

Social Emotional Learning (SEL): An Overview

Superintendent Coffee Chat
December 4, 2018

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A mindful start!

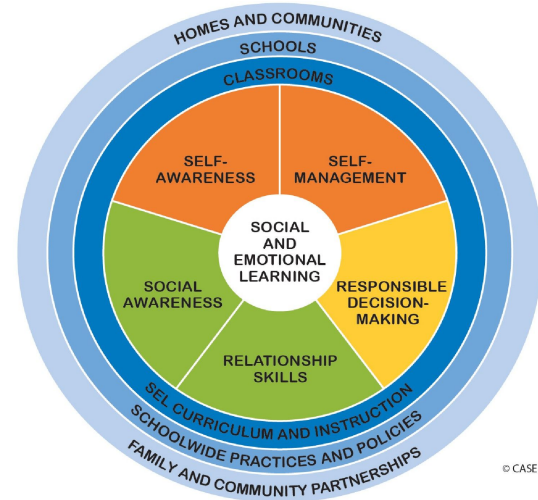


- Mindful Breathing

SEL: What is it? (Video)

Collaborative for Academic and Social Emotional Learning (CASEL)

- Research
- Policy
 - 2017 Briefing Highlights



Self Awareness: What does this mean? What does this look like?
(*Mindfulness Connection*)

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- Inner strength/Coping



Self Management: What does this mean? What does this look like?
(*Mindfulness Connection*)

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



Social Awareness: What does this mean? What does this look like?

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



Relationship Skills: What does this mean? What does this look like?

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



Responsible Decision-Making: What does this mean? What does this look like?

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





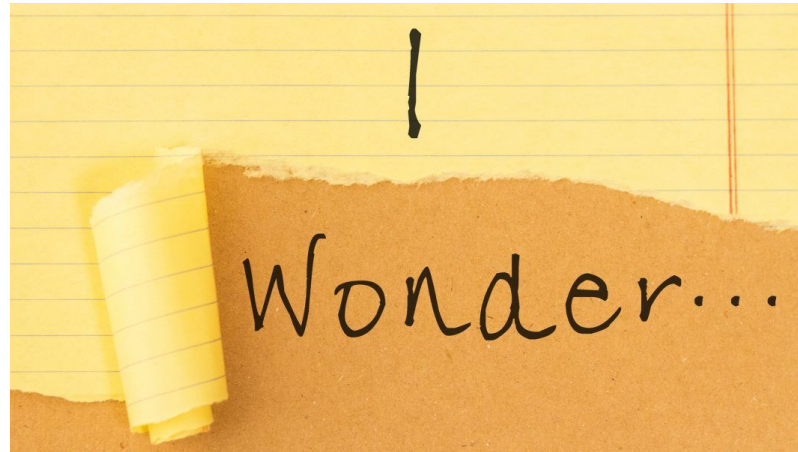
[SEL in the Home](#)

[Book List \(for Adults\)](#)

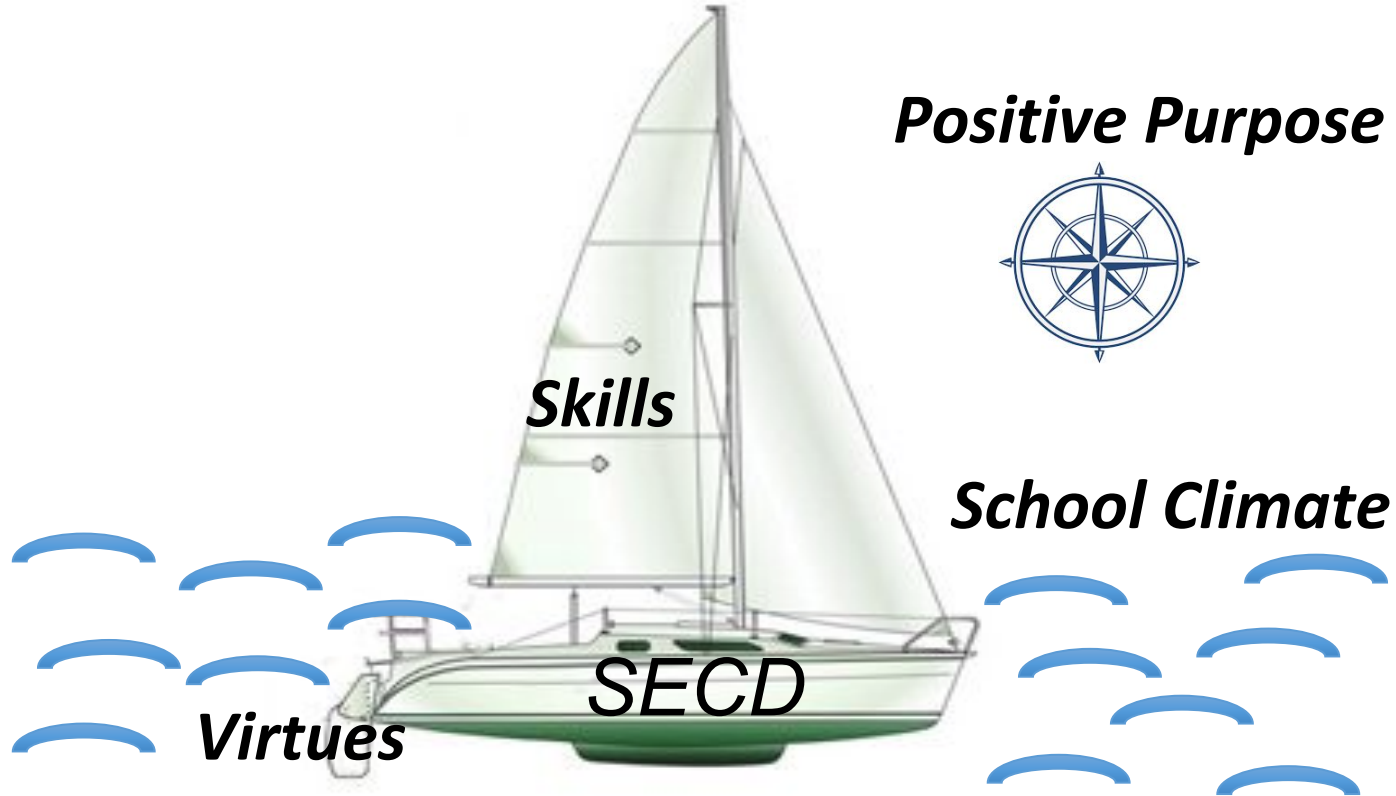
[Book List \(for Children\)](#)

