

# Supporting students' social-emotional learning

## The role of adult social-emotional learning

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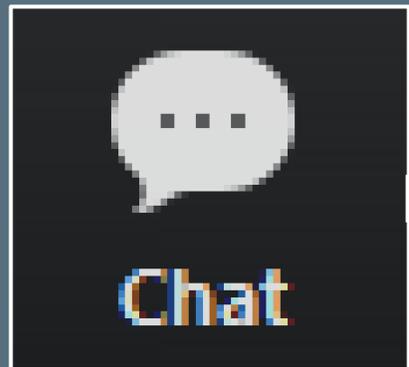


# zoom



If you aren't already connected to audio, click Join Audio in the Zoom toolbar.

- 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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# 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.

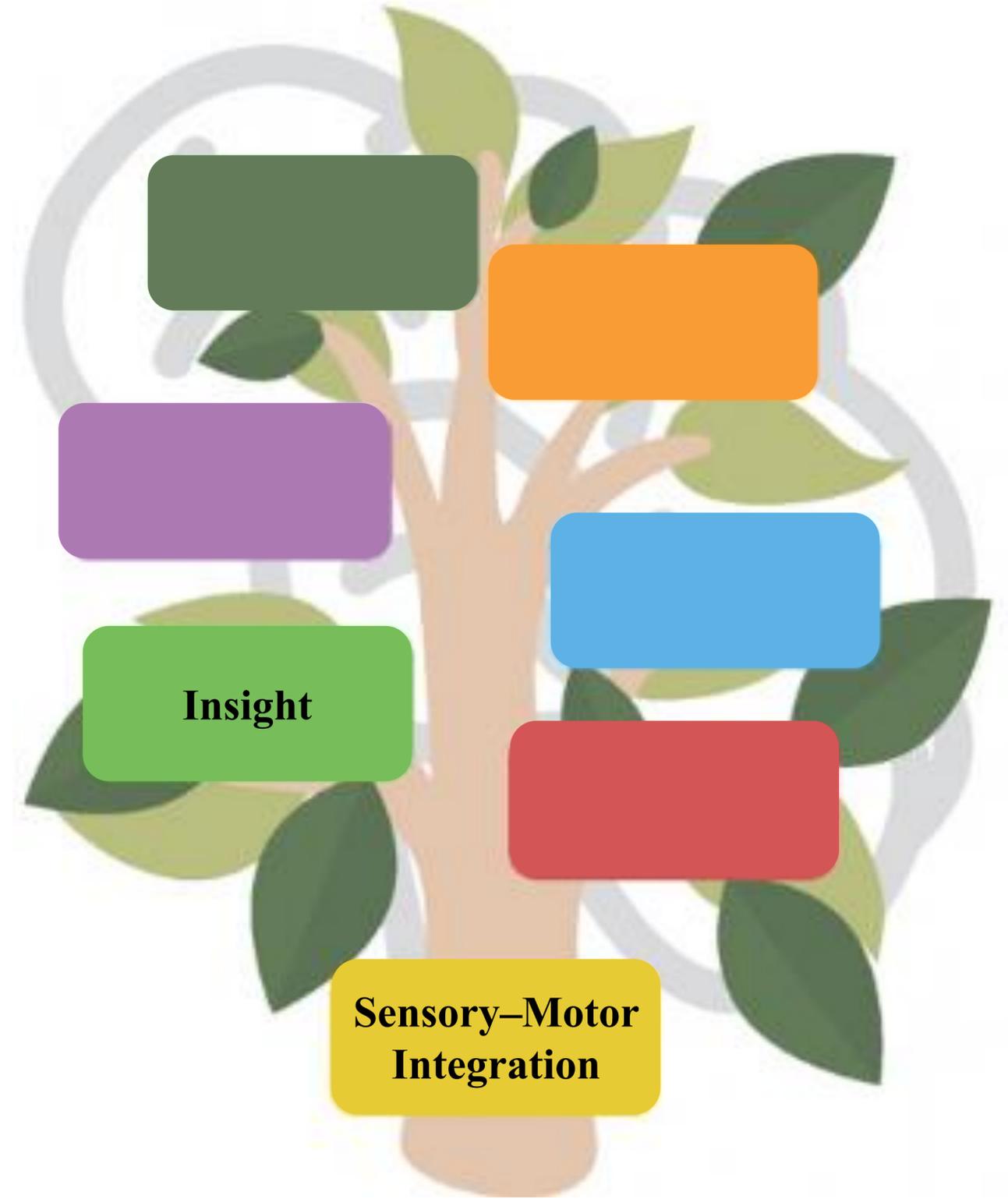
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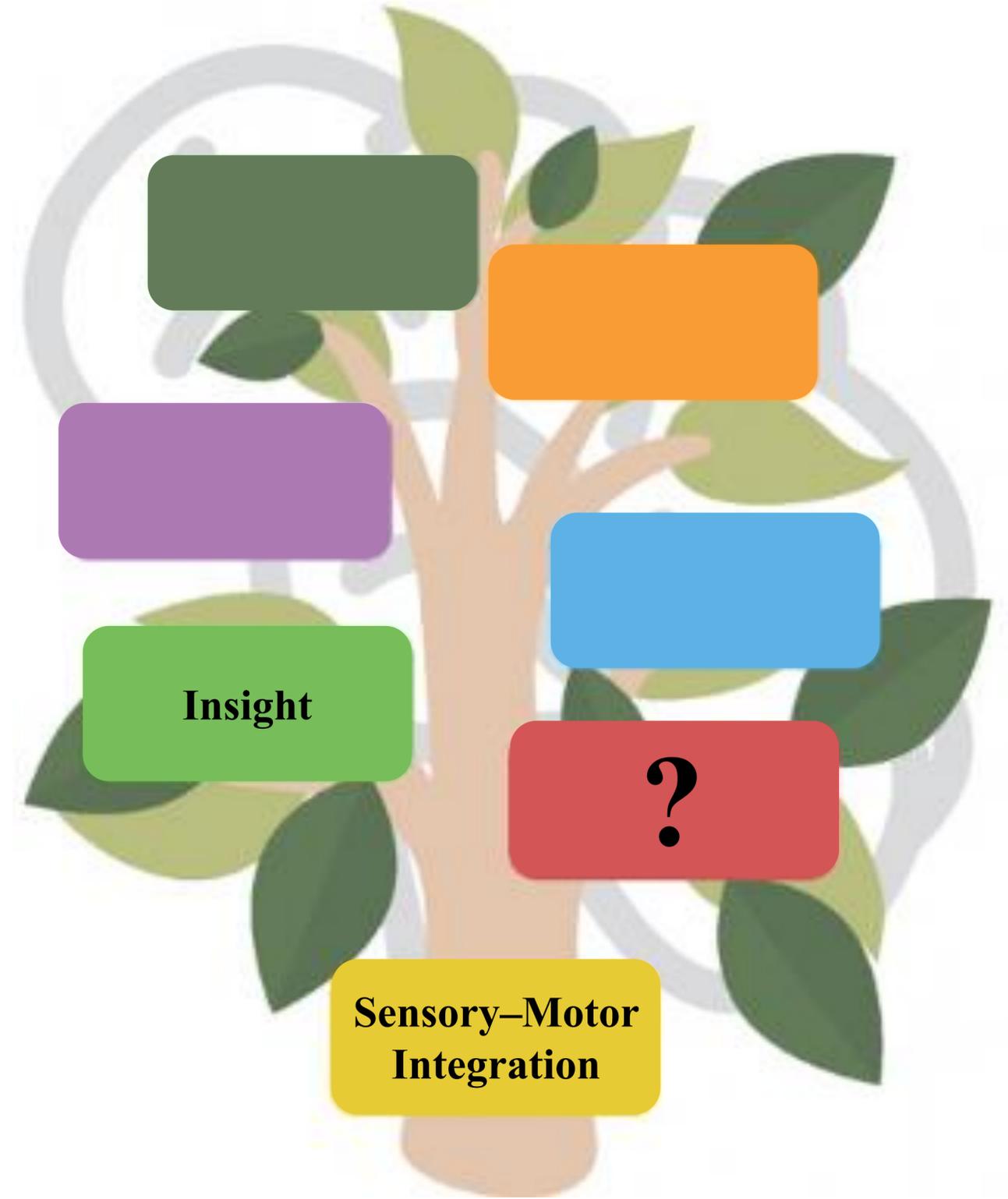
What is...



