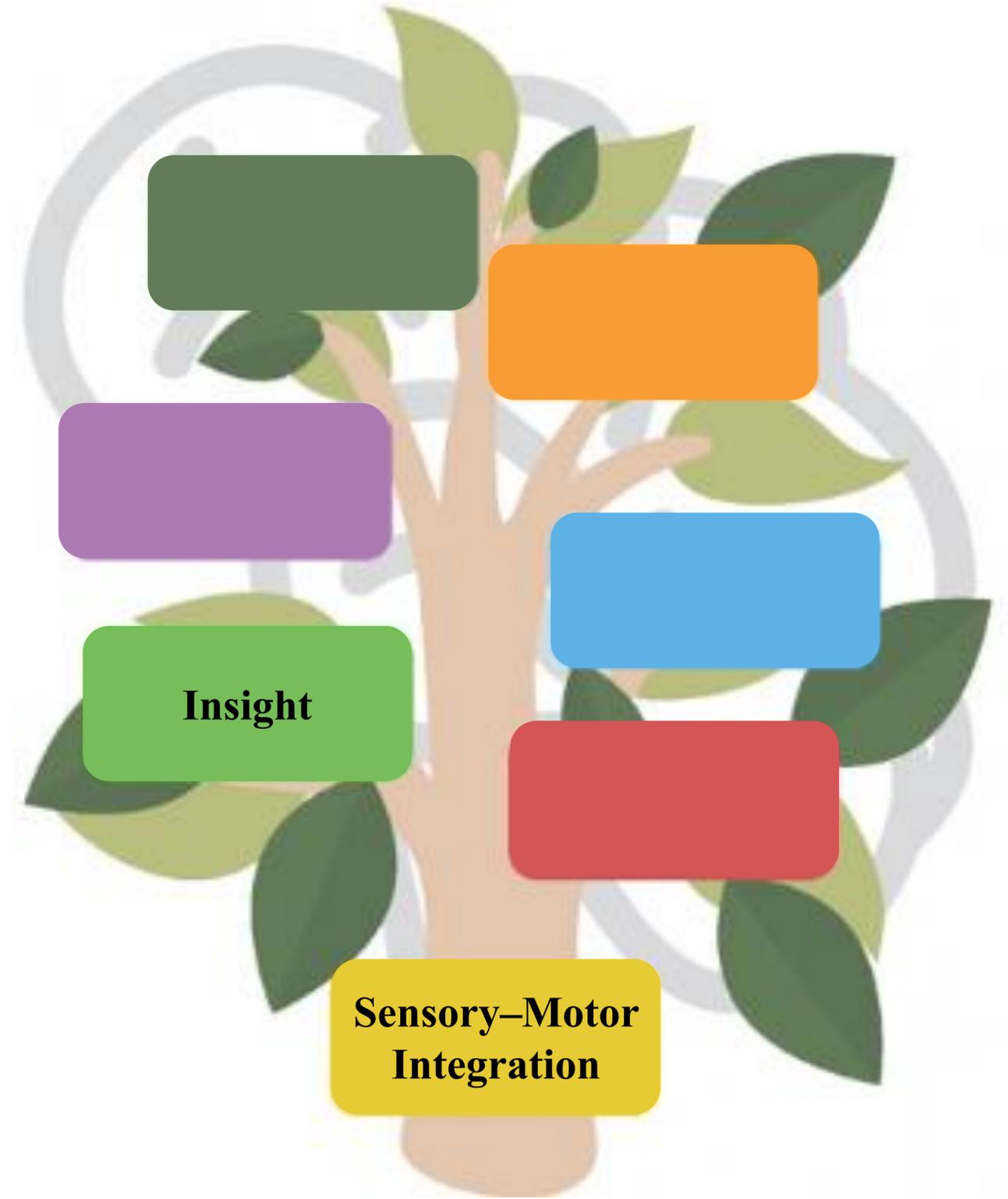
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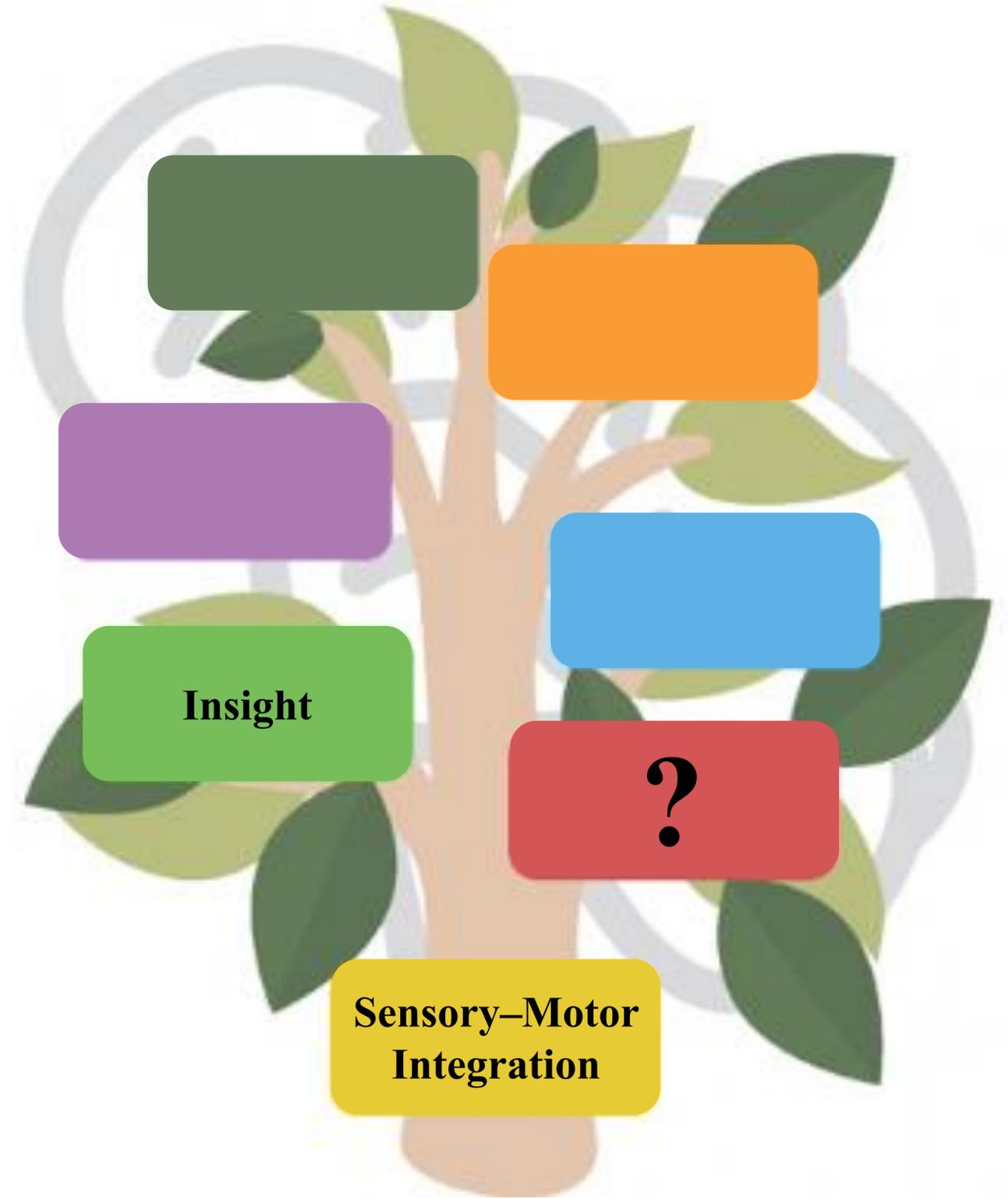
What is...



SEL Jeopardy

The ability to recognize and manage emotions, as well as build positive self-control, self-discipline, and impulse control.

