Social and Emotional Learning
Questions For Our Session

• What is Social and Emotional Learning (SEL)?
• How does SEL promote success in school and life?
• What is SCUSD's plan for the next three years?
• What will SEL integration look like at the district, school, and classroom levels?
• What are SCUSD's next steps?
What are your hopes and dreams for your children and the children in your community?
What is Social, Emotional Learning?

What comes to mind when you hear the words “social and emotional learning”?
How Is SEL Defined?

Social and emotional learning (SEL) provides the structure and process for adults and students to develop fundamental emotional and social competencies and experiences 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 builds and deepens a positive school climate.
Core Competencies of SEL

- Self-Management: Managing emotions and behaviors to achieve one's goals.
- Self-Awareness: Recognizing one's emotions and values as well as one's strengths and challenges.
- Social Awareness: Showing understanding and empathy for others.
- Responsible Decision-Making: Making ethical, constructive choices about personal and social behavior.
- Relationship Skills: Forming positive relationships, working in teams, dealing effectively with conflict.
Student Learning Experience

- Instruction and Curriculum
- Safe and Supportive Climate
- Family and Community

Student
SEL Promotes Success in School & Life

Inputs/Approaches

SEL Skills Instruction:
- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decision-making

Positive Learning Climate & Instructional Strategies
- Safe, Caring
- Well-managed
- Engaging
- Cooperative
- Supportive
- High Expectations

Short-term Outcomes

Greater Attachment, Engagement and Commitment to School

Greater Success in School, Work, and Life

Long-term Outcomes

Less Risky Behavior, More Positive Development
Introduction to SEL

http://www.edutopia.org/social-emotional-learning-introduction-video
Research on SEL/Student Success

Increased Academic Outcomes Documented!
Social-emotional skills led to improved attitudes about self, others, and school and an 11 % point gain on standardized achievement tests!

Reduced Risk of Failure Documented!
Social Emotional Skills led to decrease in conduct problems and emotional distress!

Adult SEL Competence & Learning

- Adults who have the ability to recognize, understand, label, express, and regulate emotions are more likely to demonstrate patience and empathy, encourage healthy communication, and create safe learning environments. *(Brackett, Katella, Kremenitzer, Alster, and Caruso, 2008)*

- Teachers skilled at regulating their emotions report less burnout and more positive affect while teaching. *(Brackett, Mojsa, Palomera, Reyes, & Salovey, 2008)*

- School leaders with strong SEL competencies build and maintain positive and trusting relationships among members of the school community. *(Patti and Tobin, 2006)*
Window of Opportunity for Integration

- **Novo Foundation Funding** for three years ($750,000 total) to district includes District and site funding. SCUSD is one of eight large urban districts selected to lead this work!

- **Included In Grant- FREE Professional and Organization Support** from national experts in the field (CASEL -- Collaborative for Academic, Social and Emotional Learning).

- **SEL Standards and Skills Are An Excellent Match For All Key SCUSD Initiatives**- think Common Core, Linked Learning, Safe & Supportive Schools!
SEL: Three-Year Rollout and Evaluation

**Year 1 Focus - Awareness of Social Emotional Learning (SEL)**
- District and Community
- 4 Pilot Sites (CKM Network)

**Year 2 Focus - Integration Of Our Learning and Practices**
- Practice, Structure and Policies
- 10-15 New Sites Join CKM Network Schools

**Year 3 Focus - District Wide Implementation Of SEL**
- District, Community, Partners and Students Engaged in Social Emotional Learning
- All SCUSD Sites Provided Training and Resources
### District, Schools and Classrooms: Before/After SEL Integration

<table>
<thead>
<tr>
<th>District</th>
<th>School</th>
<th>Classroom</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Before: No Common Language, vision, or curriculum. Scattered approach within district departments.</td>
<td>• Before: Site by site ability to access or effectively implement SEL resources.</td>
<td>• Before: Individual teachers left to figure out SEL resources and classroom practices.</td>
</tr>
<tr>
<td>• After: Integrated into adult professional and student learning environments as well as district standards, policies and practices.</td>
<td>• After: Schoolwide SEL vision, needs &amp; resources assessed, SEL in Common Core &amp; other professional learning, explicit SEL skills instruction, improved climate, district support</td>
<td>• After: More engaged students, increased academic outcomes, greater 21st century skill development, decreased behavioral problems and increased positive classroom climate.</td>
</tr>
</tbody>
</table>
Next Steps

Need SEL Resources?
Visit [scusd.edu/sel](http://scusd.edu/sel) to learn more about SCUSD SEL work.
Visit [www.casel.org](http://www.casel.org) to learn more about national SEL work.

Want To Learn More About SEL Grant, Working Groups, or SEL Presentations For Your School?
Contact - Carrie Rose, Grant Coordinator at 916-752-3206 or [carrie-rose@scusd.edu](mailto:carrie-rose@scusd.edu).

Thank You!