# SEL Jeopardy

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

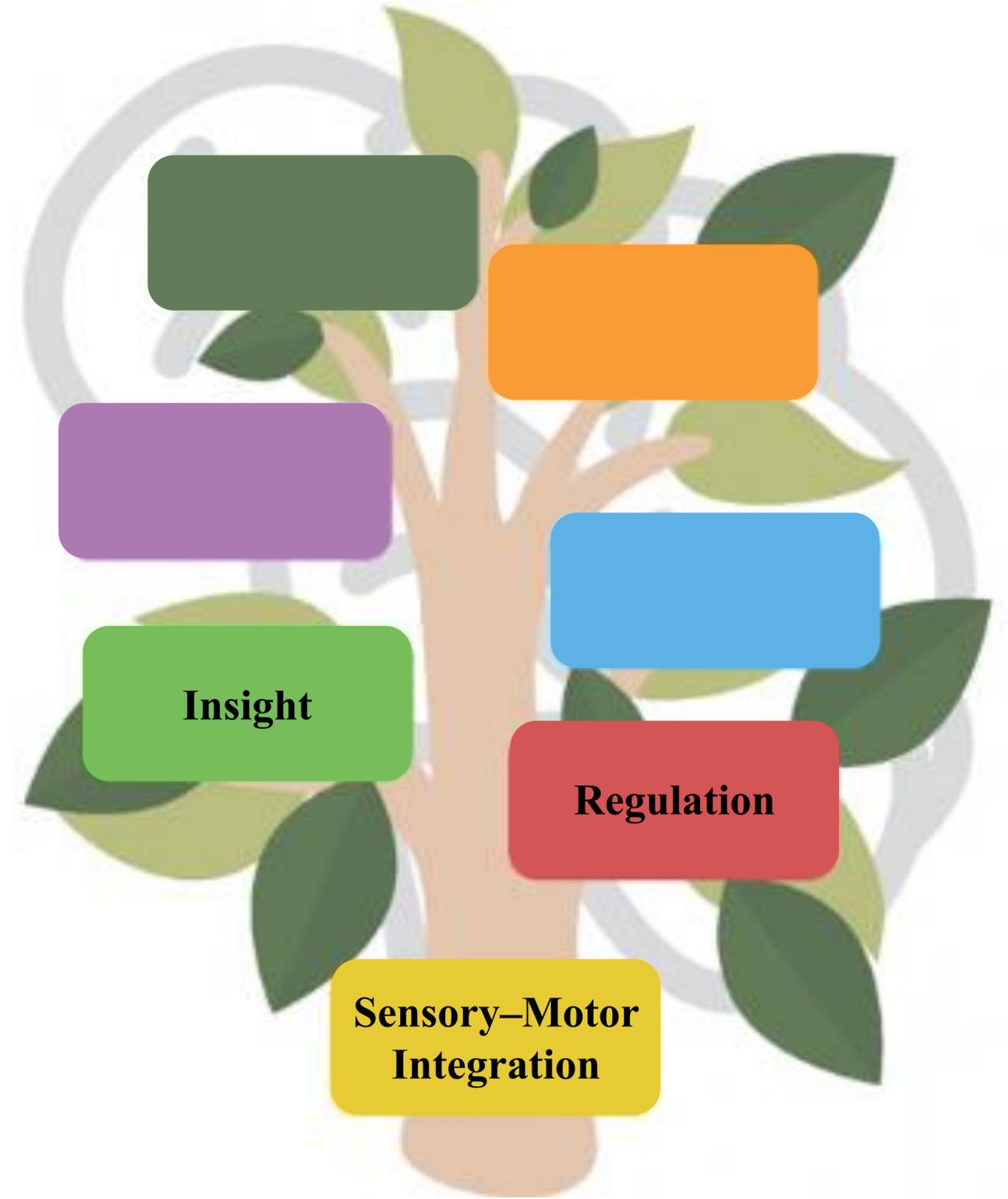
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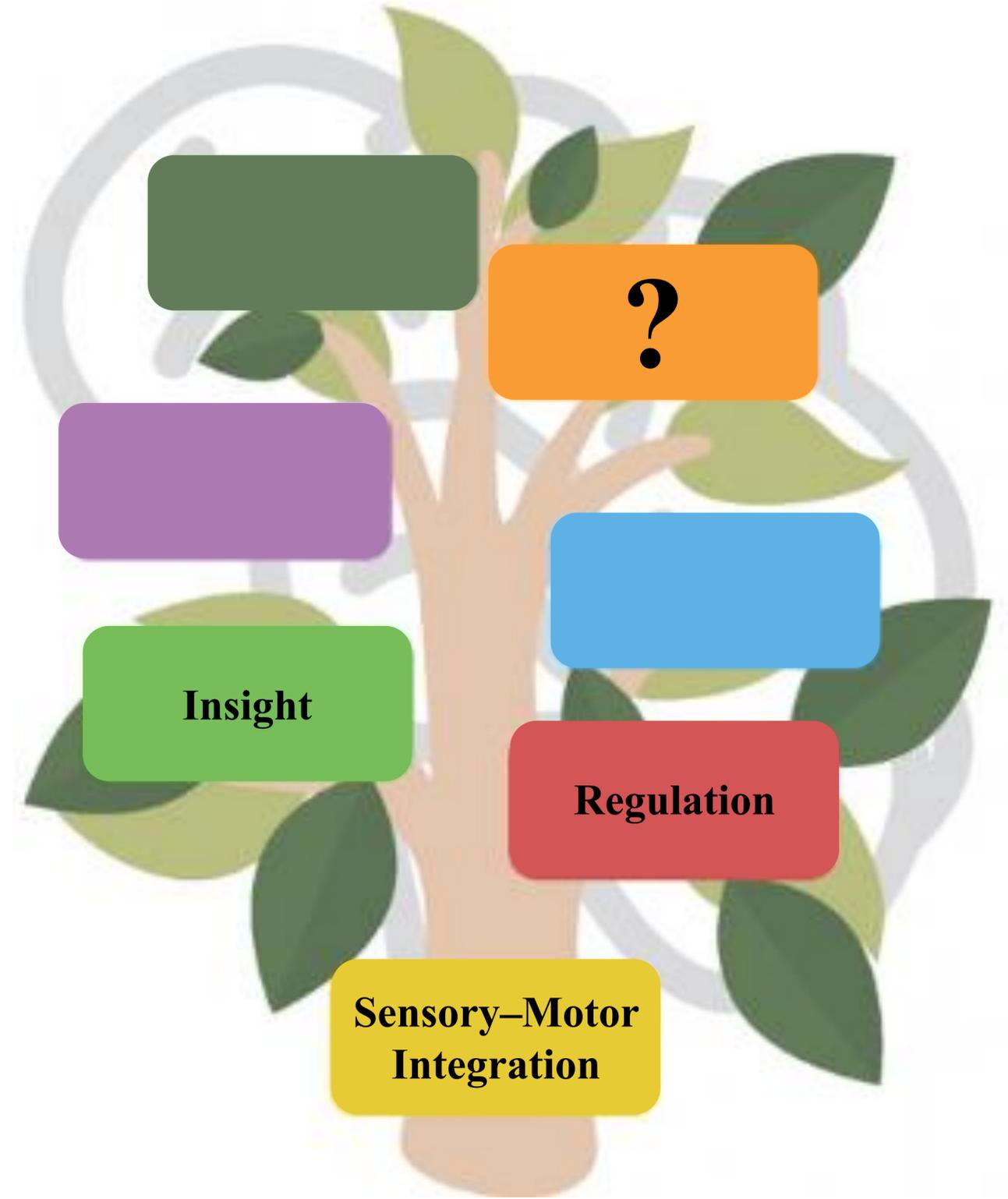
What is...



# SEL Jeopardy

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

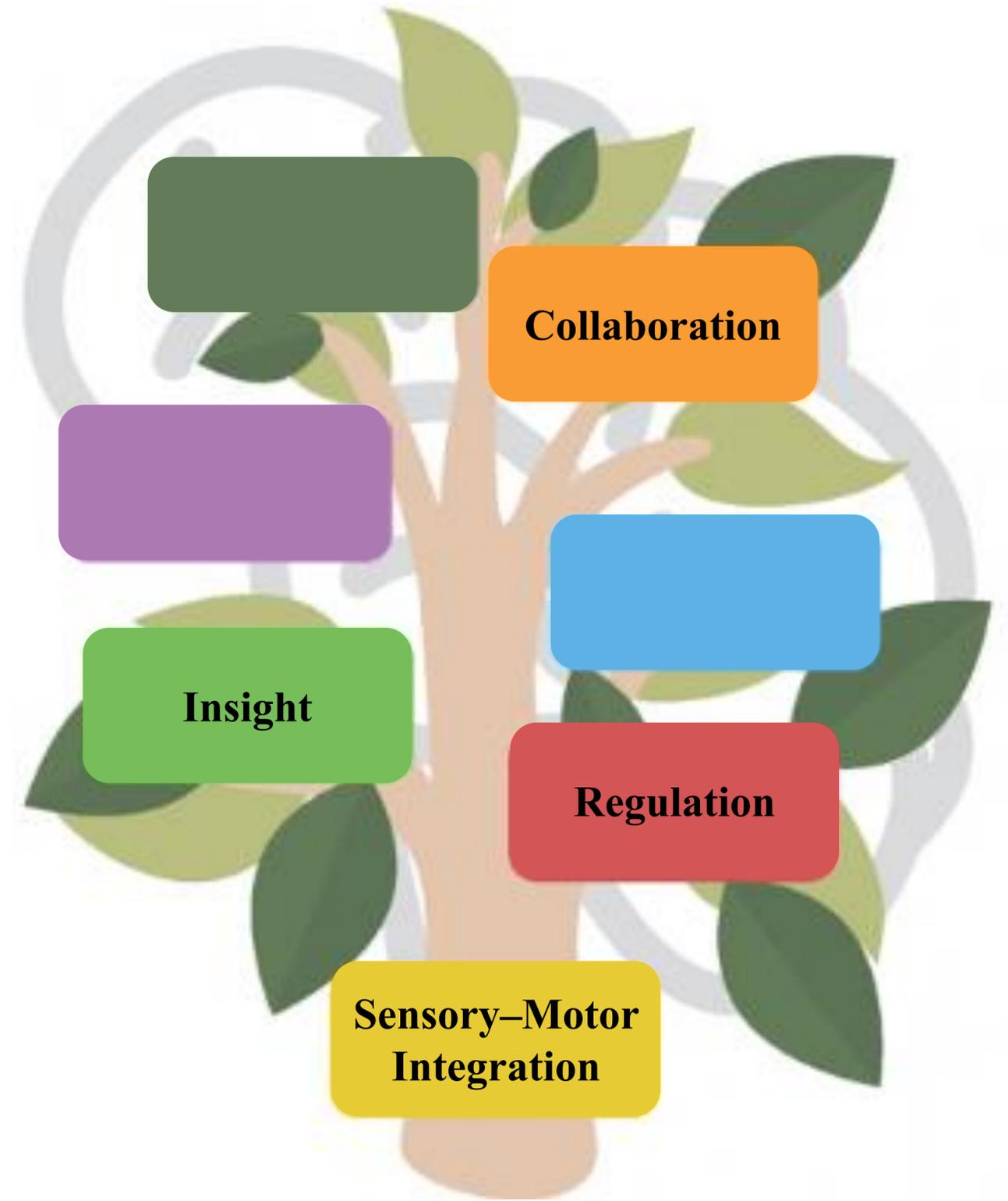
What is...