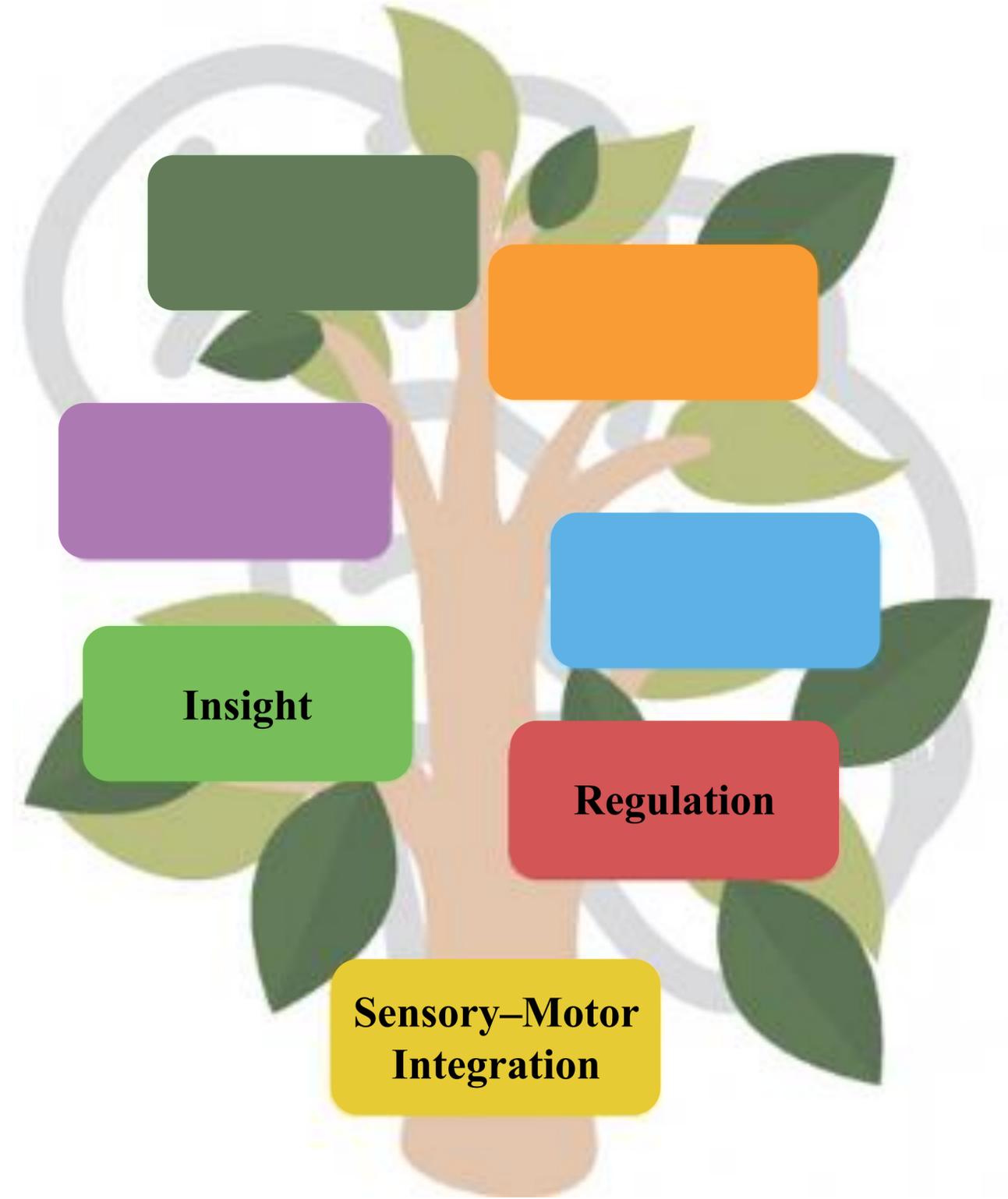
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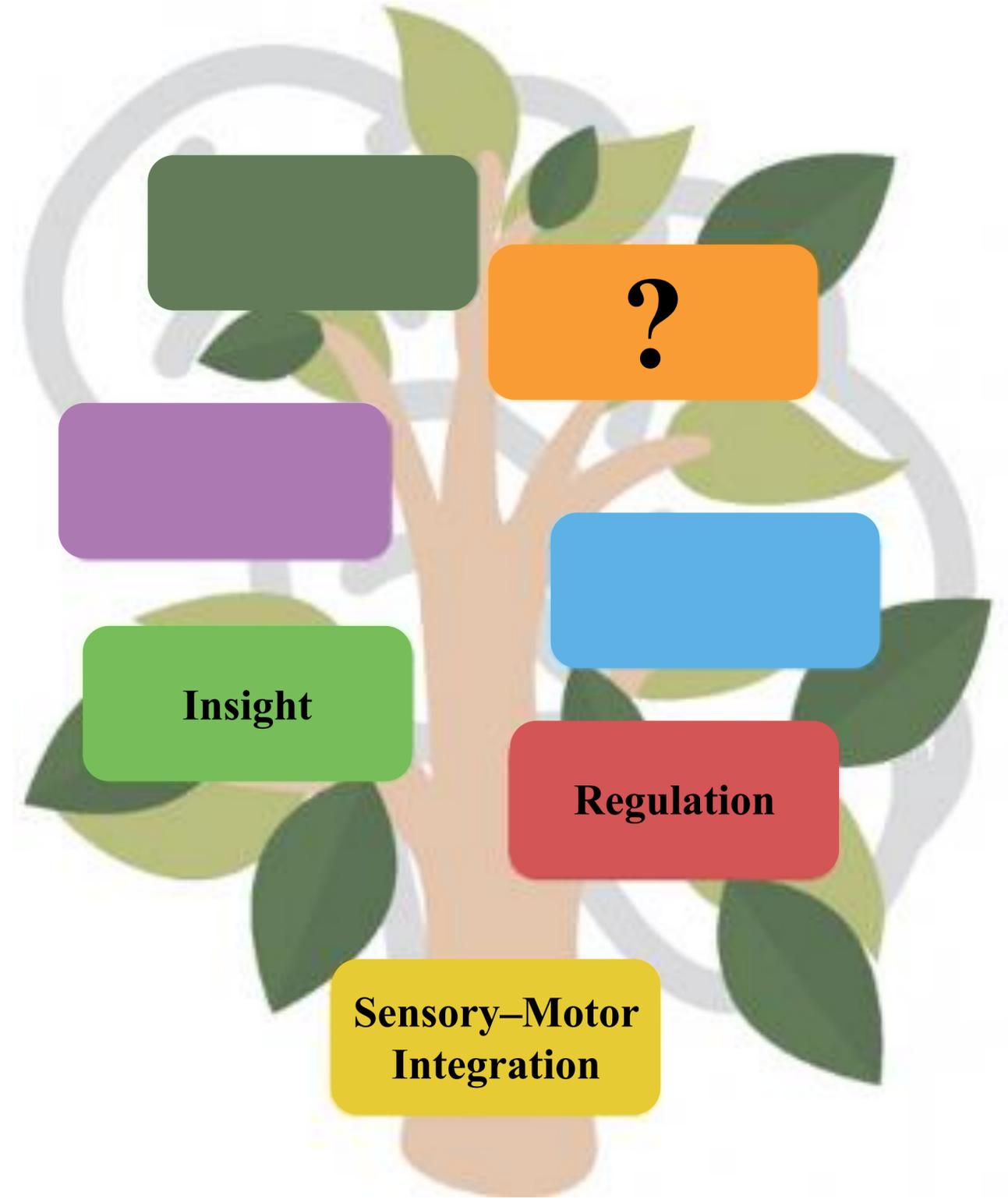
What is...



SEL Jeopardy

The ability to work well with others, including in the group and teamwork environment, using positive communication and conflict management skills.

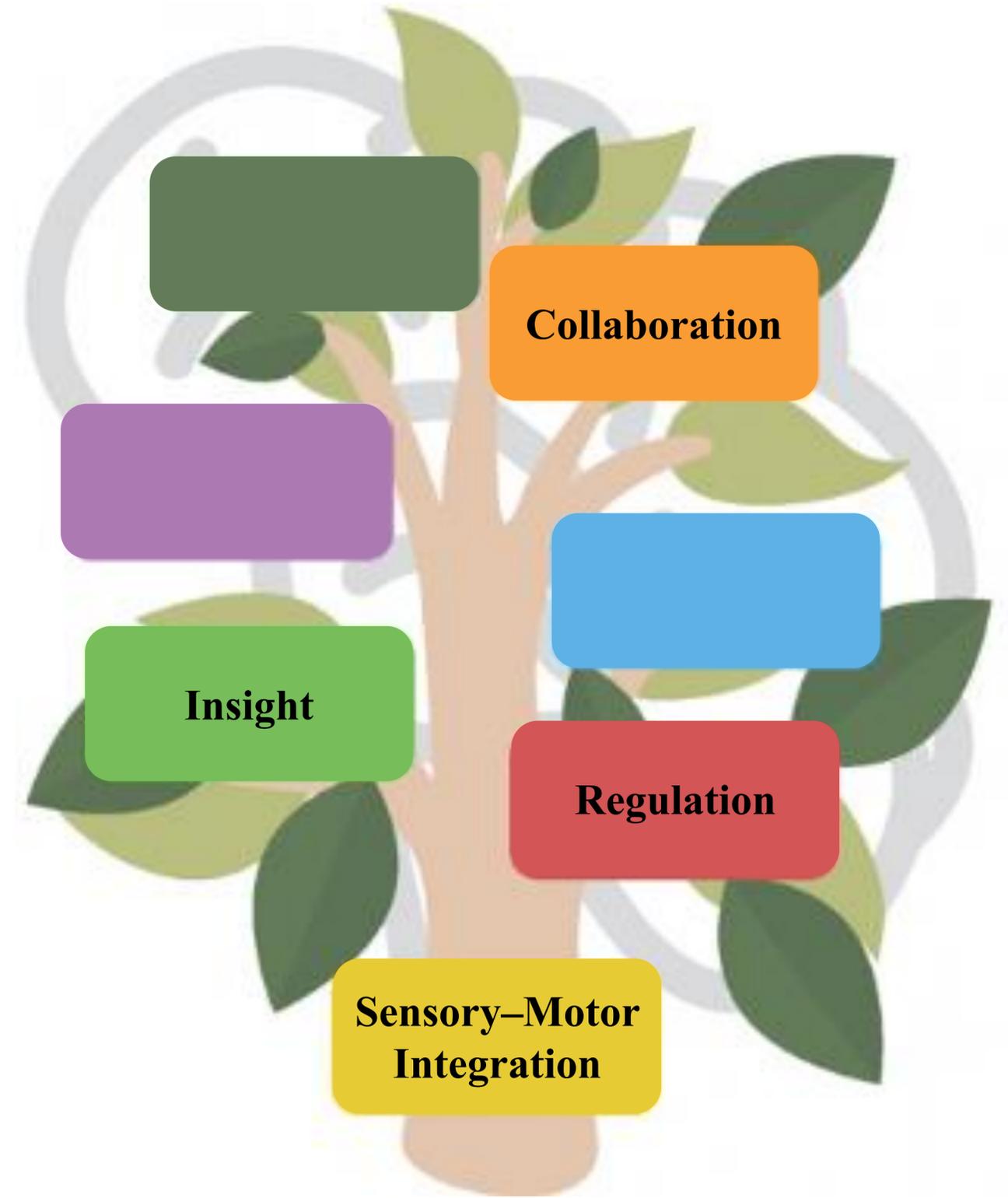
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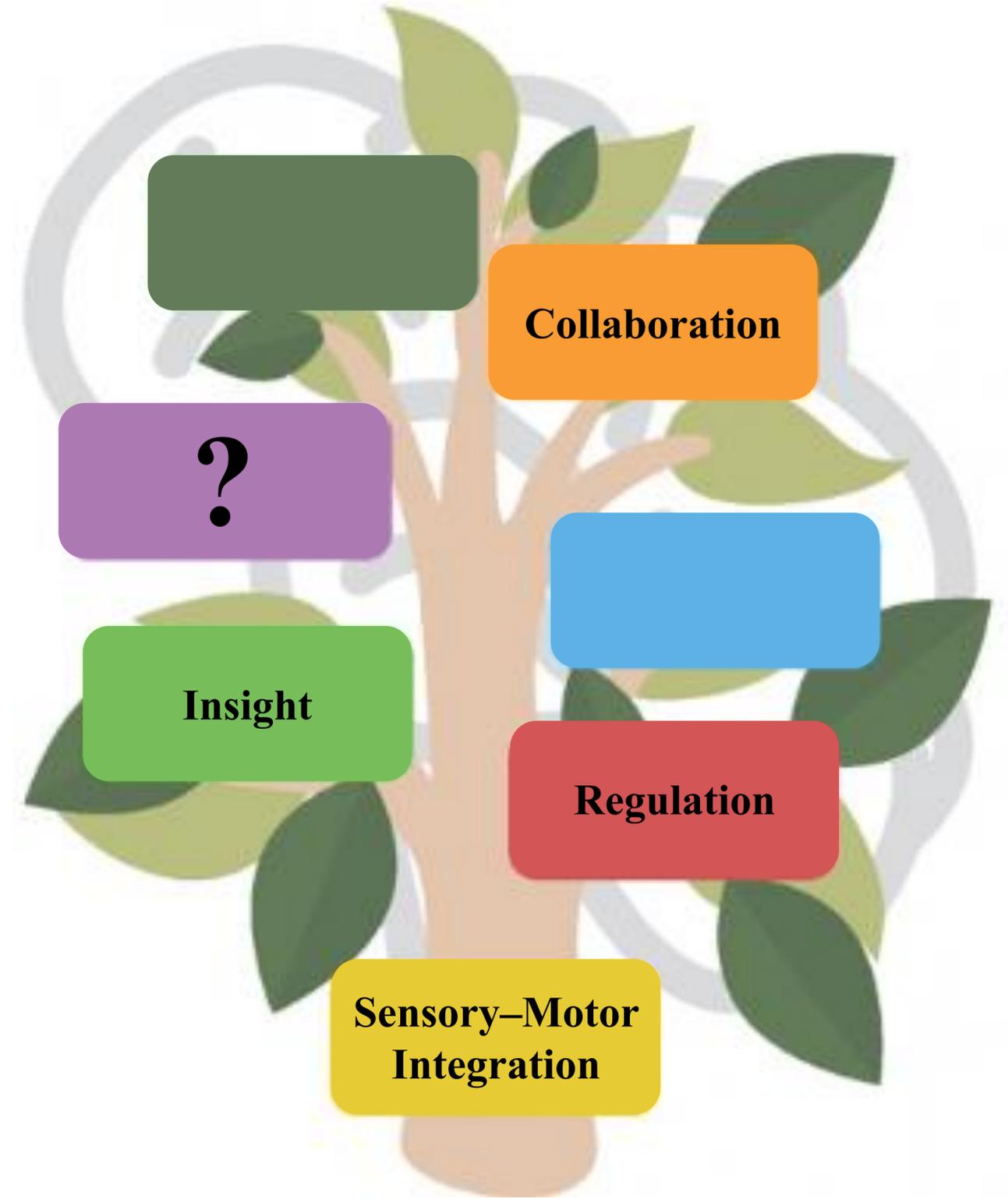
What is...



