

Promoting Social and Emotional Learning

Duncanville ISD
Student Support Counselors



Student Support Counselors' Role



- Data Analysis to determine need
- Small Group Counseling in partnership with the CC
- Individual Counseling in partnership with the CC
- Referrals to Community Partners
- Organizing Community Partnerships with the CC
- Transition Counseling (ex: DAEP, Mental Health Facilities)
- Data Input (Skyward)
- SEL Strategic Plan Leader
- Crisis Counseling in partnership with the CC
- Presentations to faculty and parents
- Teacher consultations



Objectives

- Provide a better understanding of Social and Emotional Learning and its benefits.
- Describe how SEL is taught and learned in a school setting.
- Ideas for you to use



REFLECTION QUESTION

If you could pick one quality or skill that all young people should possess by the time they graduate from high school, what would it be?

Write on a post-it note, discuss with your neighbor, and post it on chart paper.



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.

SEL in classrooms



Collaborative for Academic, Social, and Emotional Learning (CASEL)

CASEL was founded in 1994 as a national collaborative to make social and emotional learning (SEL) an essential part of every child's education by:

- Advancing the science of SEL
- Expanding effective SEL practice
- Improving federal and state policies

CASEL serves as strategist, collaborator, convener, and supporter for the SEL community

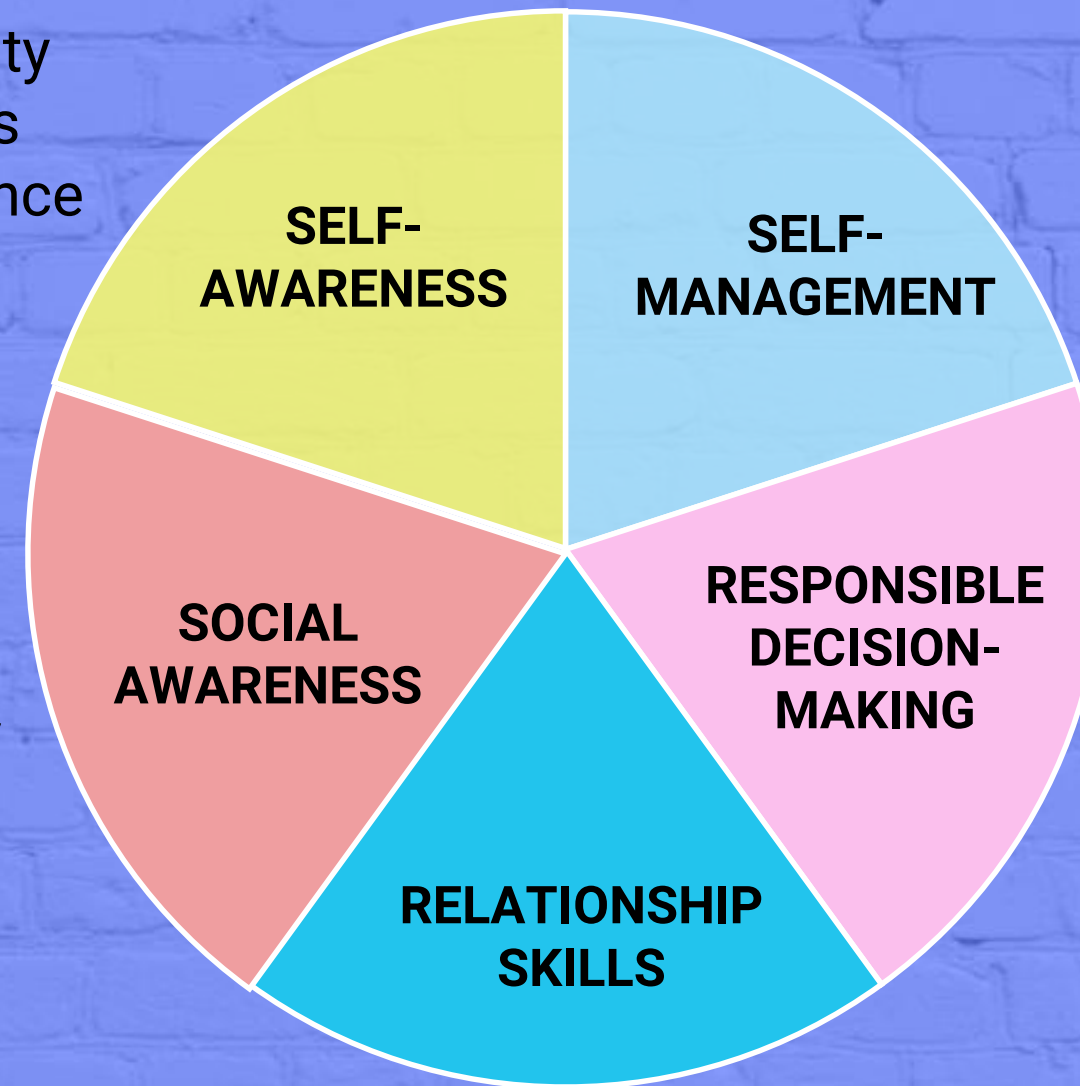
- www.casel.org



Five Core 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

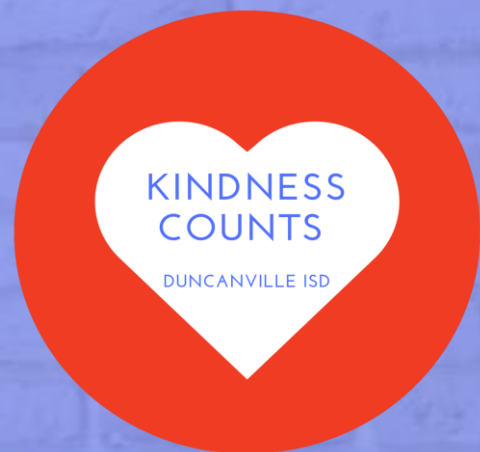
- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility

The image features a solid blue background. In the center, there are two large, overlapping purple hearts. The text 'The Benefits of SEL' is written in a white, serif font across the middle of the hearts. On the right side of the image, there are several thin, parallel lines in white and light purple, extending diagonally upwards.

The Benefits of SEL

WHY IMPLEMENT SEL IN SCHOOLS?

- Relationships provide a foundation for learning
- Emotions affect how and what we learn
- Relevant skills can be taught
- Positive effects on academic performance, health, relationships, and citizenship
- Demanded by employers
- Essential for lifelong success
- A coordinating framework to overcome fragmentation of prevention and youth-development programs



SEL Works

More than two decades of research shows that SEL leads to:



Increased Academic Achievement According to a 2011 meta-analysis of 213 studies involving more than 270,000 students, those who participated in evidence-based SEL programs showed an 11% point gain in academic achievement.



Improved Behavior Studies show decreased dropout rates, school and classroom behavior issues, drug use, teen pregnancy, mental health problems, and criminal behavior.



Strong Return on Investment A review of six evidence-based SEL programs showed that for every dollar invested there was an economic return of 11 dollars.