[Web Resources and Videos](#)

What does SEL look like in Readington?

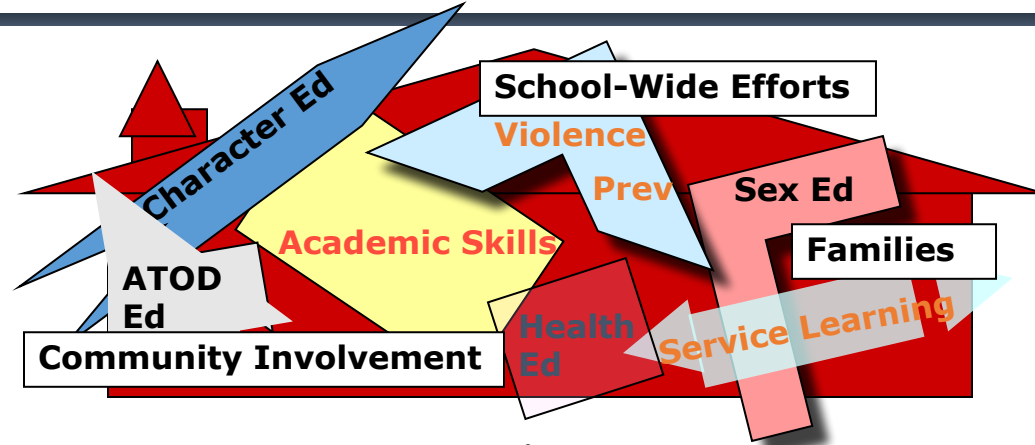


What Does SECD in Schools Look Like?

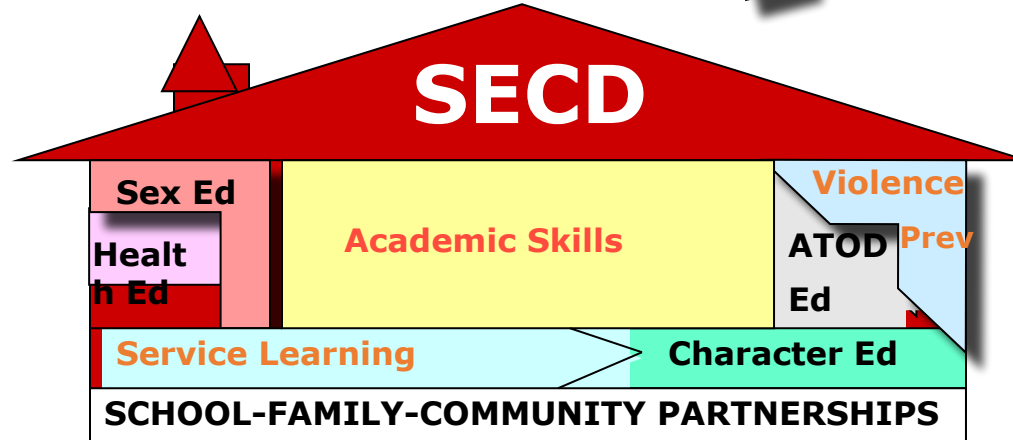


Social-Emotional and Character Development (SECD): *A Coordinated Framework Provides Synergy*

**Programs
without a
Common
Framework**



**A Common
Framework
Provides
Synergy**



Comments/Questions

[SEL District Program](#)

[Closing Video](#)