SEL Jeopardy

The ability to make constructive choices, analyze decisions, and apply critical inquiry skills that are necessary to approach learning from an innovative, creative, multicultural, and ethical lens.

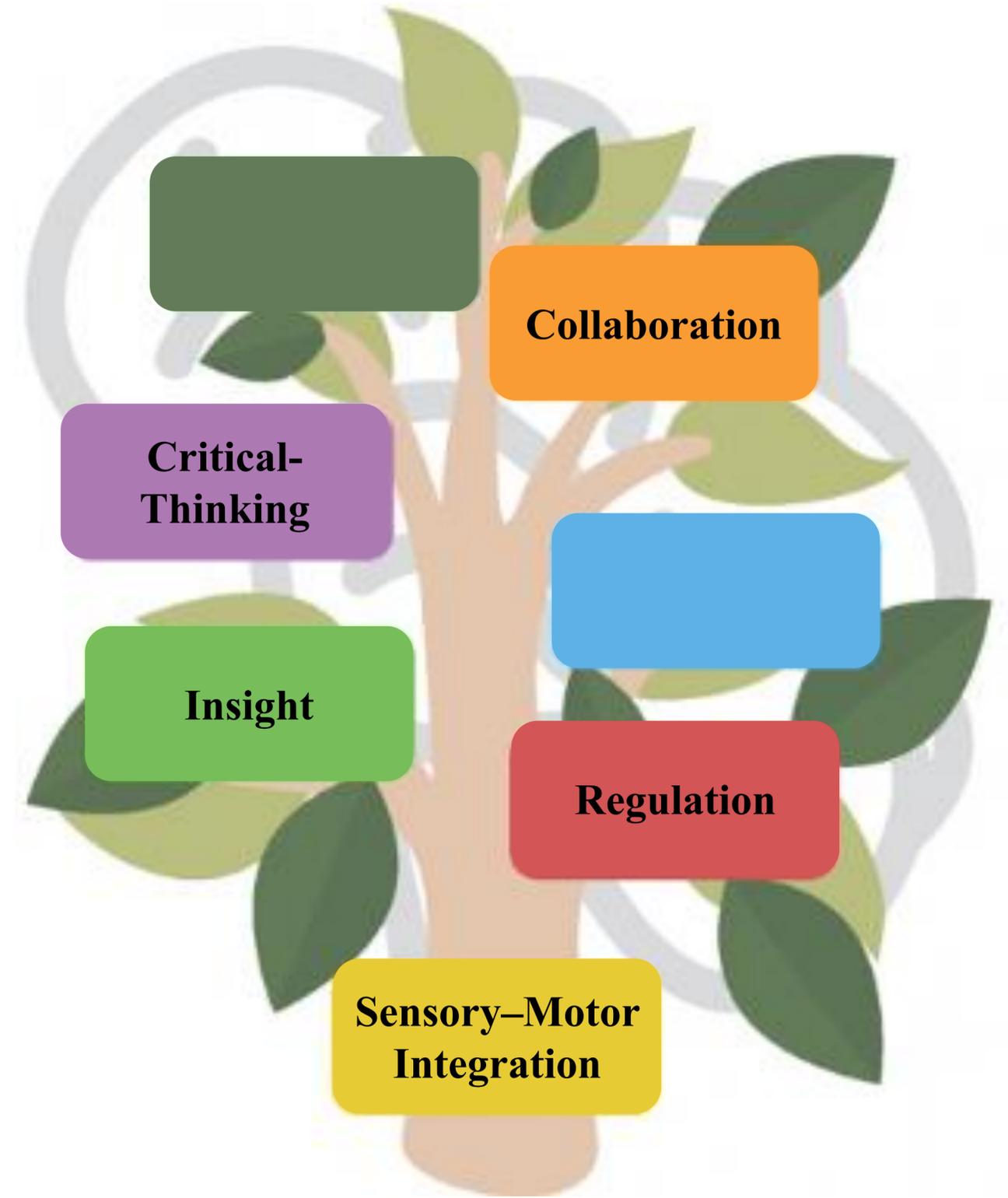
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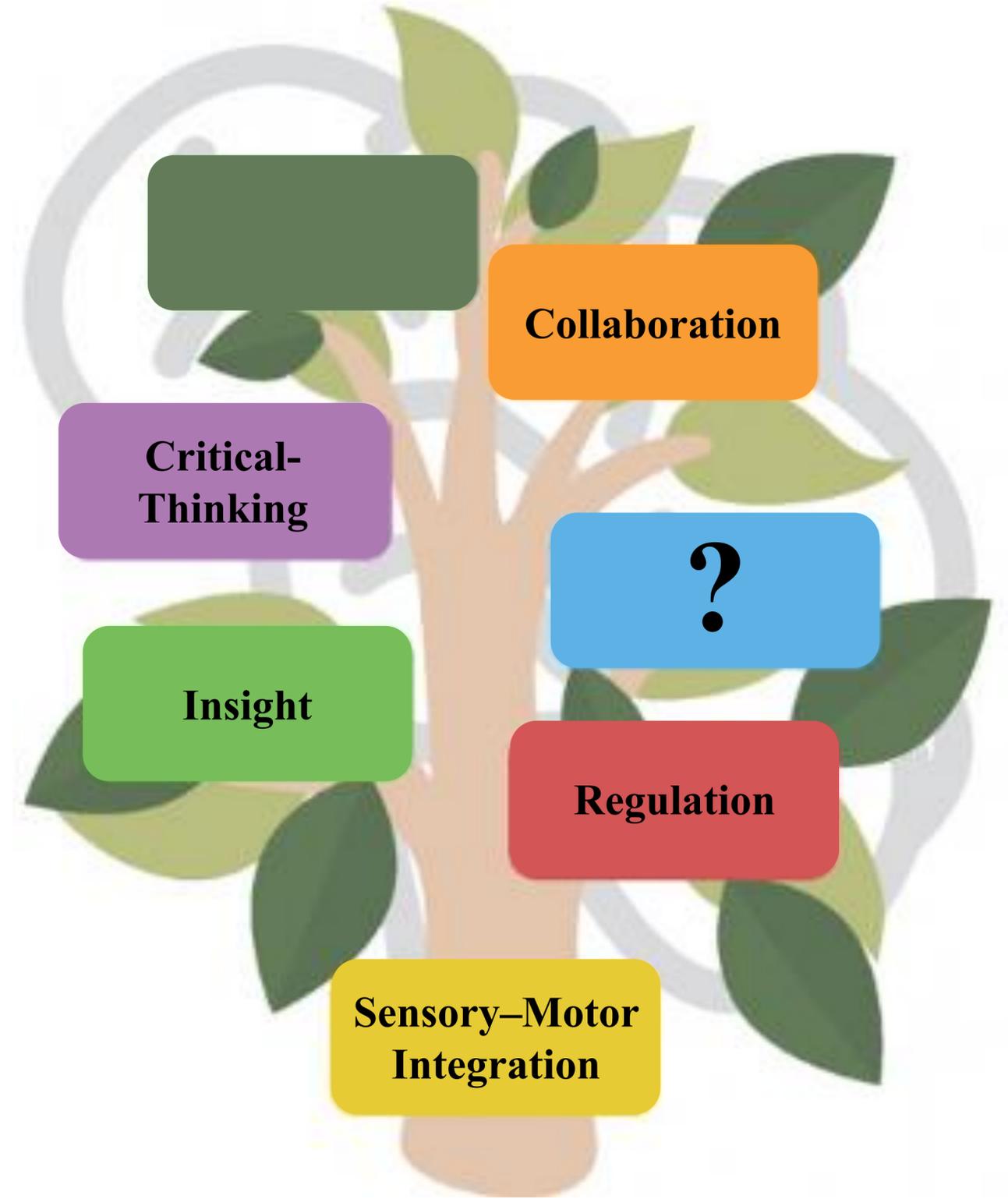
What is...



SEL Jeopardy

The ability to have strong social awareness, including the ability to take on the perspectives of others and empathize with people of diverse backgrounds and cultures.