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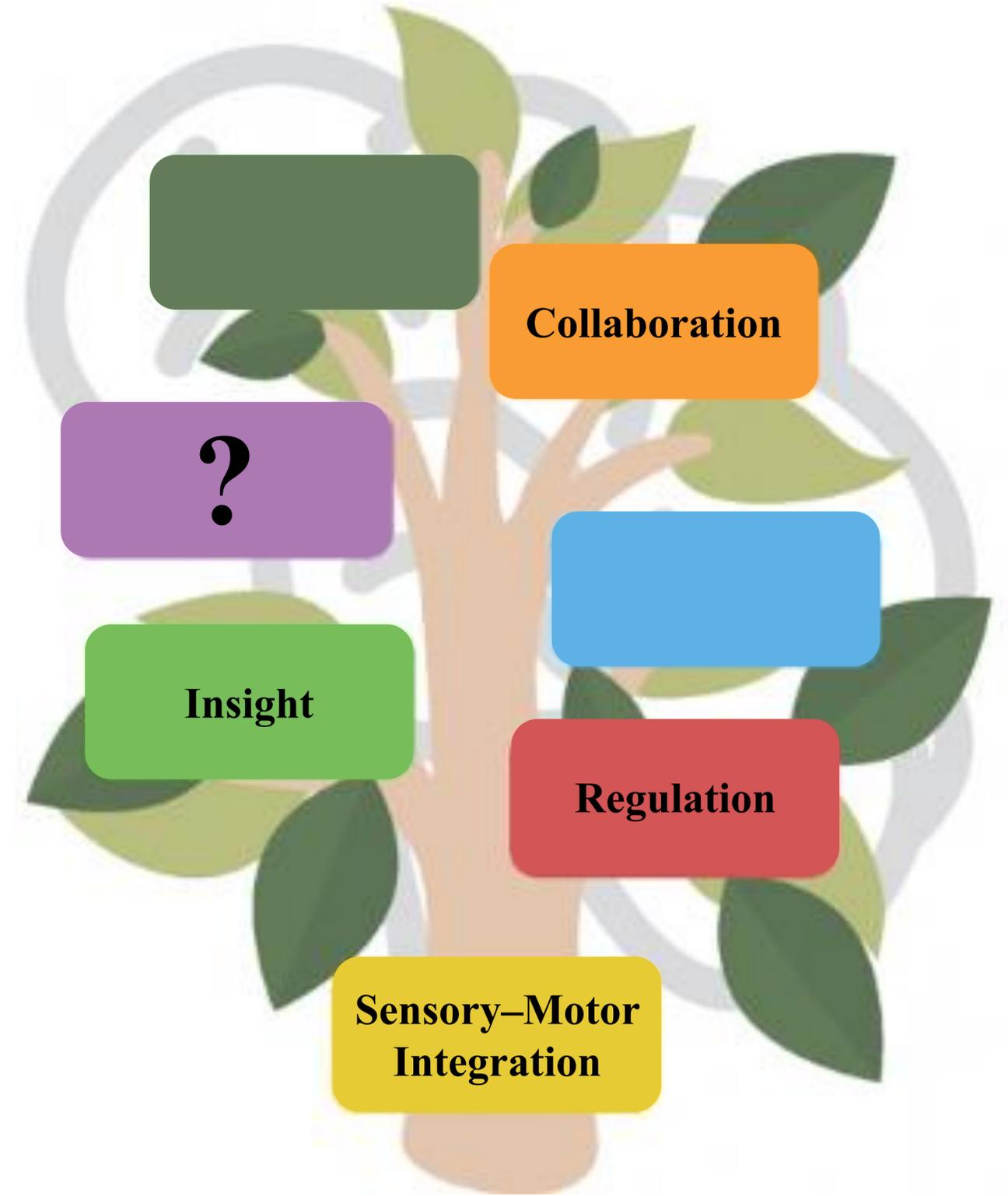
What is...



# 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.

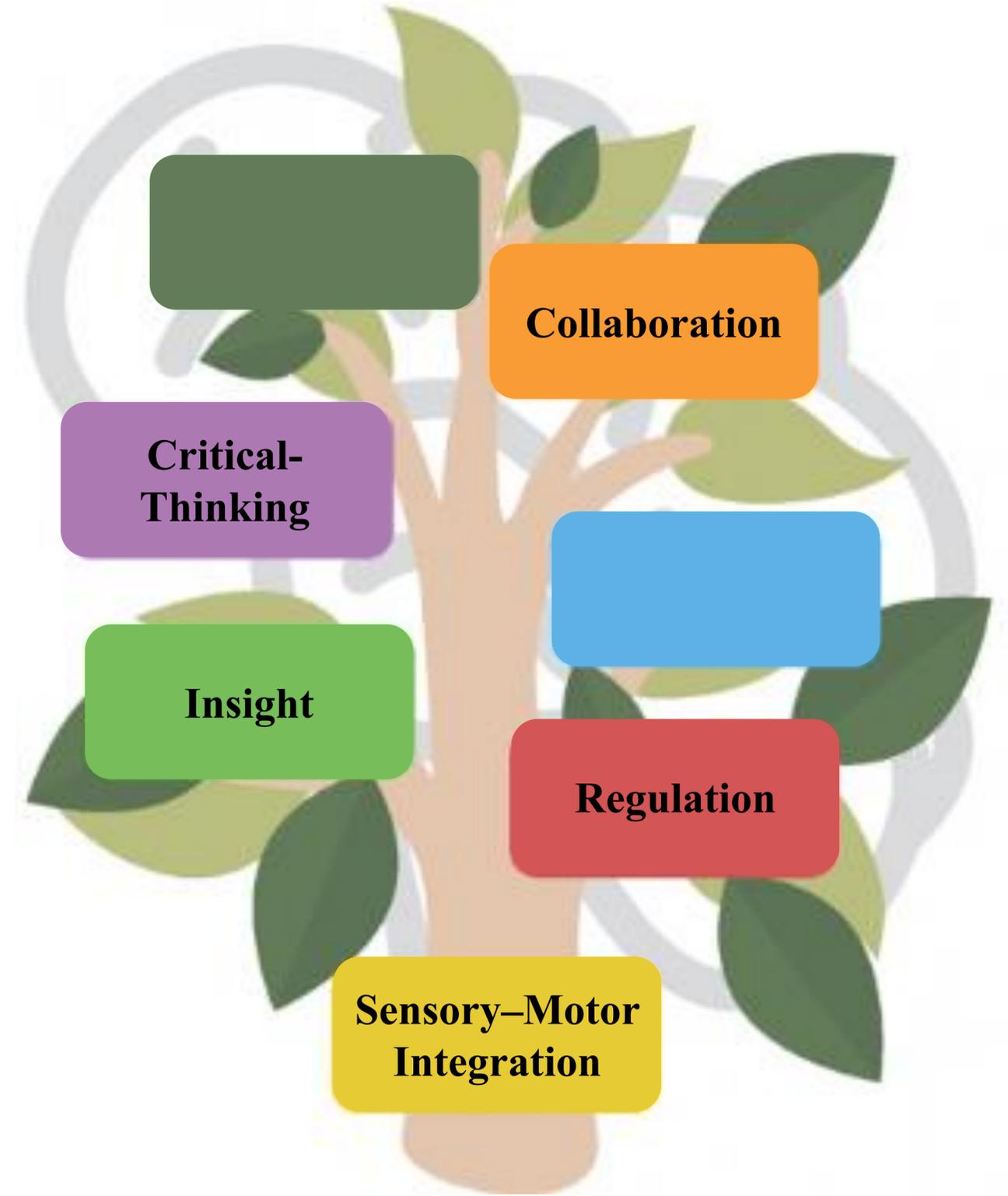
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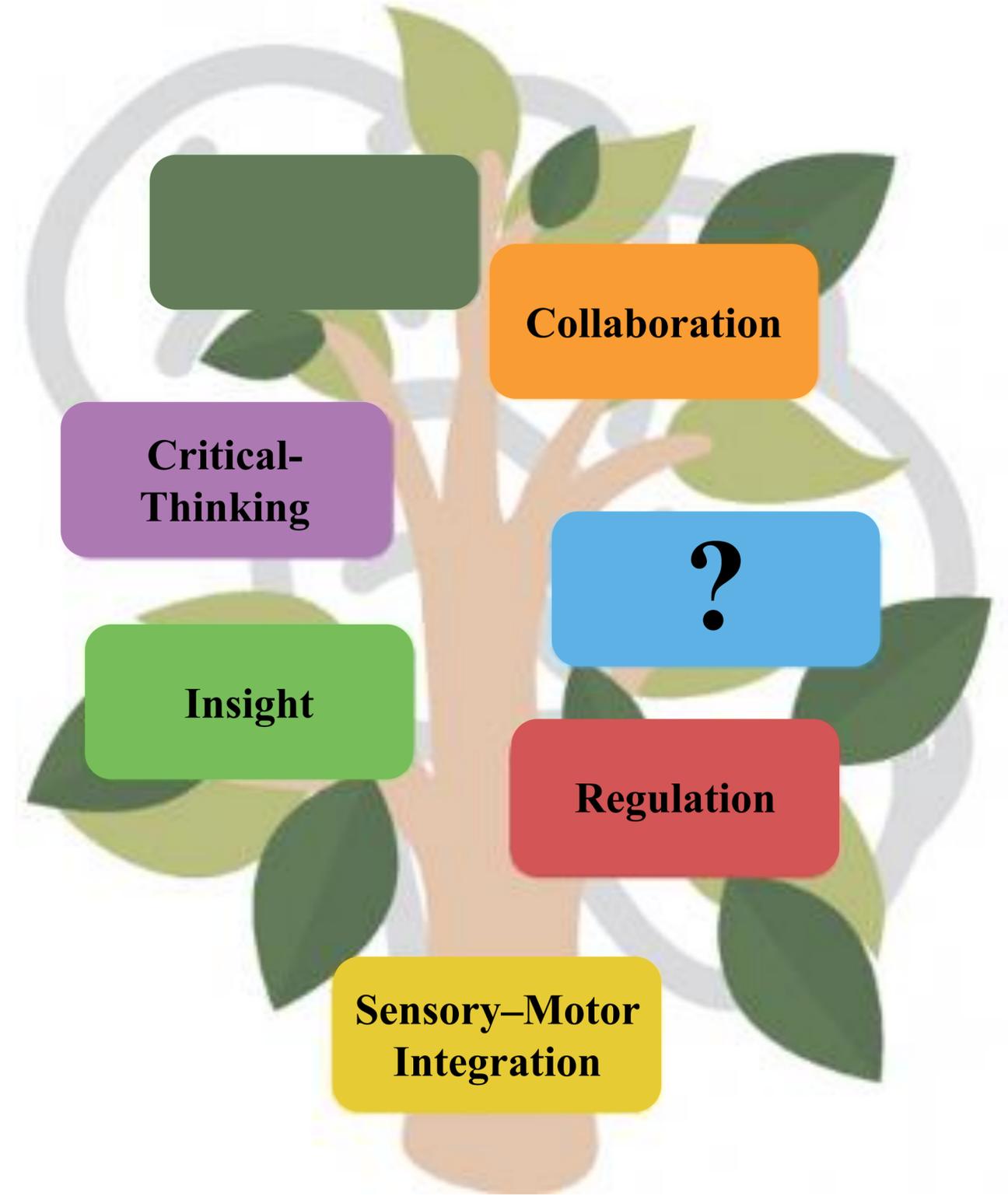
What is...



