

Social Emotional Learning & Wellness

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Webinar Focus

- **What is Social Emotional Learning (SEL)?**
- **Why is SEL important?**
- **How do we teach SEL?**
- **School-based wellness supports**
- **SEL and wellness resources for home**



What is Social Emotional Learning (SEL)?

Social and Emotional Learning(SEL) is the process of acquiring the skills to recognize and manage emotions, develop caring and concern for others, establish positive relationships, make responsible decisions, and handle challenging situations effectively.



Collaborative for Academic, Social, and Emotional Learning



SEL Domains and Competencies

- Identifying emotions
- Self--perception/Identity
- Recognizing strengths
- Sense of self--confidence
- Self--efficacy

- Perspective--taking
- Empathy
- Appreciating diversity
- Respect for others



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- Impulse control
- Stress management
- Self--discipline
- Self--motivation
- Perseverance
- Goal--setting
- Organizational skills

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

- Communication
- Social engagement
- Building relationships
- Working cooperatively
- Resolving conflicts
- Helping/Seeking help

Why is SEL important?

“Learning is Social”

Substantial research indicate that students exposure to social emotional learning are more successful in school and life when they are able to:

- Understand self and manage emotions
- Understand other’s perspective, show empathy and respond appropriately
- Establish and maintain relationships
- Make appropriate choices about personal behavior and social interactions



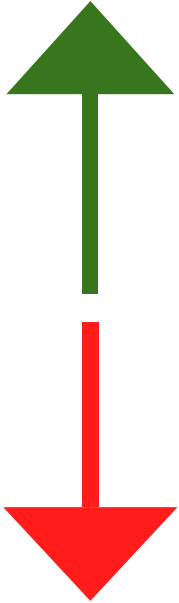
Benefits of SEL

Increase:

- Positive school climate
- Attitudes about self, others, and school
- Positive classroom behavior
- 11 percentage point gain on standardized achievement tests
- Lifetime outcomes (employment, emotional wellness, physical health)

Decrease:

- Conduct problems
- Aggressive behavior
- Emotional distress



Hawkins et al., 2005; Weissberg, et al, 2011; Williamson, Modecki, & Guerra, 2015

Employment Skills

What qualities and skills are related to social-emotional?

- Communication skills
- Interpersonal skills
- Teamwork skills
- Organizational skills
- Problem solving skills
- Personal management skills
- Self-awareness
- Honesty
- Goal oriented
- Work Ethic-Motivated
- Flexible
- Growth Mindset



Behavioral Health Concerns

- Between 2009-2017, alarming rates of depression among adolescents increased by 60% (Twenge et al, 2019).
- The SBLSD 2018 Healthy Youth Survey found that 44% to 62% of SBLSD 8th, 10th & 12th graders identified they could not stop worrying and were on edge. And 57% - 74% of students had reported feelings of anxiety.
- Suicide is the 2nd leading death for 15-24 year olds (CDC 2019 report)



Intersection between Mental Wellness & Social Emotional

Ethically responsible
Self-motivated
Engage socially
Self-awareness

Productive
Activities

Fulfilling
Relationships

Communicate effectively
Work Cooperatively
Take other's Perspective
Empathy for others

Reflective
Disciplined
Analyzing situations
Solve problems

Ability to Adapt
to Change

Ability to Cope
with Adversity

Stress management
Perseverance
Self-discipline
Goal-setting



Projected Behavioral Health Impact due to Pandemic

- Increase of symptoms of acute stress with children and adults (negative thoughts, sadness, difficulty sleeping, avoidance and other physical symptoms).
- Increase in children and adults impacted by anxiety related issues.
- Increase in depression symptoms that is predicted to peak between November/December 2020.



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graph TD; SEL((Social-Emotional Learning)) --> Behavior((Behavior)); SEL --> MentalHealth((Mental Health)); SEL --> Academics((Academics)); SEL --> CollegeCareer((College & Career));
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Behavior

Mental
Health

Social-Emotional
Learning

Academics

College
& Career

How do we teach SEL?

- Explicit Curriculum & Instruction
- Integrated in Academic Coursework
- Instructional Strategies
- Extracurricular Activities



SEL in Elementary Schools

- Classroom & school-wide integration
- Creating equitable, supportive and positive learning environment
- *Second Step* and *Bullying Prevention* 
- *PurposeFull People* *CharacterStrong*
- Large and Small Group Activities
- Supplementary Curriculum

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MindUp 

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Playworks 



SEL in Middle Schools



- **Classroom & School-wide Integration**
- **Creating equitable, supportive and positive learning environment**
- **Advisory (Second Step & Character Development Lessons)**
- **Skills for Life**
- **Leadership Activities**
- **Large and Small Group Activities**



SEL in High Schools





- Classroom & school-wide Integration
- Creating equitable, supportive and positive learning environment
- Advisory
- Character Strong *Character Strong*
- Leadership Activities
- Large and Small Group Activities



School-Based Wellness Supports



- Comprehensive School Counseling Services
- Heidi's Promise Prevention and Intervention Specialists
-  Behavioral Health Services
-  Mental Health and Substance Abuse Services
- Other



SEL & Wellness Resources for Home



- Modeling & Coaching ([Emotion Coaching-Gottman](#))
- SBLSD Website Resources
 - [Activities at Home](#)
 - [Mental Health & Wellness](#) (Care & Well Being)
 - [Counseling Resources](#) (Care & Well Being)
 - [Community Resources](#) (Care & Well Being)
- [CASEL-Top 10 Books for Parents](#)



Questions