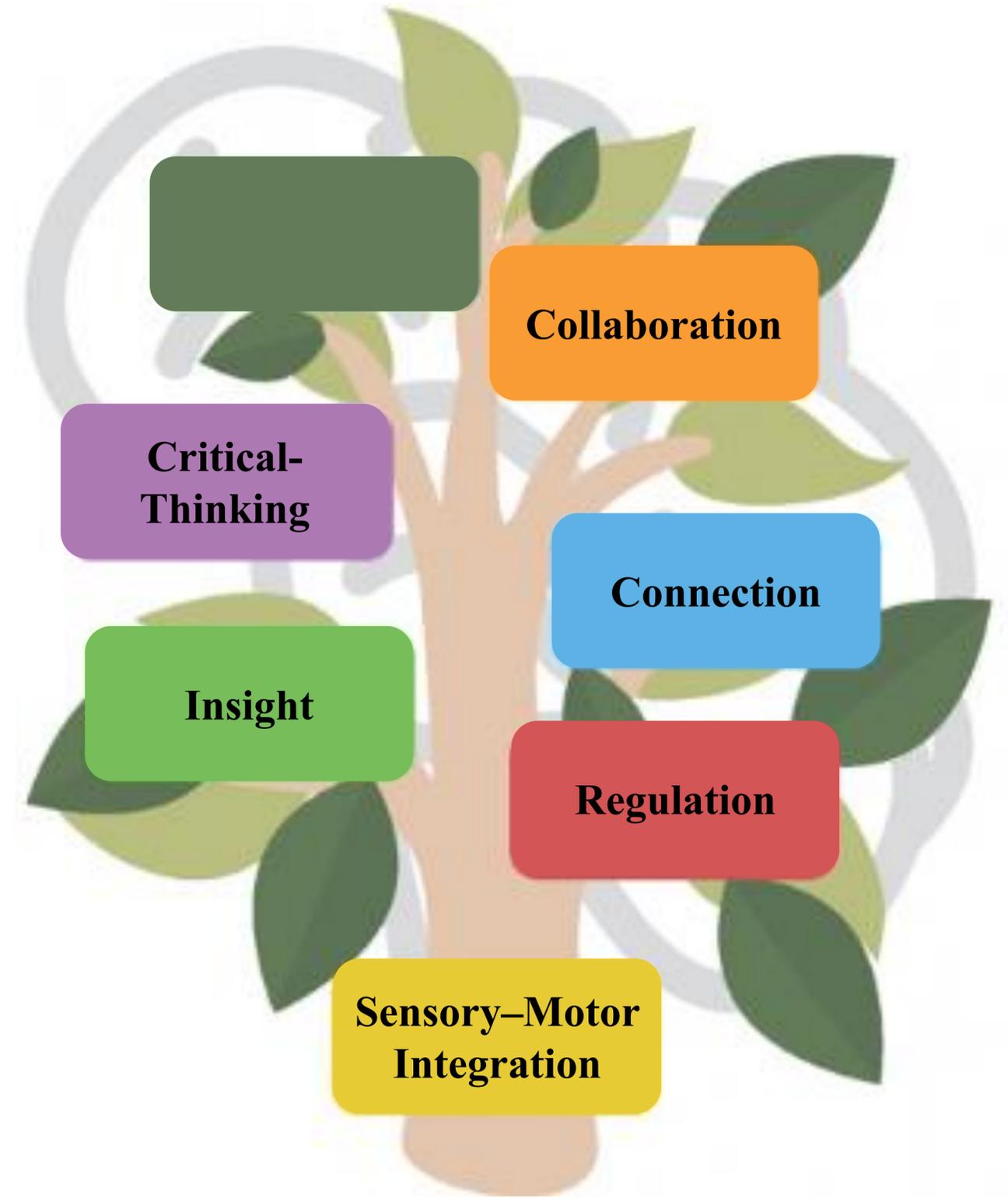
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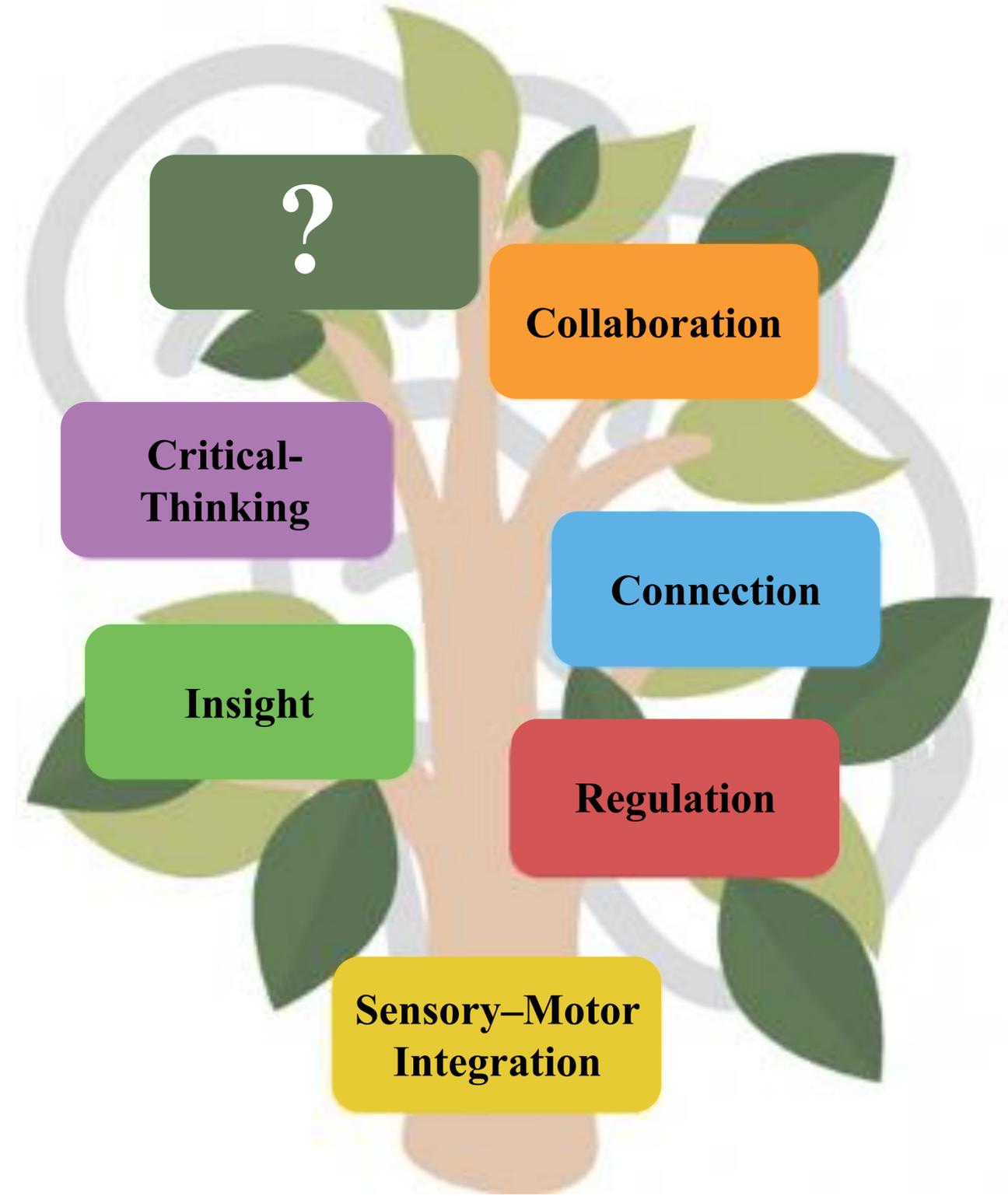
What is...



SEL Jeopardy

The ability to demonstrate cognitive flexibility, willingness to learn, perseverance, adaptability, self-discovery, and resilience, as well as the ability to receive and give constructive feedback.

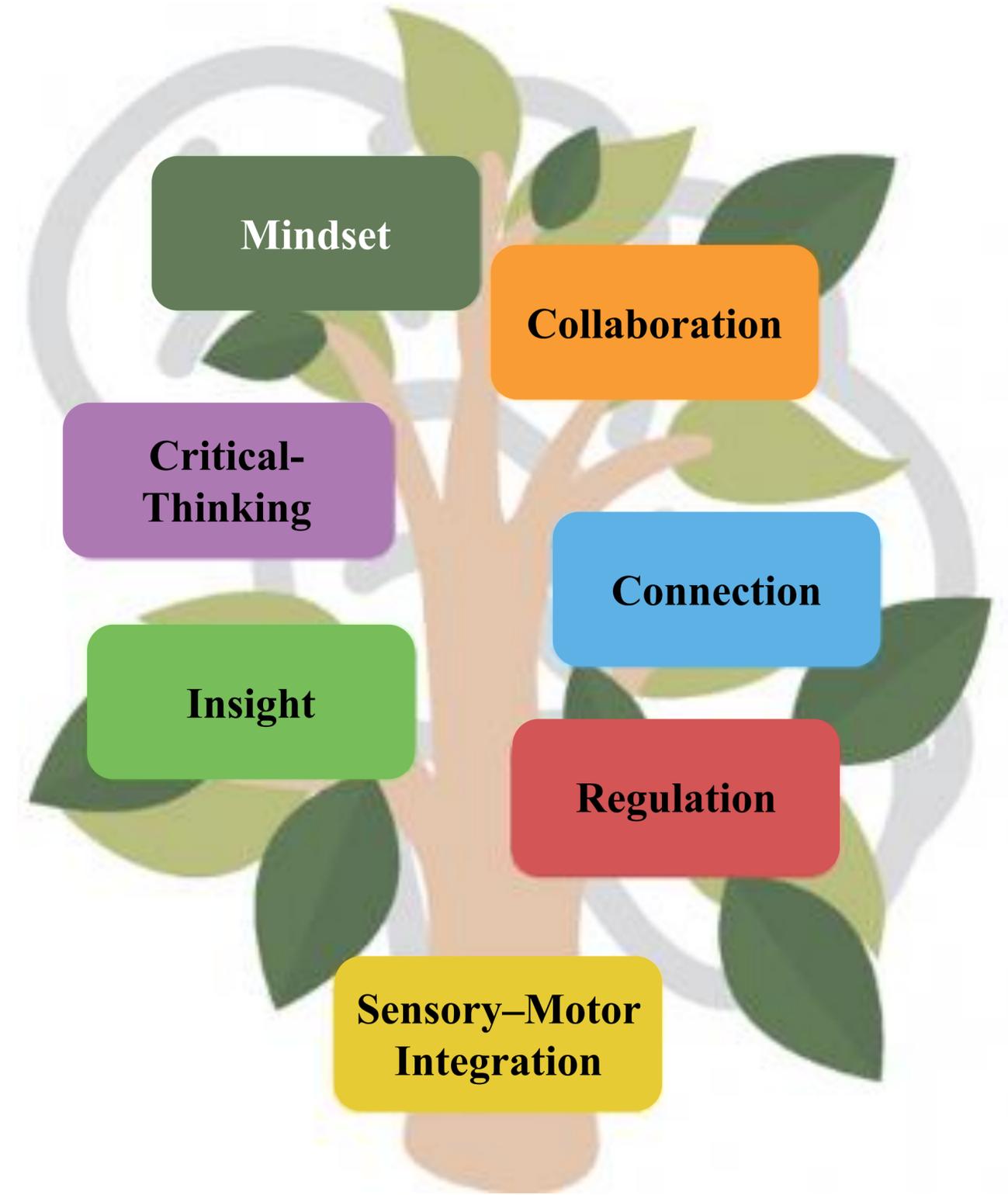
What is...