# 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.

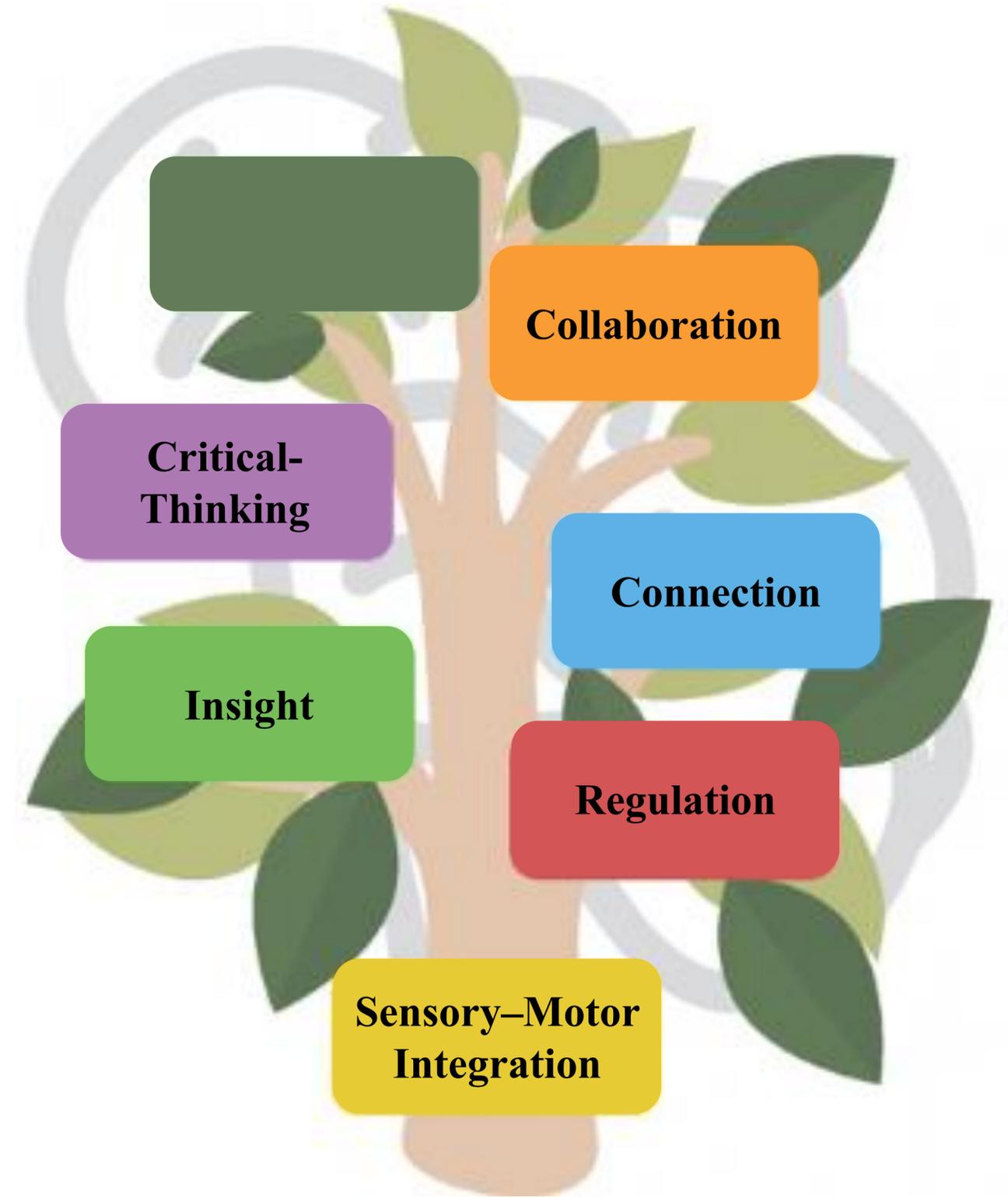
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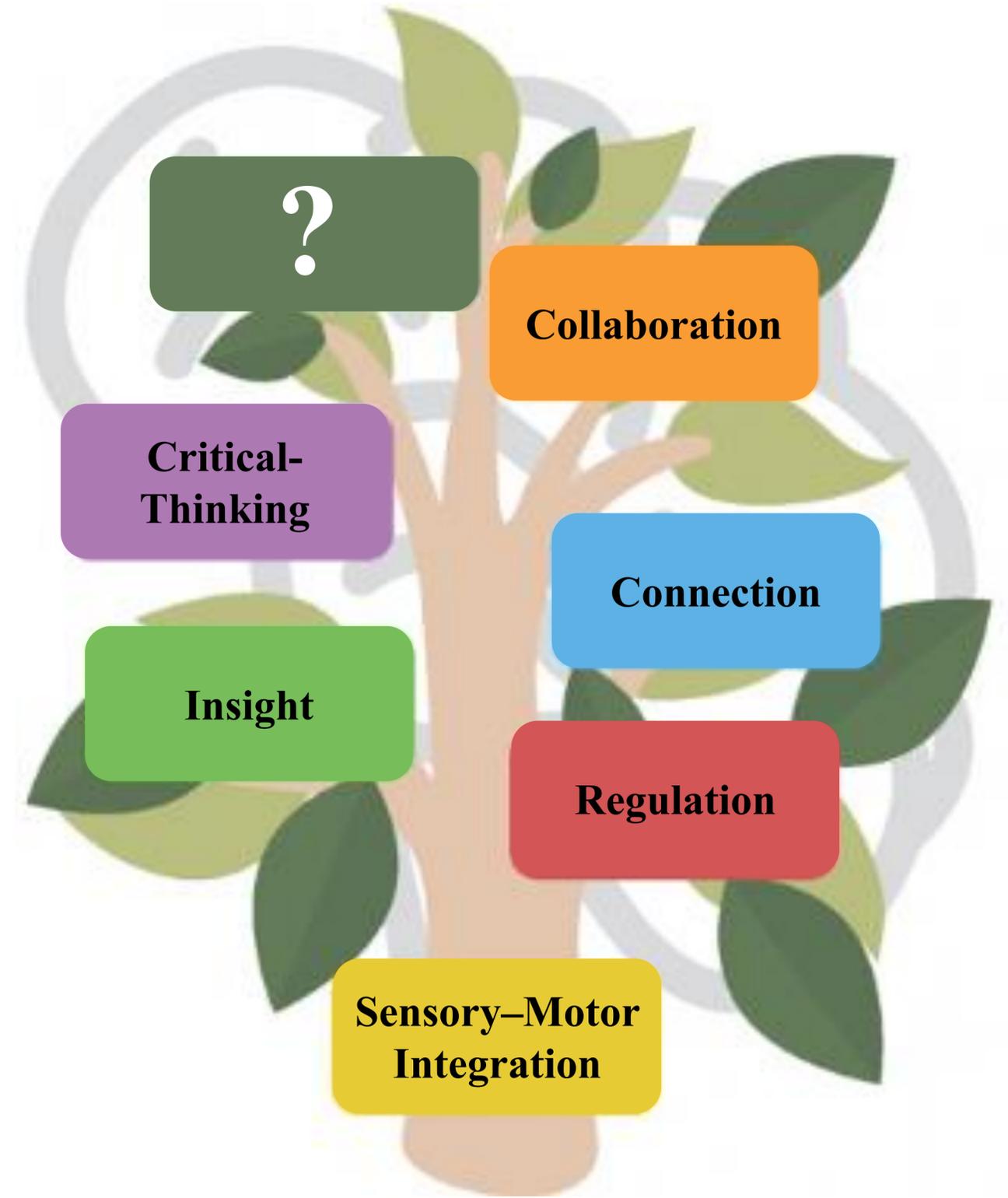
What is...



