



Name: _____ School District: _____

Social-Emotional Learning (SEL) Exploration



Session Goal

Educators will be able to develop a foundational understanding of social-emotional learning.



Do Now

Think of one student to whom you would like to dedicate your work today. This may be a student you worked with years ago, or one whom you will see tomorrow.

Reflect below and note:

- Who is this student and why did you choose this student?
- What are your hopes for this student's future?



Social Emotional Learning

Underline parts of the definition that are **strengths**. Circle sections that are **growth areas** for you.

Social-emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary 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.



Sense of Belonging

How much students feel that they are valued members of the school community

Complete the Frayer Model with words or drawings.

<p><u>Definition</u></p>	<p><u>Characteristics</u> <i>E.g., Love, Understanding, Connection</i></p>
<p><u>Word/Phrase</u> <i>Sense of Belonging</i></p>	
<p><u>Examples</u> <i>E.g., Being warmly greeted when you enter a room.</i></p>	<p><u>Non-Examples</u> <i>E.g., Silently working without greeting peers.</i></p>



Teacher-Student Relationships

How strong the social connection is between teachers and students within and beyond the school

Who was a teacher/caring adult who made you feel like you belong? How did they show care?



Social Awareness

How well students consider the perspectives of others and empathize with them

Which of these qualities do you feel most confident modeling and nurturing in students? Which are you least confident about?

1. Standing up for yourself without putting others down
2. Clearly describing your feelings
3. Caring about others' feelings
4. Disagreeing without starting an argument

Most confident:

Least confident:



Growth Mindset

Student perceptions of whether they have the potential to change those factors that are central to their performance in school

Assign a number from **1** (most possible to change) to **6** (least possible to change) to reflect how possible you think it is to change certain aspects about yourself.

- _____ Being talented
- _____ Liking the content you are studying
- _____ Your level of intelligence
- _____ Putting forth a lot of effort
- _____ Behaving well in class
- _____ How easily you give up

Reflection: What do you think your students would tell you if they took this same assessment?