SEL Jeopardy

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What is...



The importance of adult SEL

The importance of adult SEL

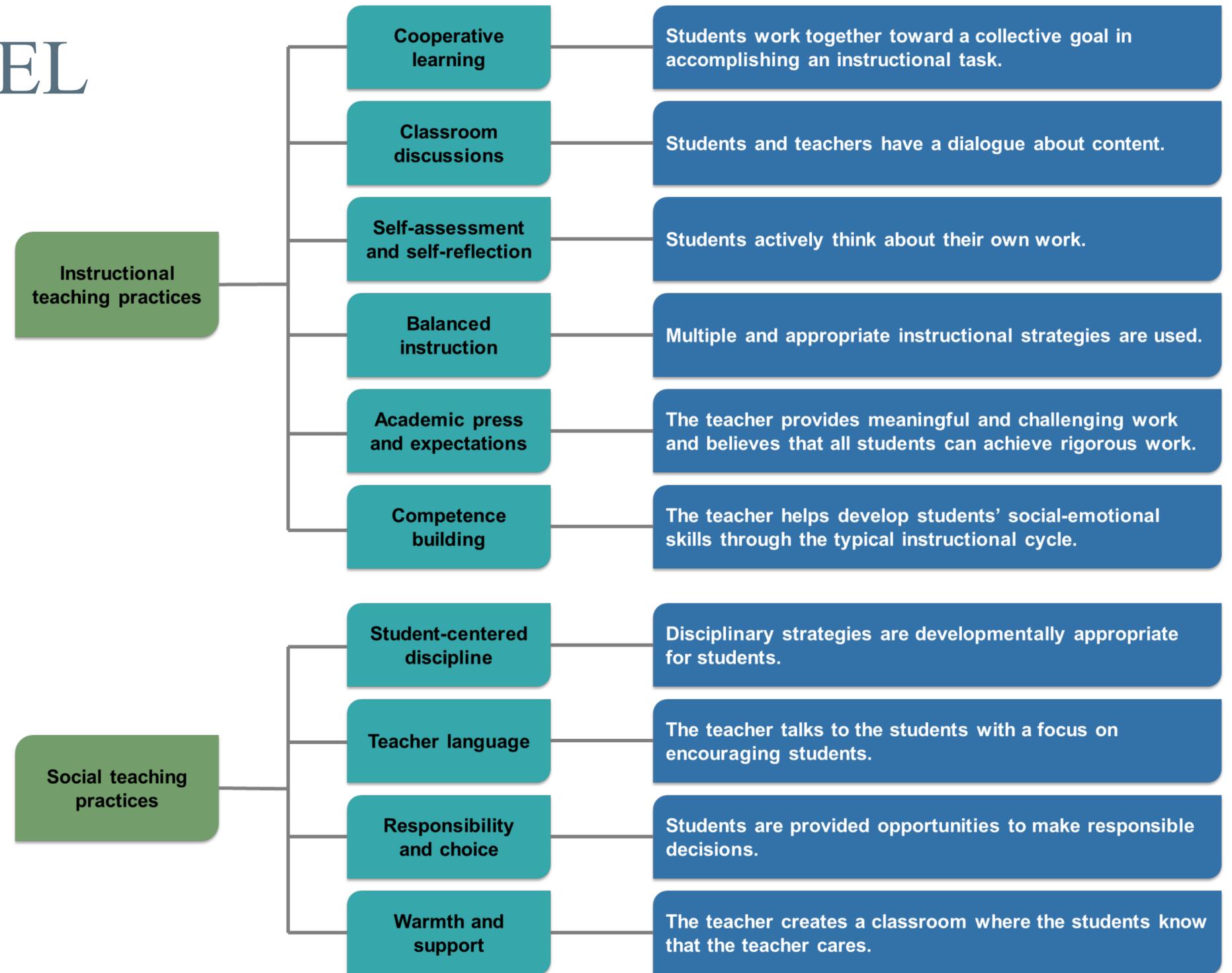


What is adult SEL?

- The ability to positively model prosocial behaviors, label emotions, and demonstrate empathy, positive relationships, social awareness, and self-awareness to students.
- Adult self-care practices to help educators cope with stress and manage their emotions.
- Environmental supports and leadership investment to allow educators to cultivate and practice their own SEL skills while feeling supported, empowered, and valued.

- Woolf, n.d.

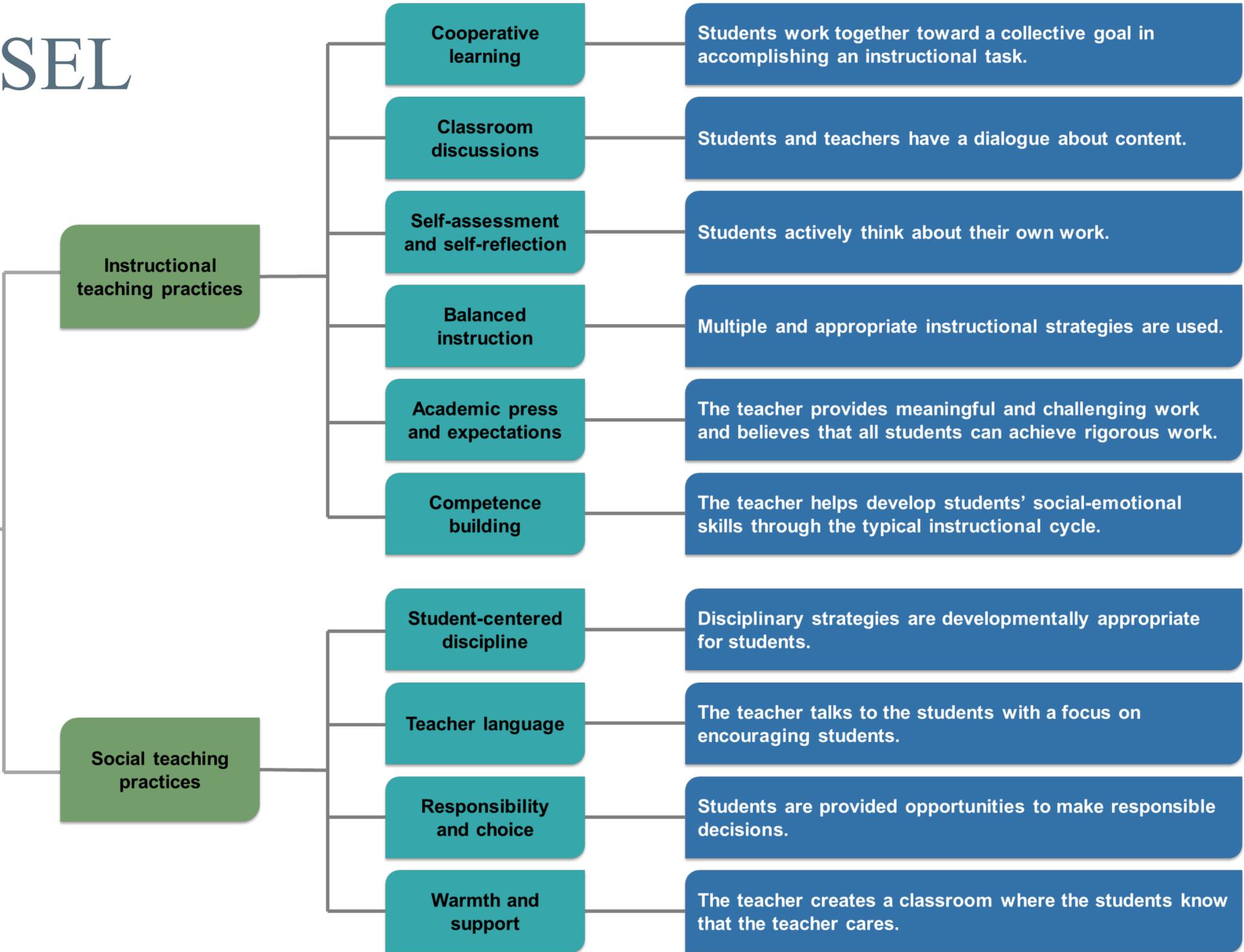
The importance of adult SEL



The importance of adult SEL

Adult social-emotional skills

- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decisionmaking



The importance of adult SEL



- Educators' social-emotional competence and well-being can be reflected in their classroom behavior management and interactions with students, which significantly impacts relationships.
- Adults with higher social-emotional competence organize their classrooms and provide emotional and instructional support in ways that are associated with a high-quality classroom climate.

- Oliver, 2018

The importance of adult SEL

- **Adult SEL influences the quality** of student-teacher relationships, classroom management, and overall school climate (Osher et al., 2016).
- **Educators' stress** negatively affects their mental health and well-being, job satisfaction, job turnover, and student outcomes (Greenberg, Brown, & Abenavoli, 2016).
- In schools where **educators develop strong communication and trust**, teachers are more likely to learn from each other, stay in the profession, and boost student performance (Quintero, 2017).
- Students learn social-emotional skills better when educators can **effectively model these skills** (Berman, Chaffee, & Sarmiento, 2018).



