

Social Emotional Learning

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Who am I?

Masters in Social Work from UM



**Bachelors in Science in Child Development
from CMU**

**Been apart of four Head Start & Early Head
Start programs across Michigan**






Social Emotional Learning

or SEL, is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.




What is Social Emotional Learning?






Positive impact on academic performance and achievement, attendance, increase likelihood of high school graduation, college readiness, career success

Positive impact on mental health and wellness as well as self-awareness.




Benefits and Importance of SEL



Healthy and positive relationships with peers, family and colleagues

Positive behaviors in and out of the classroom, reduced conduct problems, risk taking and criminal behavior. Increase engaged citizenship.





Who

**Families &
Caregivers**

**Teachers &
School Staff**



When

**Infancy to
preschool**

K-12

Adulthood



Where

At home

**Classrooms
& Schools**

Communities



Infancy to Toddlerhood



- **Learning how to form healthy and trusting relationships**
- **Responding and providing cues to caregivers about what they need and want**
- **Expressing strong feelings**
- **Learning how to regulate emotions**
- **Showing interest in other children**
- **Beginning to relate to others in social situations**

Preschool

- **Learning our actions affect others**
- **Sharing**
- **Learning to work together**
- **Building relationships**
- **Identifying emotions in self and others**
- **Learning how to express emotions and how to manage them**
- **Problem solving**



Grade School



- **Self regulation and monitoring**
- **Responsibility**
- **Continuing to build relationships**
- **Working with others**
- **Managing emotions and communicating them**
- **Problem solving with peers**

Middle School

- Leadership and responsibility of themselves
- Balancing responsibilities, new freedoms
- Peer relationships, conflict, taking perspective of others
- Peer pressure
- Managing strong emotions that come with teenage years



High School



- **Balancing freedom and risk taking with responsibilities**
- **Peer conflict, changing relationships**
- **Relationship evolvment**
- **Decisions about future schooling, career options**
- **Emotional regulation**

Adulthood

- Continue to manage evolving relationships
- Enter workforce, changing jobs, building a career
- Manage emotions and life stressors
- Growing responsibilities





Questions
or
Scenarios?



Resources



- <https://casel.org/fundamentals-of-sel/>
- <https://casel.org/fundamentals-of-sel/what-does-the-research-say/>
- <https://www.edutopia.org/blog/why-sel-essential-for-students-weissberg-durlak-domitrovich-gullotta>
- Hawkins, Kosterman, Catalano, Hill, & Abbott, 2008; Jones, Greenberg, & Crowley, 2015
- <https://www.nu.edu/resources/social-emotional-learning-sel-why-it-matters-for-educators/>
- <https://apertureed.com/early-can-youth-begin-learning-sel-may-earlier-think/>
- <https://www.positiveaction.net/what-is-sel#importance>
- <https://www.panoramaed.com/blog/comprehensive-guide-adult-sel>
- <https://www.understood.org/articles/en/social-emotional-learning-what-you-need-to-know>
- <https://www.weareteachers.com/social-emotional-activities-early-years/>
- <https://www.prodigygame.com/main-en/blog/social-emotional-learning-activities/>
- <https://casel.s3.us-east-2.amazonaws.com/SEL-in-Middle-School-Social-Studies-8-20-17.pdf>

