

M6-S2: The portability of social emotional learning, or SEL

CLH	<p>Hello, Gina and hello, listeners! Welcome to the second session in Module 6 of your TALE Academy learning experience, The portability of social emotional learning, or SEL.</p> <p>In Session 1, we learned about the NYSED SEL Benchmarks and how the CASEL Framework aligns with the benchmark goals.</p> <p>In this session, we are going to consider the CASEL 5 core competencies through the lens of portability– because that’s our job!.</p> <p>Portability is the ability to take an instructional practice or routine and shift it to another learning environment, for example, from in-person to remote.</p> <p>We will explore how to work with the 5 SEL competencies in ways that are portable, consistent, and achievable across the four key settings in which relationship-building occurs: in the classroom, in the school, at home, and in the community.</p>
GK	<p>Christina. Did you know that 98% of teachers believe social emotional development is important to their role as an educator? Teachers know firsthand that when students feel safe, know what to expect, and how to get help, their trauma responses are decreased, and they are able to engage in the learning process.</p>
CLH	<p>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...SEL can help address various forms of inequity and empower young people and adults to co-create thriving schools and contribute to safe, healthy, and just communities.</p>
GK	<p>That comes from CASEL, right? The Collaborative for Academic, Social and Emotional Learning.</p>
CLH	<p>Yes, that’s CASEL’s framework, and the one that’s most familiar to teachers – you know, the pie chart divided into the 5 areas of social-emotional learning? That we have linked in the transcript?</p> <p>Just for funzies, can you recall the 5 areas of SEL for our listeners?</p>
GK	<p>I can, I practically have a tattoo of the CASEL Wheel on me somewhere. It’s Self-Awareness, Self-Management, Social Awareness, Relationship Skills and Responsible Decision-Making.</p>
CLH	<p>Your tattoo is accurate. And each one of those competency areas is rich with opportunities for learning. Probably we all need a refresher.</p> <p>First, let’s look at self-awareness.</p>

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	<p>The key components of self-awareness have been defined by CASEL as “the abilities to understand one’s own emotions, thoughts, and values and how they influence behavior across contexts.” A student may demonstrate self-awareness in the following ways:</p> <ul style="list-style-type: none">● Interacting in virtual and in-person classrooms in ways that align with the classroom norms,● Responding to challenges in their learning with a growth mindset, and● Recognizing their limitations in the remote classroom and seeking support.
GK	<p>Second, let’s look at self-management, sometimes referred to as self-regulation..</p> <p>The key components of self-management have been defined by CASEL as “the abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.” A student may demonstrate self-management in the following ways:</p> <ul style="list-style-type: none">● Managing stress in different classroom settings,● Learning to work collaboratively with peers in person and remotely, and● Exhibiting self-motivation during asynchronous and independent learning
CLH	<p>Next, let’s look at social awareness.</p> <p>The key components of social awareness have been defined by CASEL as “the abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.” A student may demonstrate social awareness in the following ways:</p> <ul style="list-style-type: none">● Understanding the emotions of others and adjusting their response,● Seeking ways to foster positive relationships when learning remotely, and● Using appropriate and empathetic language in online forums
GK	<p>Now, let’s look at relationship skills.</p> <p>The key components of good relationship skills have been defined by CASEL as “the abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.” A student may demonstrate these skills by:</p> <ul style="list-style-type: none">● Resolving conflicts with empathy and kindness in groups, chat rooms, video calls, and other collaborative settings,

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	<ul style="list-style-type: none">● Communicating effectively with the teacher across multiple platforms, and● Showing leadership in groups by offering support to peers
CLH	<p>Finally, let's look at the last CASEL 5 competency of responsible decision-making.</p> <p>The key components of responsible decision-making have been defined by CASEL as "the abilities to make caring and constructive choices about personal behavioral and social interactions across diverse situations. This includes the capacity to consider ethical standards and safety concerns and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being." A student may demonstrate responsible decision-making in the following ways:</p> <ul style="list-style-type: none">● Approaching new learning tasks with curiosity and open-mindedness,● Seeing the value of critical-thinking skills outside school, and● Assessing the feelings and perspectives of others, in person or in a remote setting, to effectively find a solution with empathy
GK	<p>Let's now explore how to make SEL Portable.</p> <p>Tight-knit and authentic partnerships among schools, families, and communities is the essential foundation upon which an effective SEL program is built. This is why the CASEL Wheel specifies four key settings in which SEL skills can and must be taught, learned, and applied for student success. The settings are:</p> <ul style="list-style-type: none">● Classrooms,● Schools,● Families and caregivers, and● Communities
CLH	<p>Let's consider some of the portable SEL strategies that teachers can use across each of the four key settings.</p> <p>Here are some portable SEL strategies at the classroom level. You can:</p> <ul style="list-style-type: none">● Support students in identifying emotions by explicitly teaching feeling words.● Implement SAFE lessons. Safe stands for:<ul style="list-style-type: none">○ Sequenced lessons that foster skill development○ Active forms of learning○ Focused on personal and social skills

