Welcome!

Social - Emotional Learning (SEL)

and how it relates to raising our children to be Thinkers, not Performers

Adapted from a presentation by Lisa J. Davis
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Strategic Call to Action Summary

Howard County Public School System

Learning and Leading with Equity
“The Fierce Urgency of Now”

Michael J. Martirano, Ed.D., Superintendent

Vision
Every student and staff member embraces diversity and possesses the skills, knowledge and confidence to positively influence the larger community.

Mission
HCPSS ensures academic success and social-emotional well-being for each student in an inclusive and nurturing environment that closes opportunity gaps.
Benefits of SEL in School

Numerous research studies show that students who experience social and emotional learning (SEL) in school demonstrate:

- Significantly higher academic achievement, as measured by grades and test scores
- Improved social and emotional skills that are useful beyond the classroom
- Increased positive classroom behavior
- Decrease in behaviors such as delinquency, violence, bullying, or drug use
- Reduced emotional problems such as depression or stress disorders (Durlak et. al 2011)
SEL Competencies

HOMES AND COMMUNITIES
SCHOOLS
CLASSROOMS
SELF-AWARENESS
SELF-MANAGEMENT
SOCIAL AND EMOTIONAL LEARNING
RESPONSIBLE DECISION-MAKING
RELATIONSHIP SKILLS
SEL CURRICULUM AND INSTRUCTION
SCHOOLWIDE PRACTICES AND POLICIES
FAMILY AND COMMUNITY PARTNERSHIPS

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Goal: *To help students become caring, responsible members of their school communities and grow into humane, principled, and skilled citizens of democratic society by:*

- Building caring relationships
- Explicitly teaching social and emotional skills
- Creating calm, orderly learning environments through effective classroom management
What does it look like at TSES?

• At least three days/week students participate in Caring Community Circles.

• The teacher poses a question to spark a conversation.

• Students can add to the discussion or simply listen, depending on the topic or how they are feeling.

• A structure similar to Restorative Circles at the middle and high school levels is practiced.
Possible Class Meeting Questions/Topics

• Tell us about your experience when you took the Brain Game home.

• What are the ways you can show your teacher that understand what a math problem is asking you?

• How do you feel when you don’t understand something you have read? Which strategies can you use to help you through it?
Strategies to Support SEL at Home

How do these relate to Developing Thinkers?

- Be a good listener.
  - Listening is an important skill—but is not always practiced by parents or children.
  - Ask your child questions that require them to THINK and REASON and then listen to what they say.

- Model the behavior you seek.
  - Children learn a great deal about relationships from observing the behavior of their parents and caregivers.
  - Think about the impact of your actions on your children.
  - At times, it is necessary to talk through a problem and the way YOU think about it so that your child can see that answers don’t always come easy to adults.
Strategies to Support SEL at Home

How do these relate to Developing Thinkers?

● Nurture your child’s self-esteem.
  ○ A child with a good sense of self is happier, more well-adjusted, and does better in school.
  ○ Give your child predictable responsibilities at home, allow your child to make age-appropriate choices and show your appreciation for a job well done.
  ○ Remind them their brain is a muscle and the more they use it the stronger it gets. Every time they get something wrong it is an opportunity to learn and “grow their brain”.

● Respect differences.
  ○ Every child has his or her own unique talents and abilities.
  ○ Honor your child’s accomplishments, and provide support and encouragement for the inevitable challenges that will be faced.
  ○ Remember there are a lot of ways to get to think about a problem. Sometimes the strategies kids use are very different than ours. Share your strategies and talk about which way they like best or which is more efficient for different situations.