# 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.

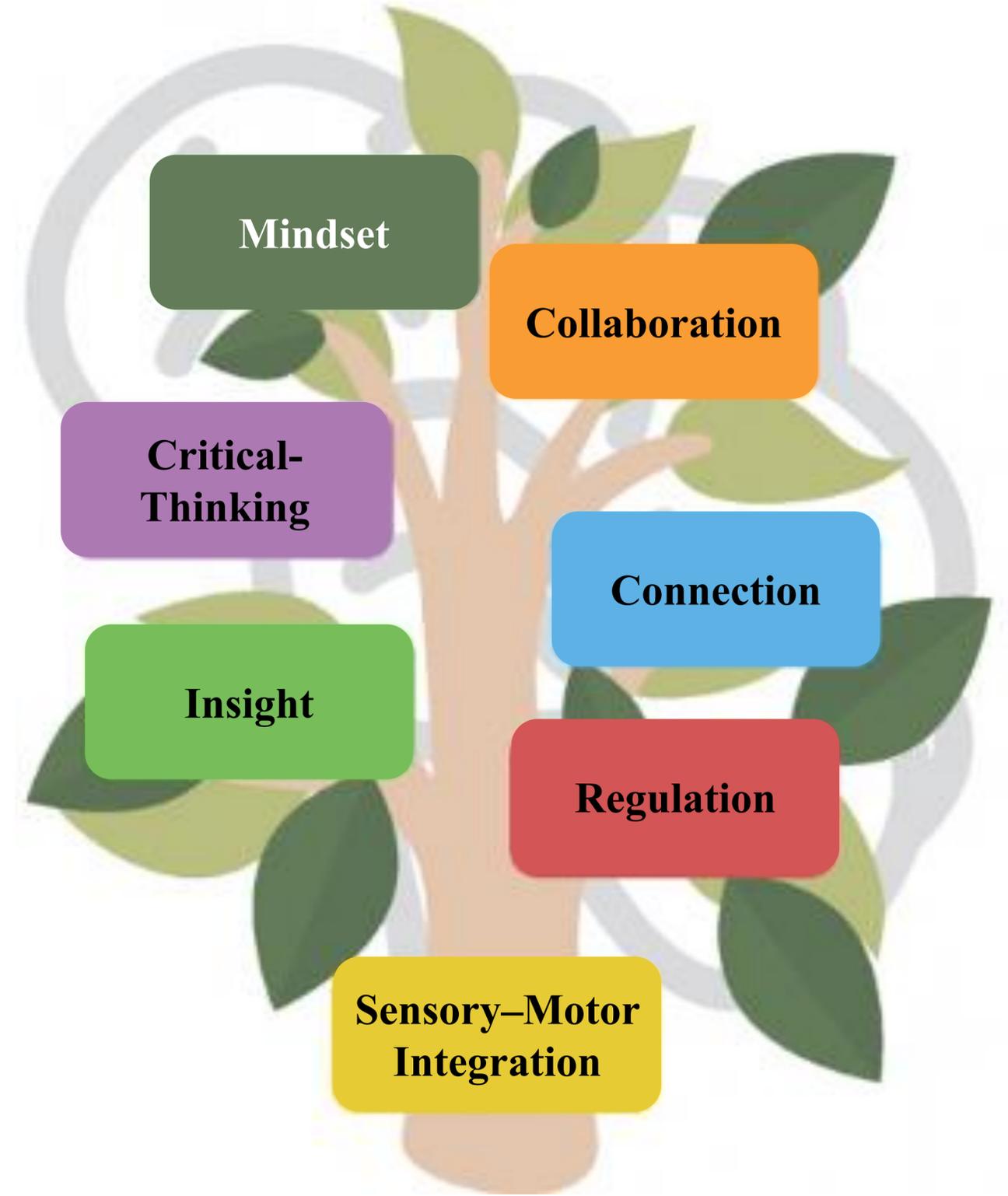
What is...



# SEL Jeopardy

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...



# The importance of adult SEL

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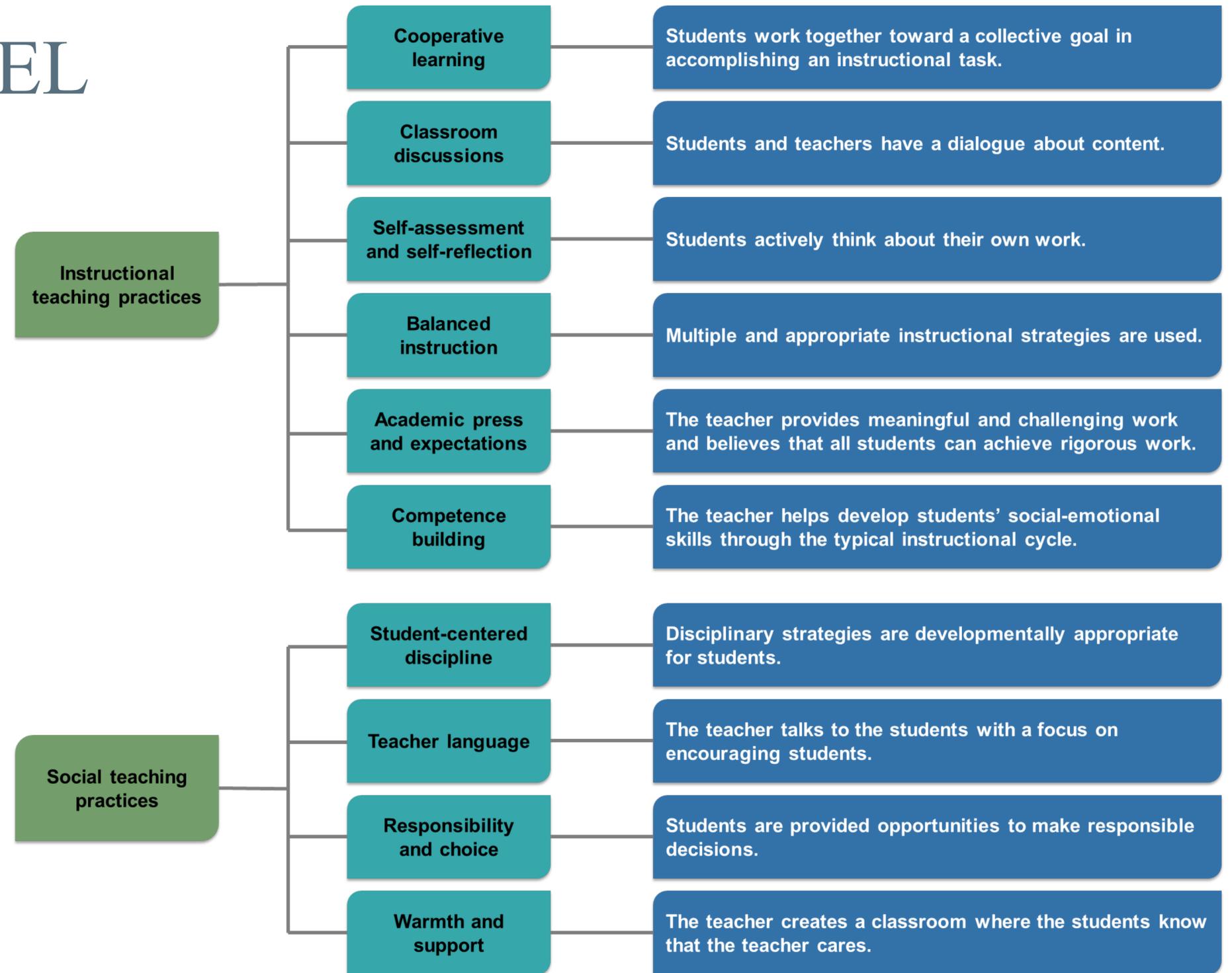


## What is adult SEL?

- 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.