LONGITUDINAL FINDINGS FROM THE SEATTLE SOCIAL DEVELOPMENT PROJECT AT AGE 21 (HAWKINS ET AL.)

- More high school graduates
- More attending college
- More employed
- Better emotional and mental health
- Fewer with a criminal record
- Less drug selling
- Less co-morbid diagnosis of substance abuse and mental disorder



The image features a solid blue background. In the center, there are two large, overlapping circles in a muted purple color. The text 'How Do We Develop Students' Social and Emotional Skills?' is written in a white, sans-serif font, centered within the intersection of the two circles. On the right side of the image, there are several thin, parallel diagonal lines in white and light purple, extending from the top right towards the bottom right.

How Do We Develop
Students' Social and
Emotional Skills?

Create Optimal Conditions of Learning

1. Welcoming Ritual
2. Brain Breaks
3. Optimistic Closure

SAFE CLIMATE

- Sequenced, Active, Focused, Explicit (SAFE) programming
- Adults and students model SEL skills and discuss relevant situations (teachable moments)
- Developmentally/culturally competent instruction and community-building activities
- Students have opportunities to contribute to their class, school, and community





Brain Regulation

1. Laughter

1. Breathing Strategies

1. One-on-one interactions

1. Movement

1. Music



KINDNESS
COUNTS

DUNCANVILLE ISD

Three ways you can help
teens develop greater
self-awareness—





INVITE STUDENTS TO USE THEIR CHARACTER STRENGTHS

Take time in class to have your students identify their personal strengths, such as hope, humility, honesty, kindness, and perseverance.

You can begin by asking them to take a 10-minute online survey designed by positive psychology researchers.



ENCOURAGE STUDENTS TO IMAGINE THEIR BEST SELVES

Ask your students to respond to the following questions in a 15-minute free-write:

What is the best possible life you can imagine? Consider all the areas in your life that are important to you—relationships, school, career, hobbies and interests, etc. Be as creative and imaginative as you want, and don't worry about spelling and grammar.



CHALLENGE STUDENTS TO EXPLORE THEIR PURPOSE

Once students have practiced using their character strengths and imagined their future selves, create opportunities for them to think about how they might contribute to something larger than themselves.

Your Role: Encourage, Engage, Empathize and Empower



QUOTE OF THE DAY:

It is easier to build strong children
than to repair broken men.

-Frederick Douglass





Online Resources

Survey:

<https://www.viacharacter.org/character-strengths>

<https://www.eschoolnews.com/2019/03/21/10-activities-integrate-sel-classroom/>

<https://www.edutopia.org/article/13-powerful-sel-activities-emelina-minero>

KINDNESS
COUNTS

DUNCANVILLE ISD

Please contact the DISD Student Support Counselors
for questions or additional information about
implementing SEL in your classrooms.



Candace Hubbard
Student Support Counselor
9th Grade and Collegiate Academy
chubbard@duncanvilleisd.org



Takoya Mandigo
Student Support Counselor
10-12 Grade
tmandigo@duncanvilleisd.org