What is SEL?

SEL is the process through which children and adults acquire and apply the knowledge, skills, and attitudes to develop:

- healthy identities,
- understand and manage emotions,
- set and achieve positive goals,
- feel and show empathy for others,
- establish and maintain positive relationships
- and make responsible decisions.

https://casel.org/fundamentals-of-sel/

Educating the mind without educating the heart is no education at all.

edutopia.org

Why is SEL Important:

Decades of research studies demonstrate the following benefits of SEL:
- Improvement in students' social and emotional skills, attitudes, relationships, academic performance, and perceptions of classroom and school climate
- Decline in students' anxiety, behavior problems, and substance use
- Long-term improvements in students' skills, attitudes, prosocial behavior, and academic performance

https://casel.org/fundamentals-of-sel/what-does-the-research-say/

The CASEL 5...

Five broad and interrelated areas of competence:
- *Self-awareness*
- *Self-management*
- *Social awareness*
- *Relationship skills*
- *Responsible decision-making*

https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/
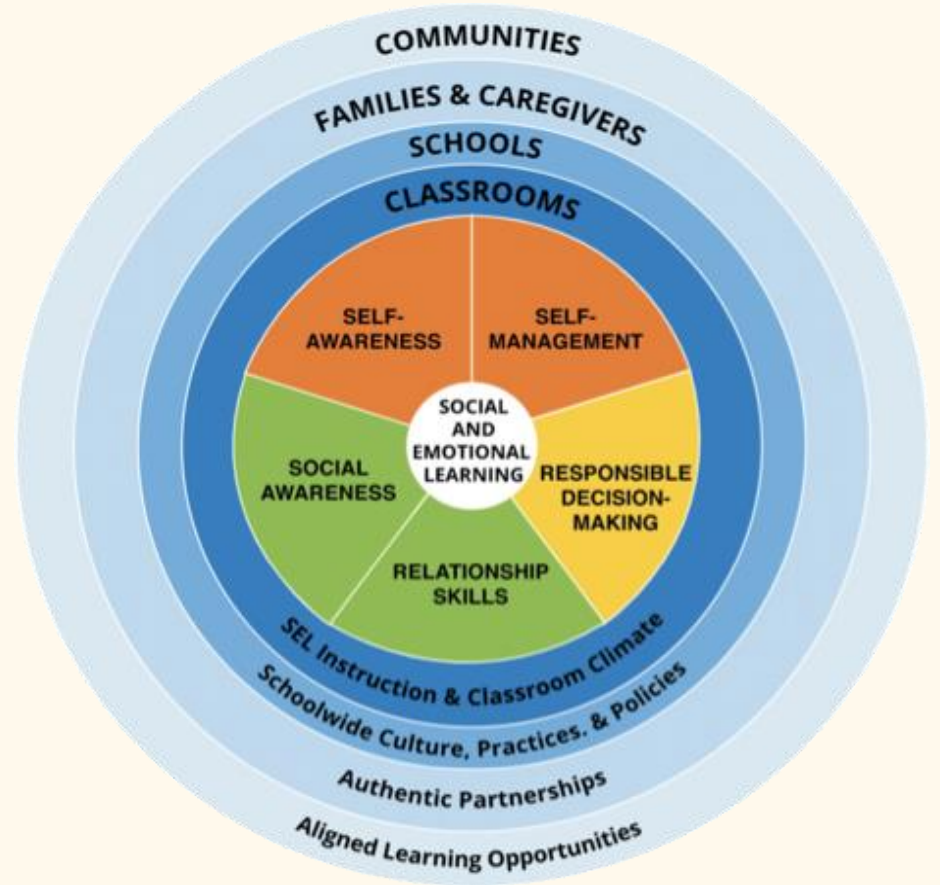
CASEL's Competencies (A Framework for SEL)

Self Awareness- The abilities to understand one's own emotions, thoughts and values and how they influence behavior over contexts.

Self Management: The abilities to manage one's emotions, thoughts and behaviors effectively in different situations to achieve goals and aspirations.

Social Awareness: The abilities to understand the perspective of and empathize with others, including those from diverse backgrounds, cultures and contexts.

Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

Responsible Decision Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse settings.

https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/#responsible

Our observations of SEL in Branchburg so far. . .

Self Awareness- Utilizing a daily check-in form with students to help them think about their feelings and any concerns they may be having. Identifying emotions using a high level vocabulary.

Self Management: Having students create daily goals for the period to encourage them to set realistic work expectations and build time management skills. Working on coping skills when faced with strong emotions.

Social Awareness: Theme of kindness. How can we show kindness to others?

Relationship Skills: Helping students understand appropriate ways to communicate digitally such as email etiquette. Solving conflicts within the classroom.

Responsible Decision Making: Exit tickets that encourage students to reflect on how different parts of the lesson helped them learn, how they performed for that day, or how they worked with their group members

Goals for the 2021-2022 Year

- Identify staff and student needs based on their experiences.
- Develop a vision for SEL through committees at each building.
- Provide professional development to staff in order to develop a shared understanding of what the CASEL competencies are and how that relates naturally to what is happening in their classrooms
- Model SEL strategies for staff through meetings and professional development.

Our plan to meet these goals:

Establish an SEL Committee at each building:

      a.   BCMS - 14 members, first meeting - 9/28

      b.   SBS - 7 members, first meeting - 10/19

      c.   WES - 20 members, first meeting - 10/5

Committees will:

- Develop and gather survey data to identify needs
- Develop a building-wide vision
- Provide guidance on PD needs/resources
- Gather feedback on adult SEL needs and desires

Our plan to meet these goals:

1. Administer surveys to students and staff to identify needs and current SEL knowledge

1. Observe current practices and needs in classes throughout all buildings, provide feedback to staff on what they are doing

1. Program review data will be initially collected in order to develop the vision and plan, but will also be collected as professional development and SEL work progresses, providing opportunities for the committees to evaluate and adjust based on ongoing needs

Our plan to meet these goals:

Based on staff needs, provide targeted professional development sessions to build a common understanding of SEL and provide strategies that can be infused throughout the day

Examples:
- New Staff Orientation - Creating a Warm Classroom Environment
- Push-in to provide model lessons
- October 11 - WES - Informational Overview of SEL
- Information in weekly newsletters