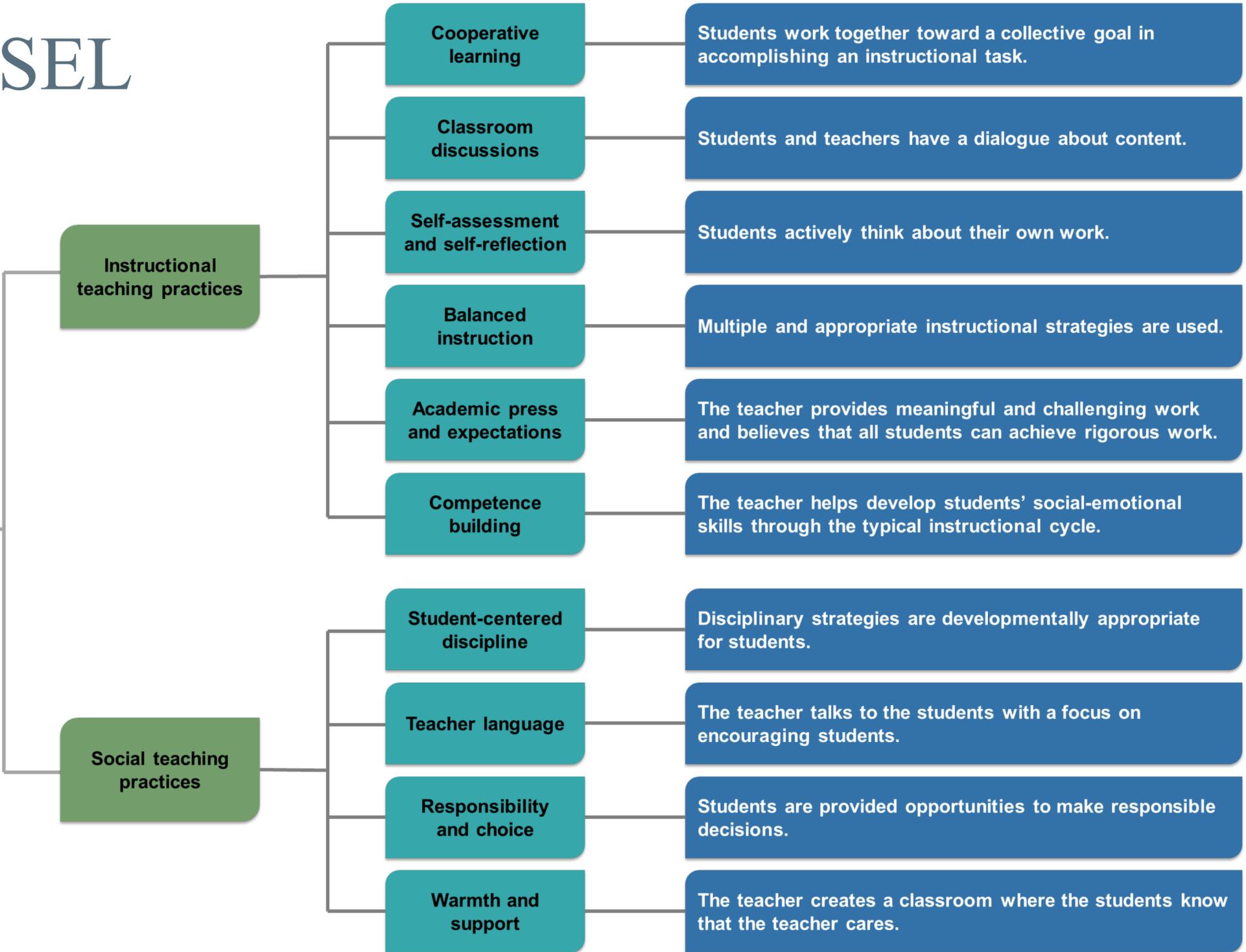
# The importance of adult SEL



# 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).

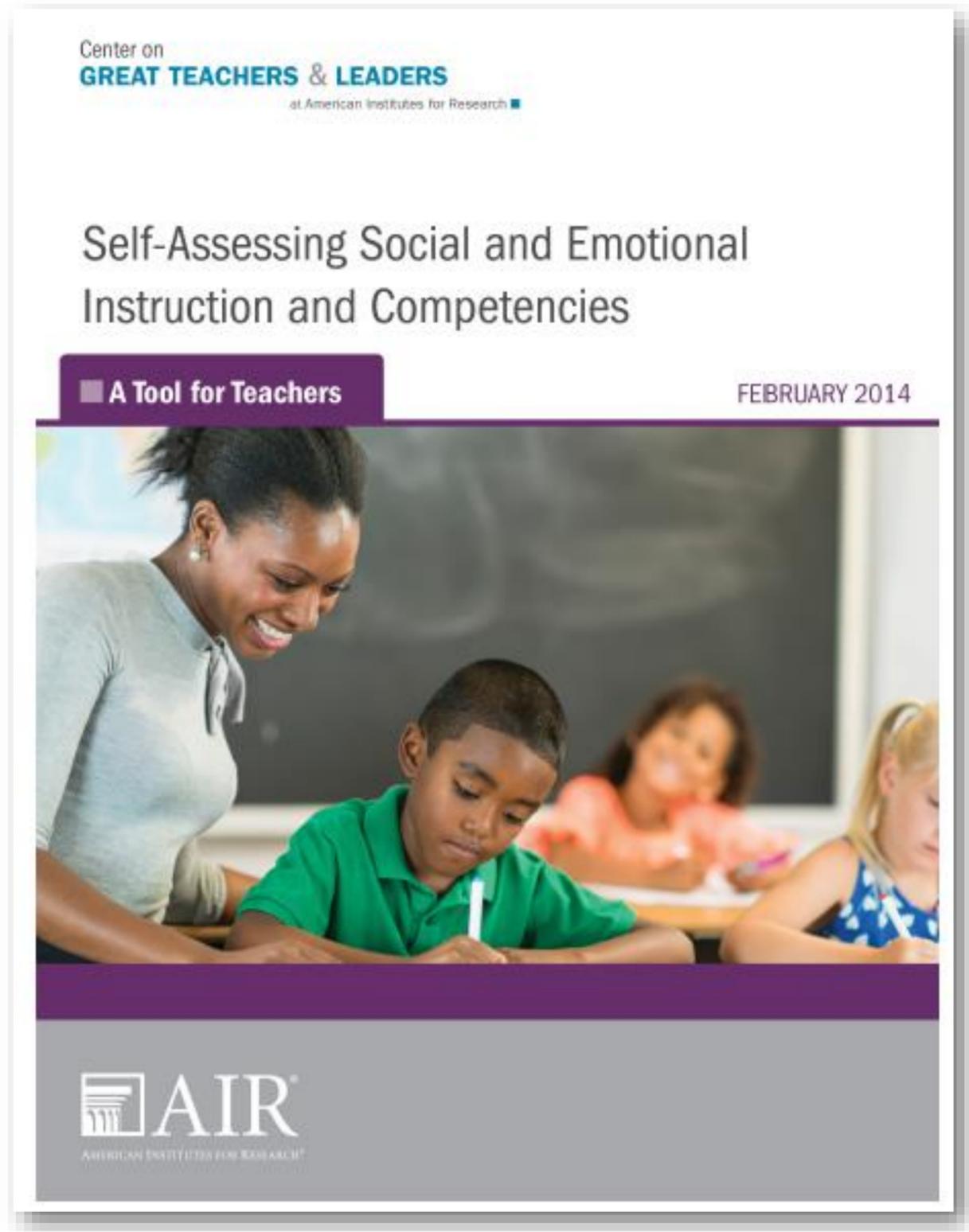


# The importance of adult SEL

- “ 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.

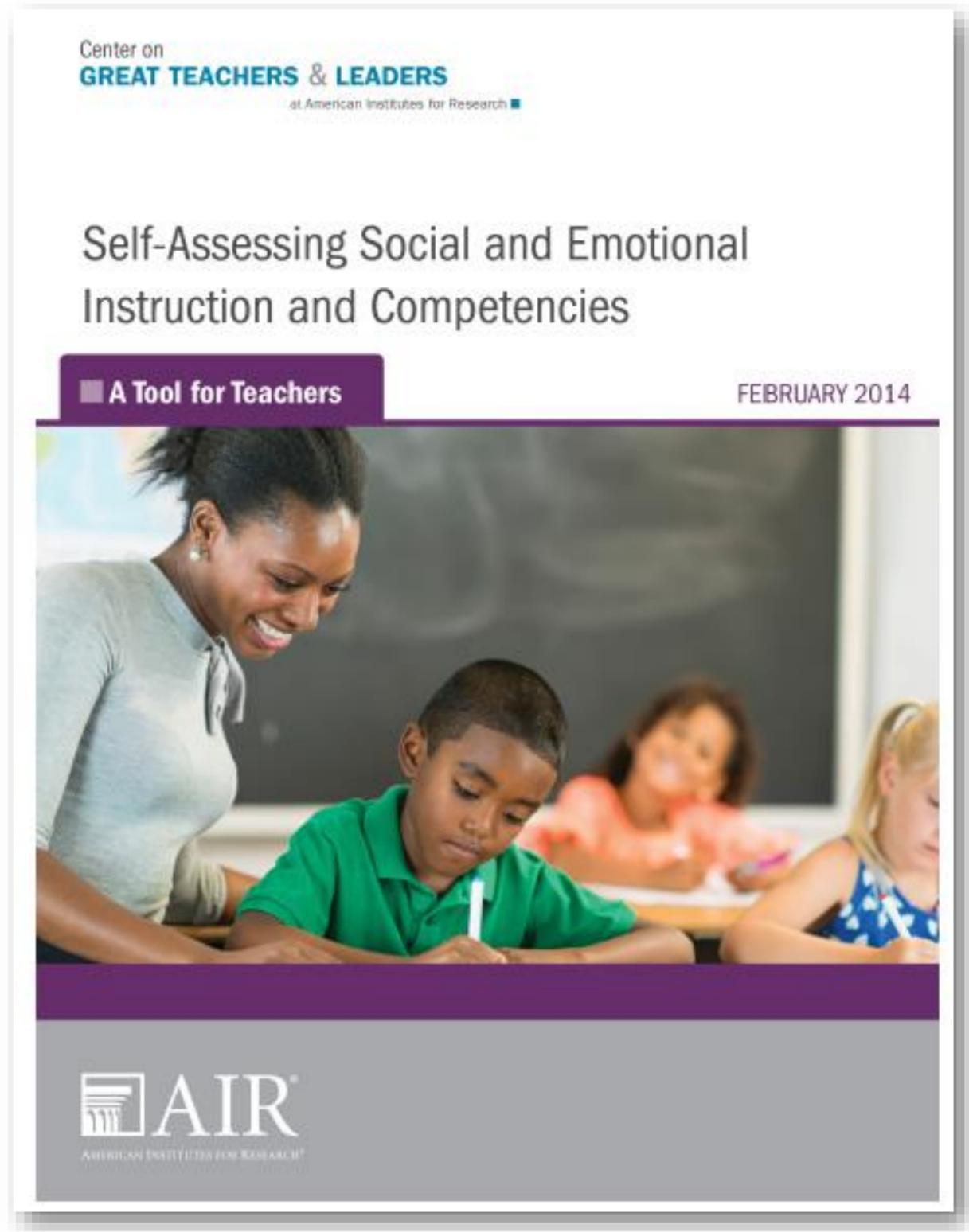
- Yoder, 2014

[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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# 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  
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I implement  
this practice  
extremely well