The importance of adult SEL

- **Adults who recognize, understand, label, and regulate their own emotions** are less likely to report burnout; they demonstrate higher levels of patience and empathy, encourage healthy communication, and create safe student learning environments (Brackett et al., 2010).
- Teachers who were mandated to teach SEL, but did not cultivate their own practice, worsened their students' social-emotional skills. However, teachers who **developed their own social-emotional skills** not only improved their own well-being, but also improved the social, emotional, and academic development of their students (Reyes et al., 2012).

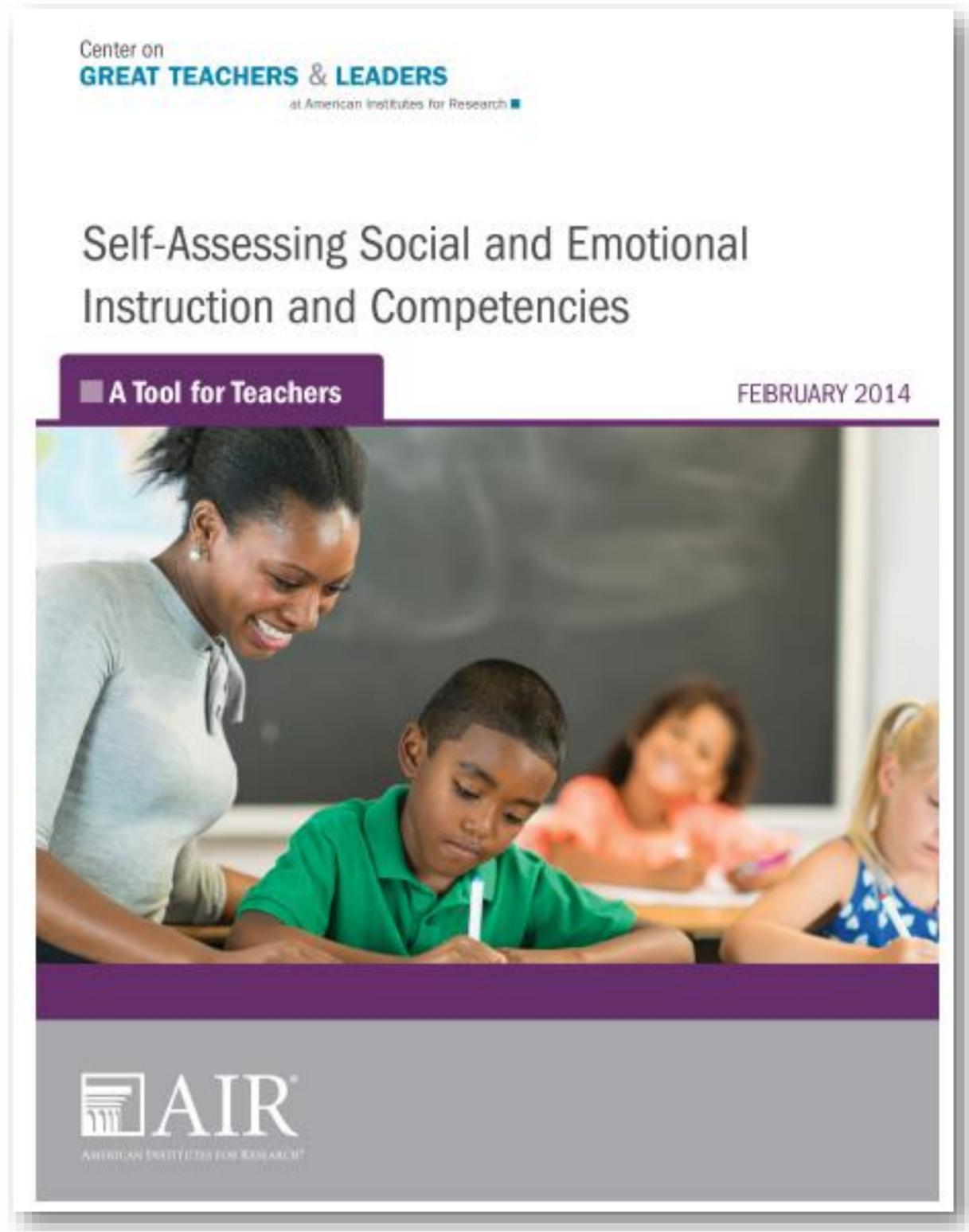


The importance of adult SEL

- “ This self-assessment tool is designed to help educators reflect upon
1. their current teaching practices that impact student SEL, and
 2. their own social-emotional competencies to implement those teaching practices.

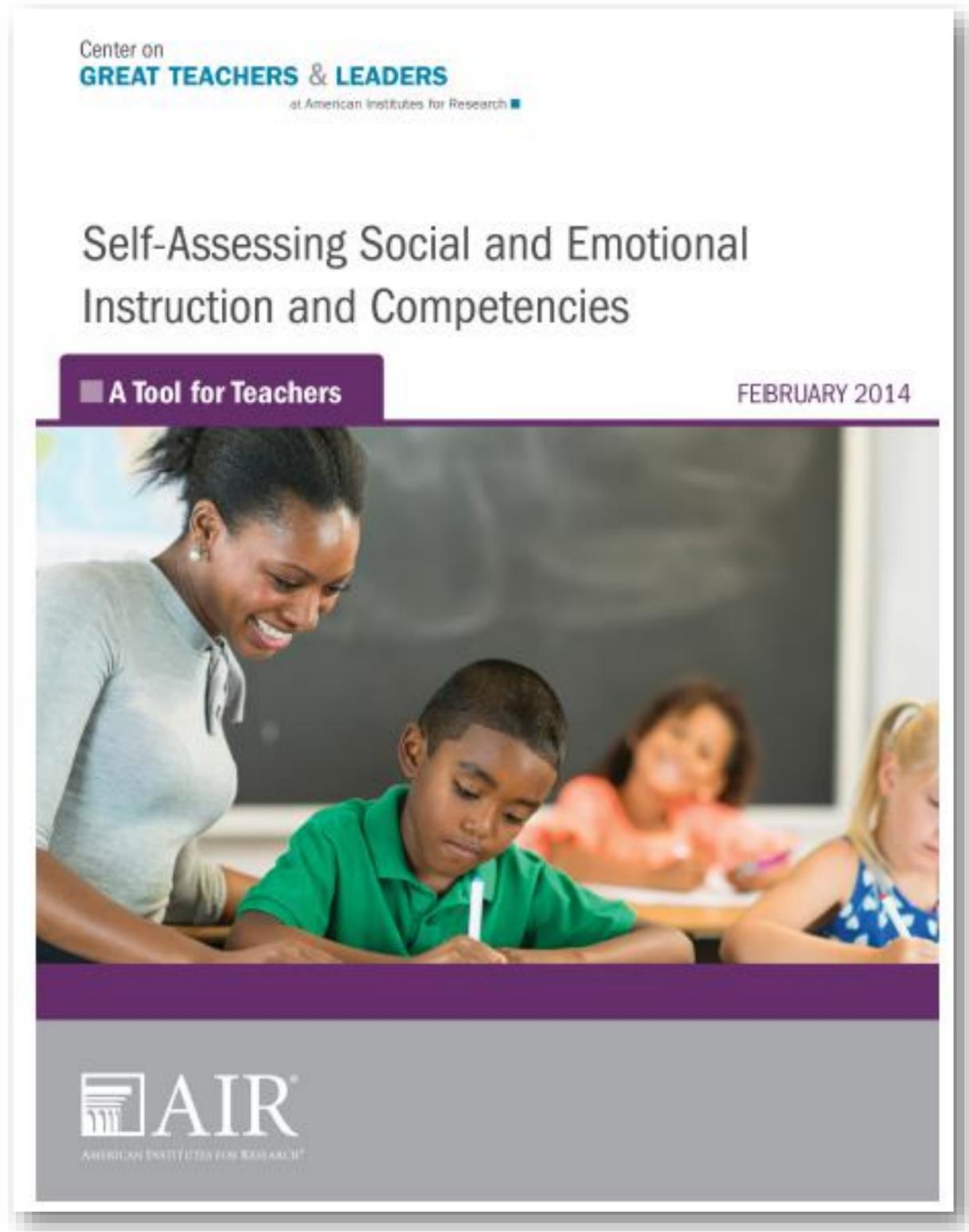
- Yoder, 2014

[Link to Tool](#)



The importance of adult SEL

Think about how often you implement a variety of practices that influence students' social, emotional, and academic skills.



The importance of adult SEL

Student-centered discipline

I respond to misbehavior by considering pupil-specific social, affective, cognitive, and/or environmental factors that are associated with occurrences of the behavior.



I do not
implement
this practice

I struggle to
implement
this practice

I implement
this practice
reasonably well

I generally
implement this
practice well

I implement
this practice
extremely well

The importance of adult SEL

Teacher language

I let my students know how their effort leads to positive results with specific affirmation.



I do not
implement
this practice

I struggle to
implement
this practice

I implement
this practice
reasonably well

I generally
implement this
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I implement
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extremely well

The importance of adult SEL

Responsibility and choice

I make sure students make the connection between their choices and potential consequences.



I do not
implement
this practice

I struggle to
implement
this practice

I implement
this practice
reasonably well

I generally
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The importance of adult SEL

Warmth and support

I let my students know that it is okay to get answers wrong or think outside of the box (e.g., modeling, praising attempts with “good thinking”).