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	<ul style="list-style-type: none">○ Explicit in targeting an SEL skill● And, Model positive self-talk and practicing gratitude. <p>Let's dive into one of these strategies as an example. How can we make the example of "model positive self-talk and practicing gratitude" a portable SEL practice? You can:</p> <ul style="list-style-type: none">● Model positive self-talk and gratitude, using statements such as:<ul style="list-style-type: none">○ I am thankful to have this opportunity to practice.○ I can put my best foot forward.○ I am grateful to have friends that support me.○ I appreciate having a safe space to make mistakes.● And, you can allow students the opportunity to practice gratitude through journaling, sharing in person, recording their thoughts, completing an anonymous Jamboard activity, or sharing in the chat box, if they choose.
GK	<p>Now let's look at portable SEL strategies at the school level.</p> <p>First, you can provide community-building circles to address conflict and adverse conditions impacting students as soon as the concern surfaces. If you need a refresher, we discuss the portable practice of community-building circles more in Module 1-Session 6 and Module 6-Session 3, the next session in this module.</p> <p>Or you can provide peer mediation in which an impartial, third-party, student mediator facilitates the negotiation process between peers who are in conflict so that they can come to a mutually satisfactory resolution.</p> <p>How can we make the example of "provide peer mediation" a portable SEL practice? You can try one or more of the following:</p> <ul style="list-style-type: none">● Consider virtual perspective-seeking exercises; for example, you can provide the opportunity for both sides to share their perception and their peer's perspective of the conflict through journaling, padlets, Jamboards, etc.● In an asynchronous approach to peer mediation, consider beginning with a recorded monologue from the mediator.● Provide each side in the conflict an opportunity to express their perceptions and/or concerns related to the conflict through a virtual recording or through Flip.

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	<ul style="list-style-type: none"> ● Remotely, use chat, emojis, GIFs, etc. to help express the thoughts, feelings, and opinions of both sides, facilitated by the mediator. In a hybrid model, begin the peer mediation in person. ● Continue the mediation remotely after relationships and intentions are established. Organize and/or plan for additional asynchronous check-ins in an ongoing manner, such as recordings and email exchanges.
CLH	<p>Now let's look at portable SEL strategies at the family level. You can:</p> <ul style="list-style-type: none"> ● Engage in perspective-taking and put effort toward understanding the experiences and feelings of students' families. In Module 5 - Session 4, we explore how teachers can engage in a 'Funds of Knowledge' approach to student and family engagement. This approach recognizes, values, and integrates the family's cultural practices, experiences, skills, ways of interacting, and perspectives. ● Include families — particularly those from historically marginalized groups — in your plans to integrate SEL in the classroom. ● Extend learning activities and discussions to homes. ● Show empathy and express compassion. <p>How can you make the example of “Show empathy and express compassion” a portable SEL practice? You can:</p> <ul style="list-style-type: none"> ● Model and demonstrate empathy for your students' families with statements and questions such as the following: <ul style="list-style-type: none"> ○ What can I do to help? ○ I am sorry you are experiencing this. ○ How can our school community support you? ● Or you can express compassion through the online materials you share with families by ensuring they are accessible to all families and speak to the needs of all students. Offer families multiple ways to communicate with you. ● Or send notes of appreciation for contributions that families make to the school community. ● And, in a virtual model, hold space at the beginning and/or ending of an online meeting to allow participants to express their thoughts.
GK	<p>Finally, let's look at portable SEL strategies at the community level.</p>

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	<p>According to NYSED, a school’s culture is created through the interplay and impact of values, beliefs, and behavior of all members of a school community, including the influence of the broader community in which the school is located. To that end, you can use the following strategies at the community level:</p> <ul style="list-style-type: none">● Learn how discrimination, bias, and racism shape lives.● Have conversations about challenging topics with students so that they can come to the adults around them and learn about skills needed to navigate adversity. And,● Discuss the challenges facing the larger school community. <p>How can you make the example of “discuss the challenges facing the larger school community” a portable SEL practice?</p> <ul style="list-style-type: none">● First, collect feedback, such as a thought-exchange platform, survey via hard copies, or digitally, such as through Google Forms, for example. Compile that feedback into themes for consideration and conversation, whether in person, online, or both.● Note that chat features are a necessity in large, remote convenings, as is time for Q & A.● Finally, follow up on outstanding questions and topics with a video recording to be viewed asynchronously.
CLH	<p>Let’s conclude this session with a moment of motivation.</p> <p>Integrating SEL across the key settings is no small task! To keep you inspired on your learning journey, here’s a fact: Implementing SEL in the class has far-reaching impacts, extending well beyond a student’s school experience.</p> <p>According to CASEL, SEL interventions in the classroom that address the CASEL 5 competencies result in improved academic performance.</p> <p>Furthermore, the Society for Research in Child Development has found that SEL interventions resulted in well-being up to 18 years after the program concluded.</p>
GK	<p>Now it’s your turn! As you explore additional resources and complete activities in this session, you will have the opportunity to more deeply consider the five core SEL competencies and the most effective entry points to teach students these SEL skills across multiple learning environments.</p> <p>The goal of the TALE Academy is to help teachers rethink education so that everyone—students, families, educators, school leaders, and communities—all have</p>

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	<p>the opportunity to succeed. You've just added another tool to your toolbox when you make social emotional learning portable across learning environments.</p>
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	<p>Thanks for listening.</p>
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