# 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

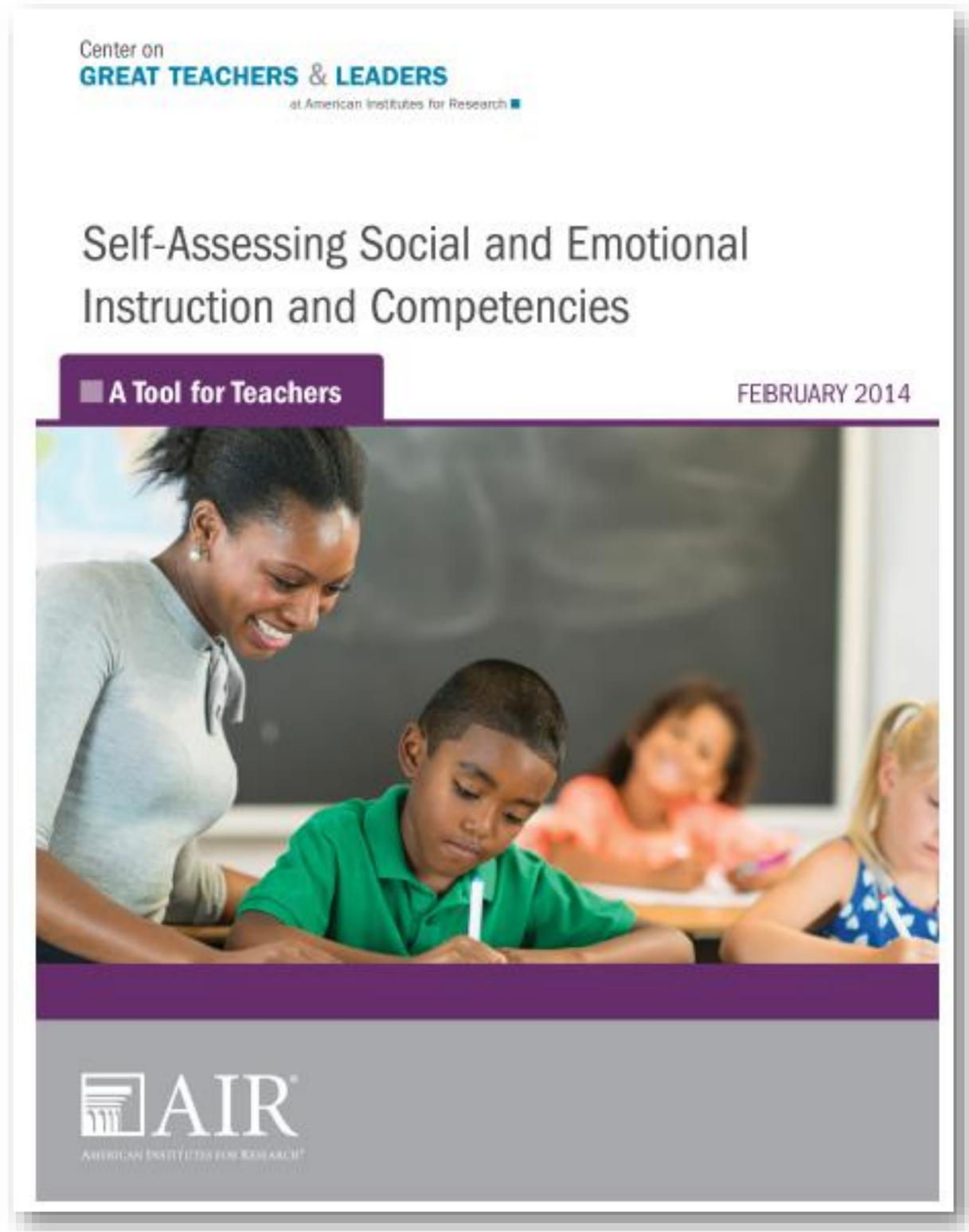
I implement this practice reasonably well

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

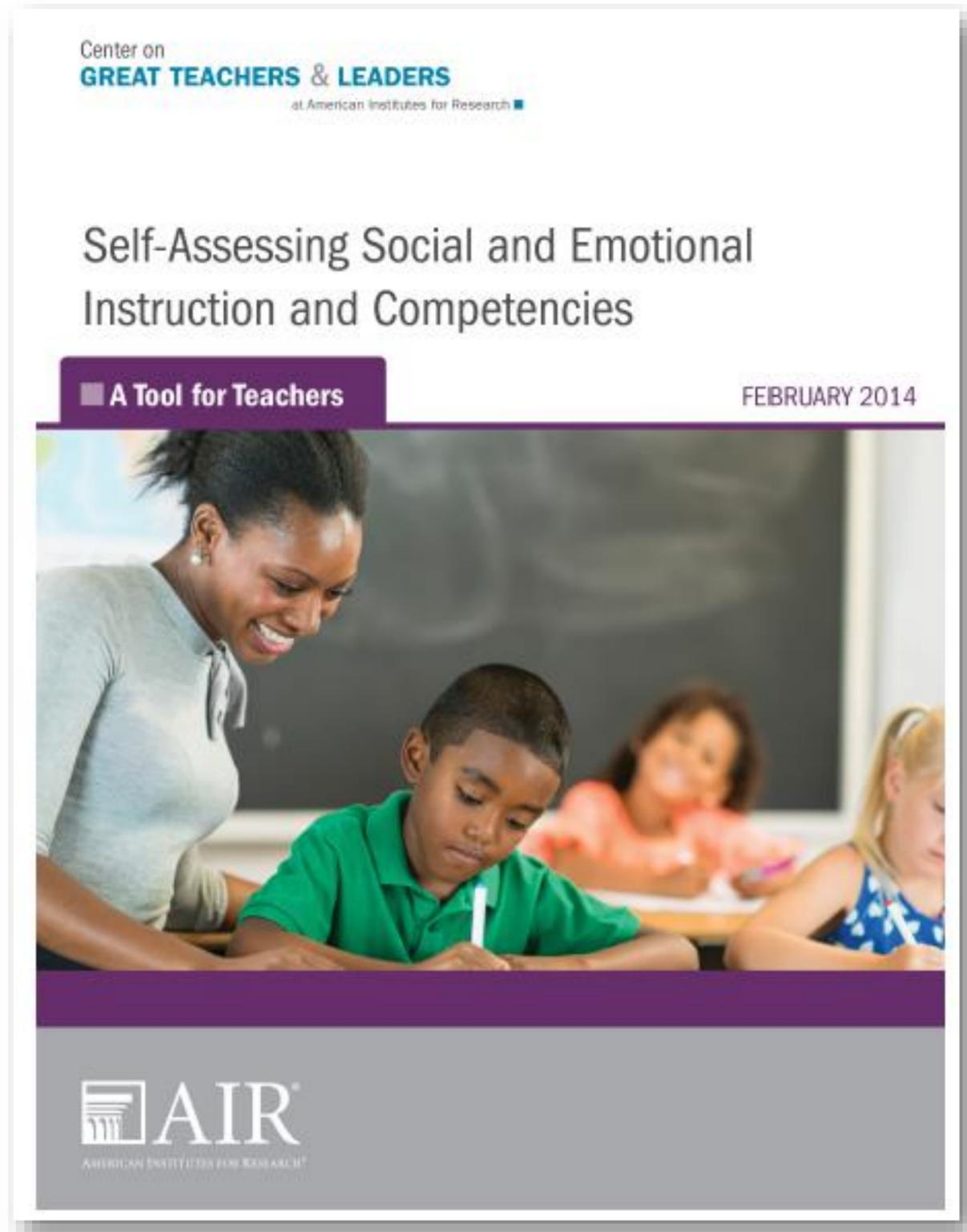
I effectively use multiple strategies (e.g., breathing techniques and mindfulness) when I have a strong emotional reaction in the classroom (e.g., stress, anger) while implementing social teaching practices.