I do not implement this practice

I struggle to implement this practice

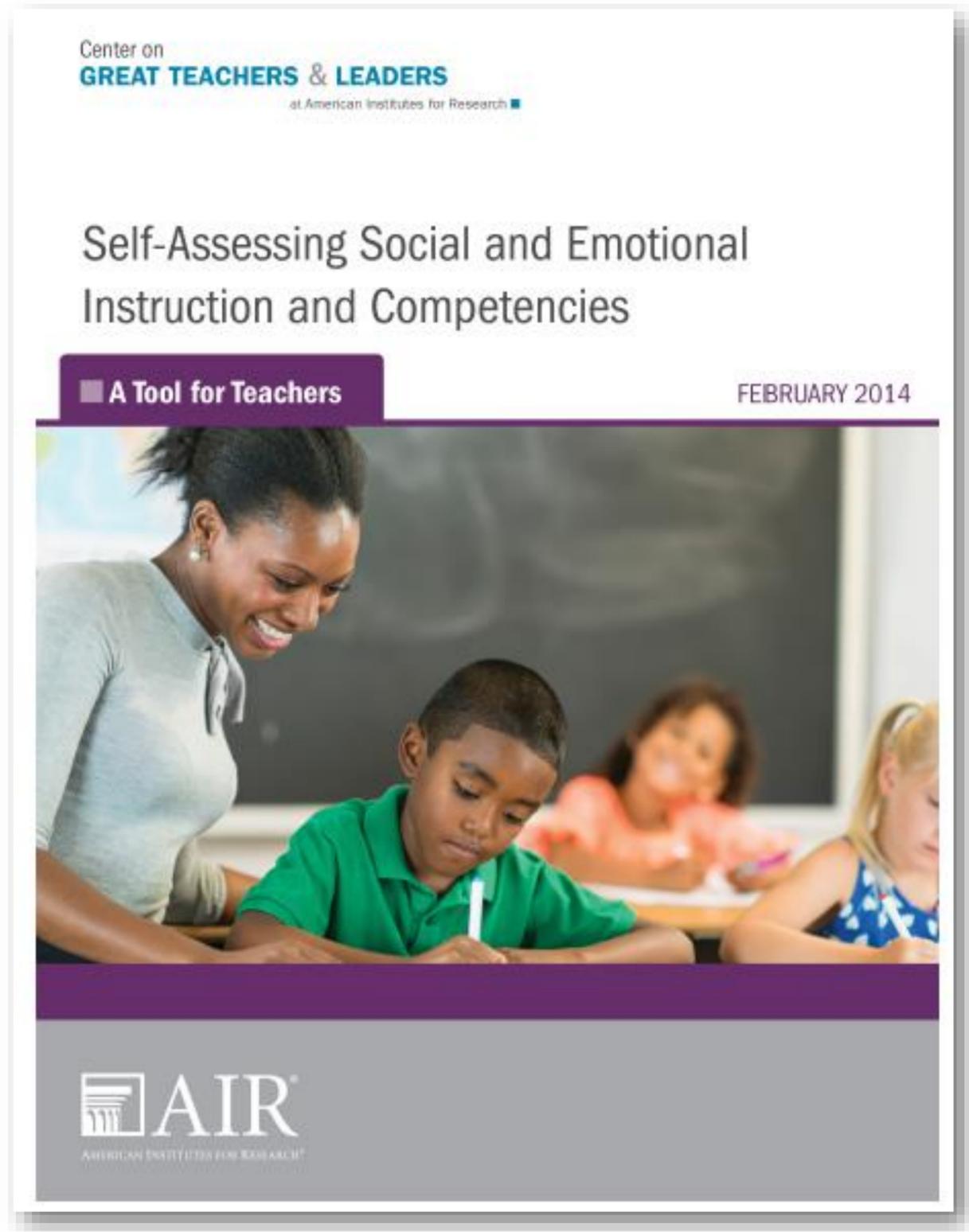
I implement this practice reasonably well

I generally implement this practice well

I implement this practice extremely well

The importance of adult SEL

Now think about your own social and emotional competencies and how those competencies influence your ability to implement SEL practices.



The importance of adult SEL

Self-awareness

I am usually aware of how my emotions, culturally grounded beliefs, and background are precursors to my emotional reactions, and I understand how they impact my social teaching practices with my students.



The importance of adult SEL

Emotional regulation

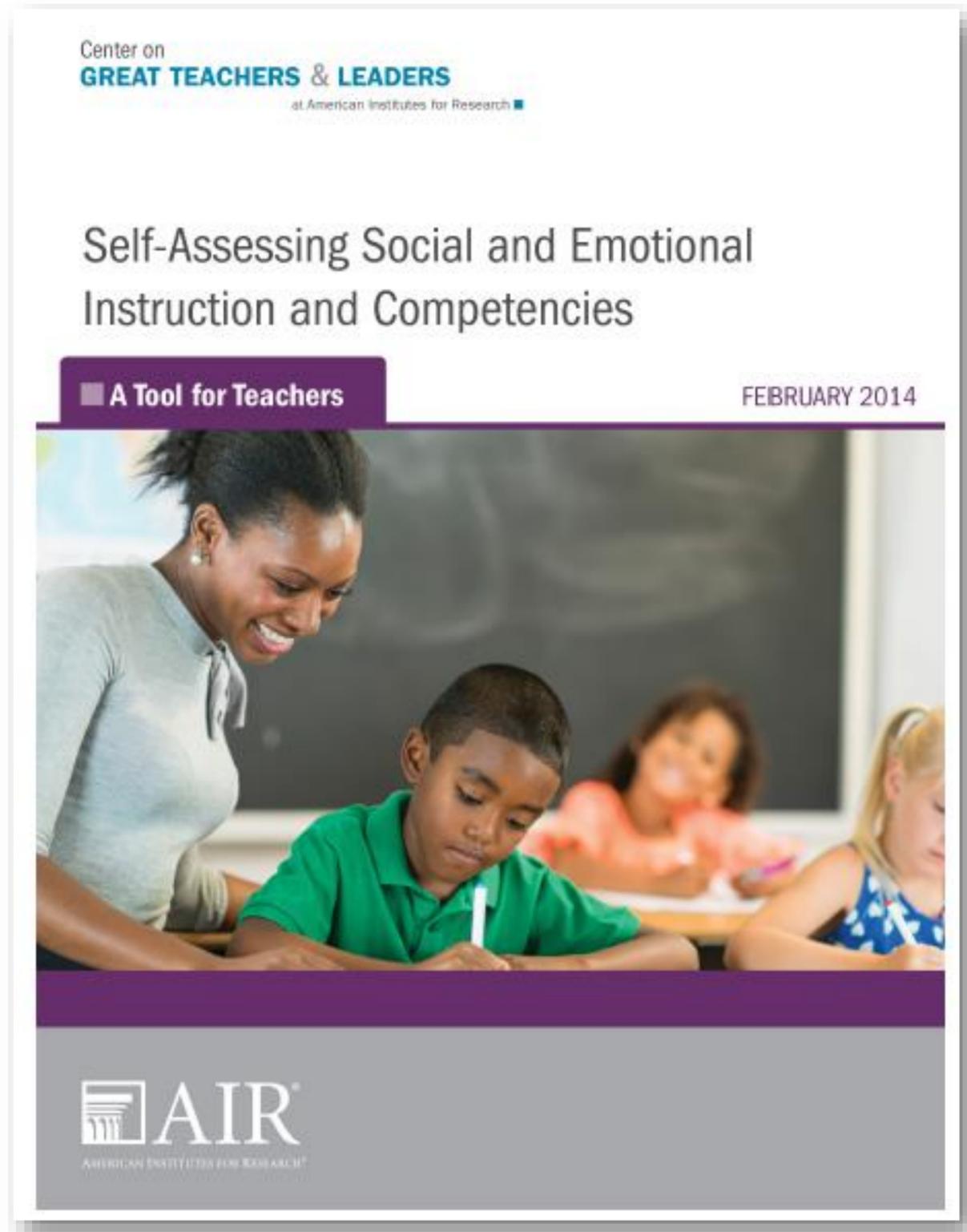
I effectively use multiple strategies (e.g., breathing techniques and mindfulness) when I have a strong emotional reaction in the classroom (e.g., stress, anger) while implementing social teaching practices.



The importance of adult SEL

Reflect on your ratings.

- What evidence do you have to support the self-rating you selected for each practice?
- How do you think your students would rate you?
- How does your school culture affect your self-rating?
- What professional learning experiences could facilitate improvement in your SEL practices?

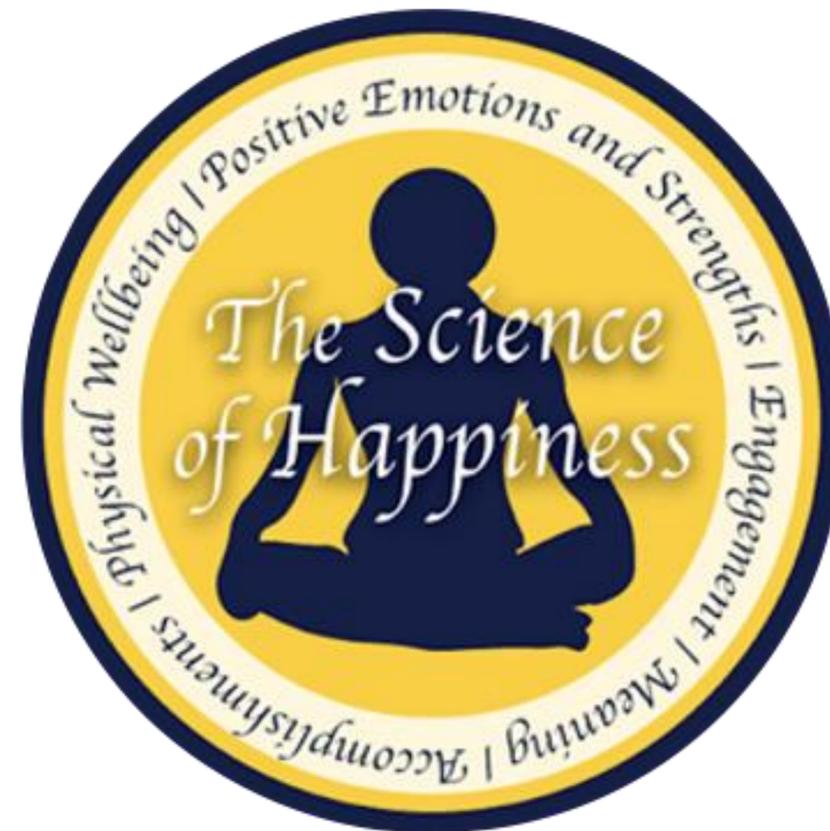


The Science of Happiness

The Science of Happiness

“*There is no better Tier 1 intervention that an encouraged, enlightened, and healthy teacher.*”

-Dr. Adam Saenz



Prioritizing

Educator Wellness

The Science of Happiness

Indiana's Course of Educator Wellness



Based off
Yale University course

Create in partnership with Butler
University
Research-based content

Designed/monitored by
IDOE staff

The Science of Happiness

Self-paced

Used for PLC content

2300+ educators enrolled

45 PGP offered



Next steps

Next steps

If you have questions for the presenters, please type them into the Chat box.