# 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?

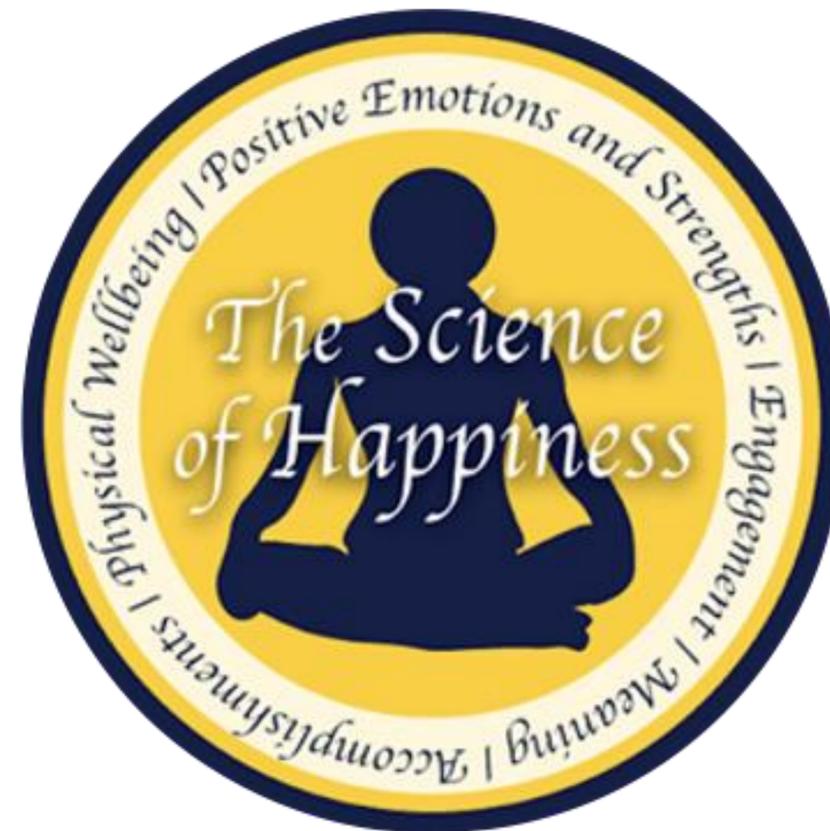


# *The Science of Happiness*

# *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

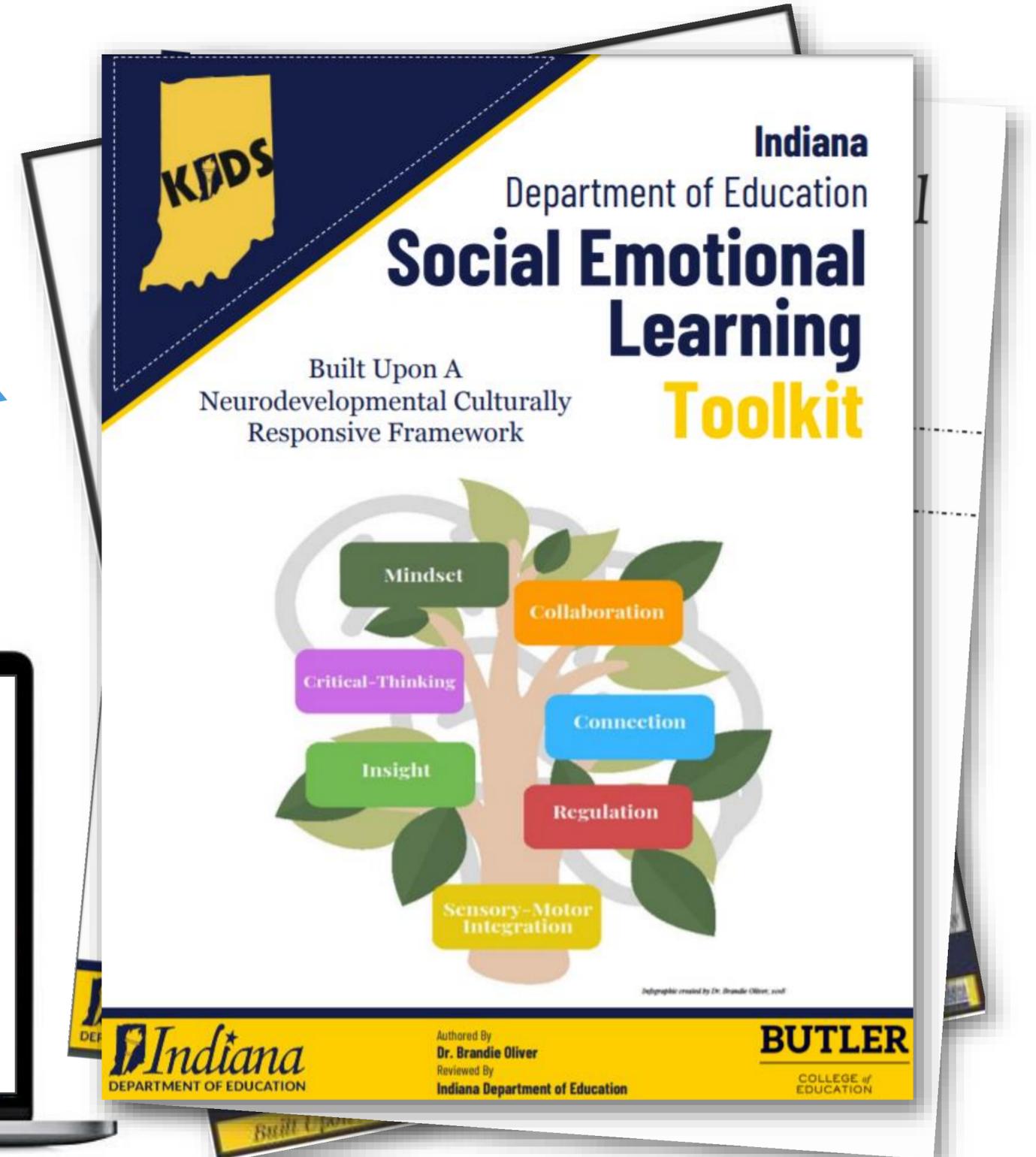
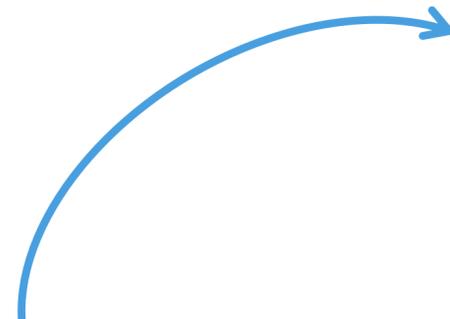
*Social Emotional Learning Toolkit*

*PK–12 Social-Emotional Learning Competencies*

*PK–12 Social-Emotional Learning Lesson Plans*

*The Science of Happiness*

Much more!



# Next steps

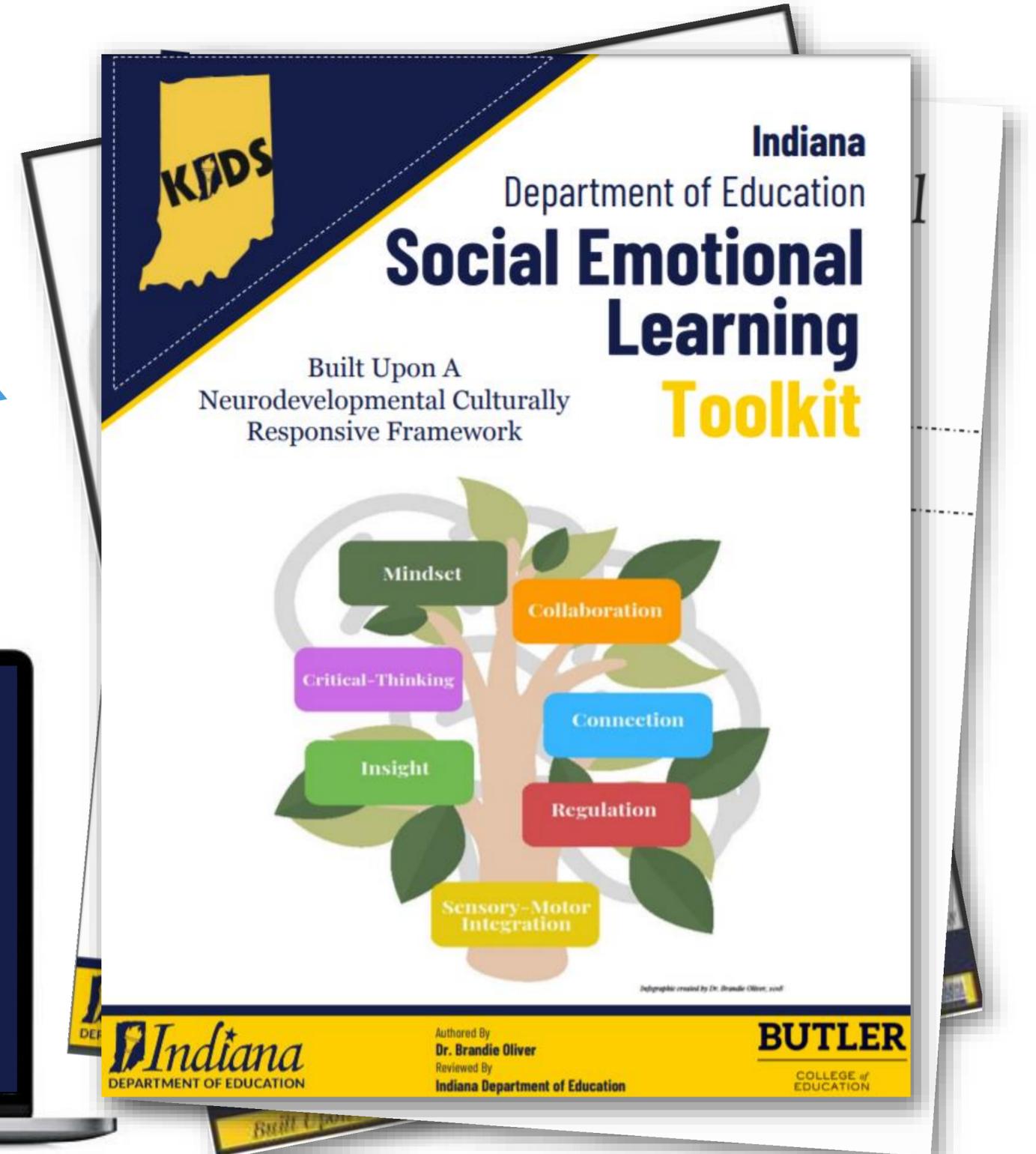
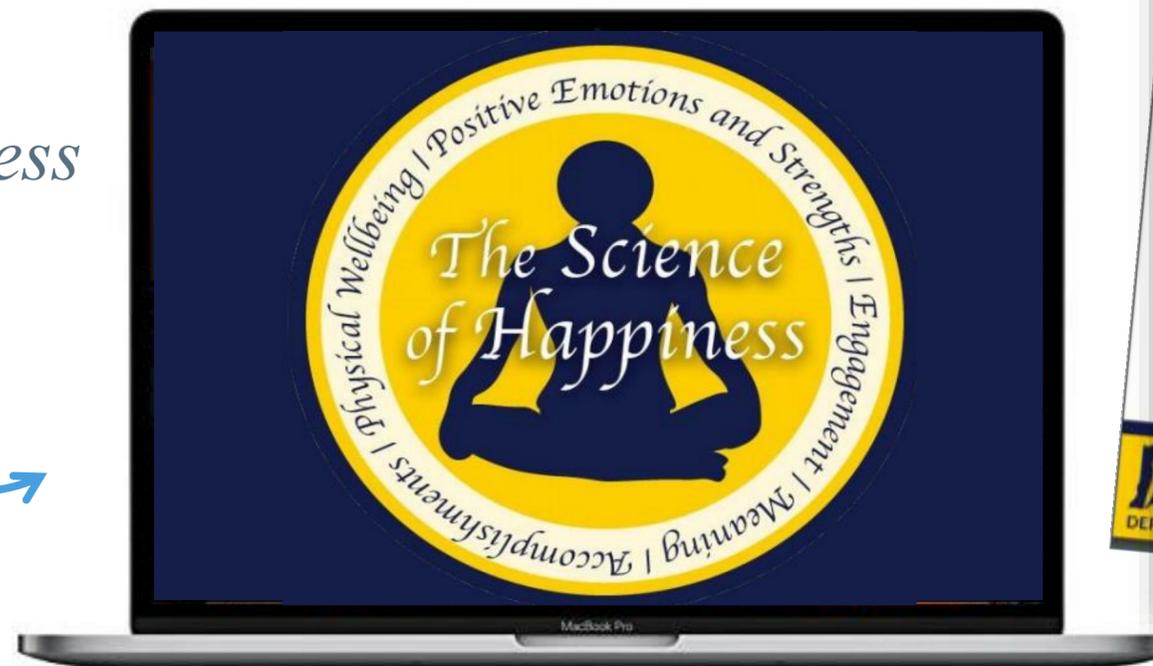
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*The Science of Happiness*

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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