Next steps

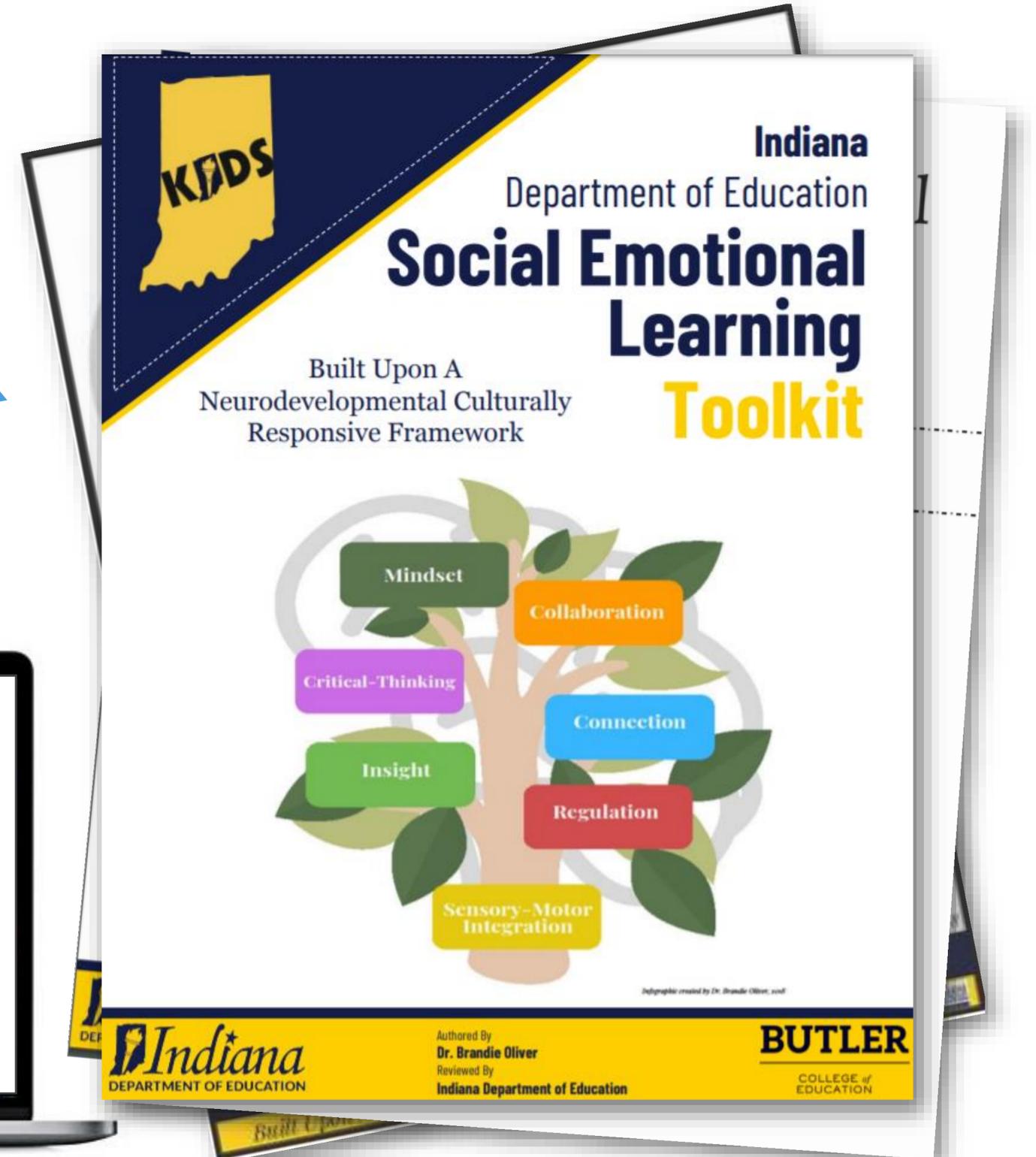
Social Emotional Learning Toolkit

PK–12 Social-Emotional Learning Competencies

PK–12 Social-Emotional Learning Lesson Plans

The Science of Happiness

Much more!



Next steps

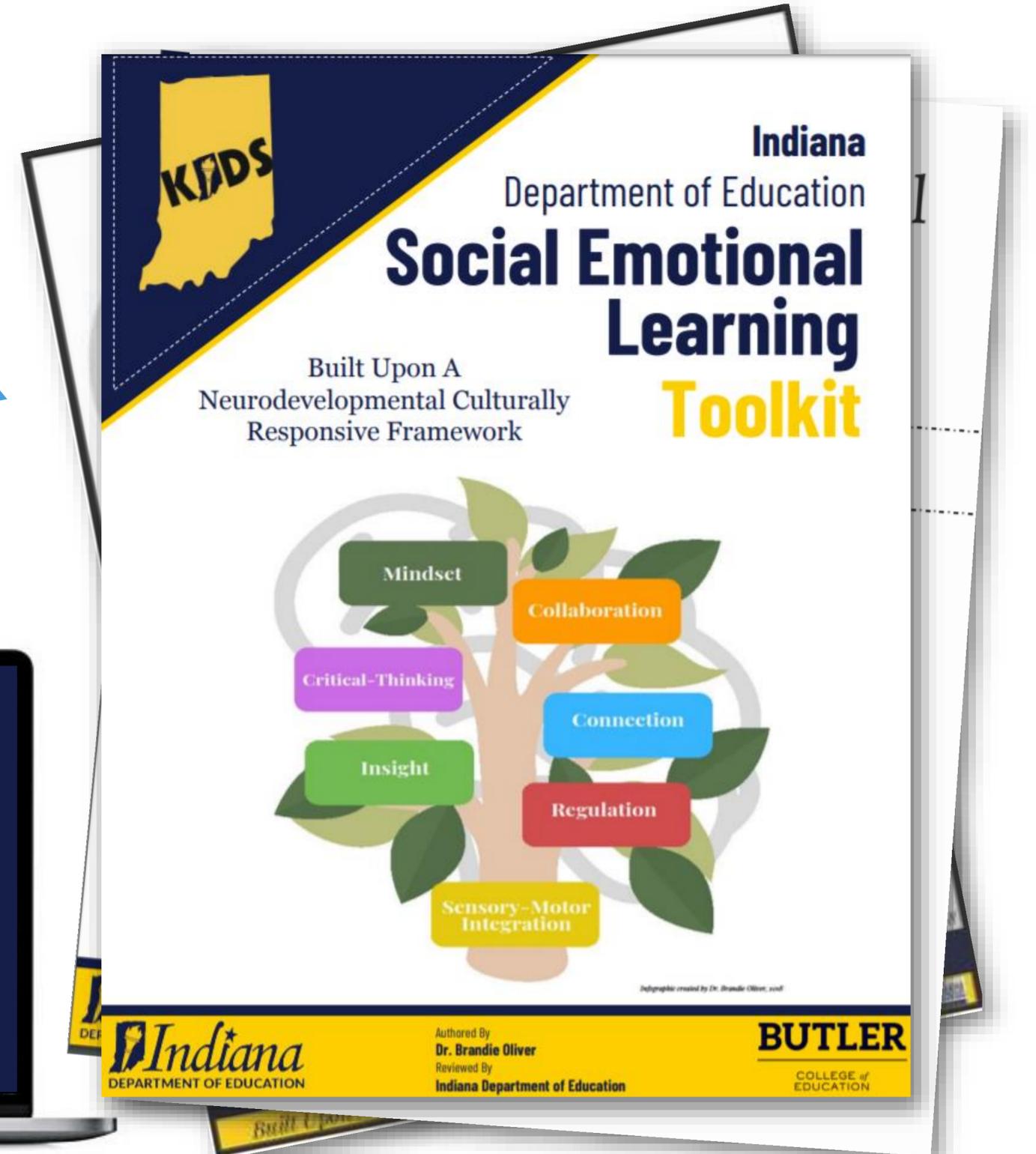
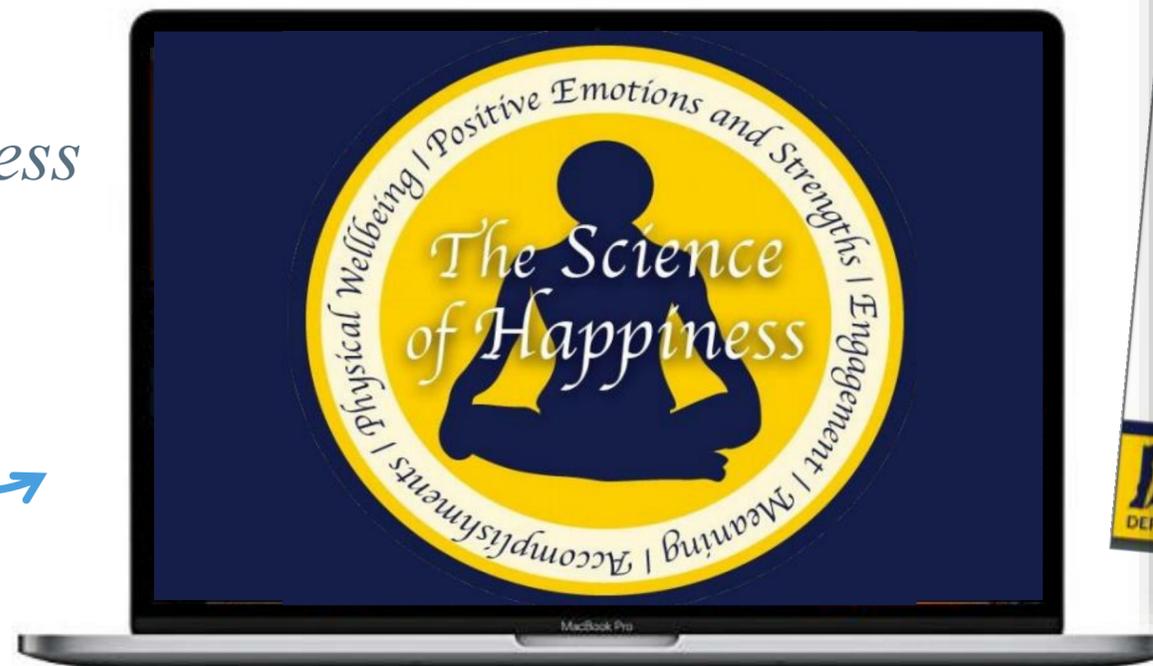
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The Science of Happiness

Much more!



Next steps

Tonight at 8:00pm!



Indiana's *Educating The Whole Child Summit* Recap

Join IDOE Director of SEL, Christy Berger, as we reflect on last week's Whole Child Summit. All are welcome to join the conversation whether or not you attended the summit.



@ChristyINSEL



Next steps

Share in the Chat box.

1 Strategy for professional self-care

1 Action step



Please complete the feedback survey.

Thank you!



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