WHO ARE YOU?

• How many of you are
  – programs?
  – exhibits?
  – administration?
  – community?
  – other?
New federal initiatives

✓ H.R. 497 (January 22, 2015). Supporting Social and Emotional Learning Act


✓ S. 897 (April 13, 2015). Jesse Lewis Empowering Educators Act
The Mood Meter
How are you feeling?
WHAT IS SEL?

1. SELF AWARENESS
2. SELF-MANAGEMENT
3. SOCIAL AWARENESS
4. RELATIONSHIP SKILLS
5. RESPONSIBLE DECISION-MAKING

(http://www.casel.org/social-and-emotional-learning/core-competencies/)
WHAT IS SEL?

1. SELF AWARENESS:
   ✷ Assessing one’s feelings, interests, values, and strengths, developing self compassion
   ✷ Building and maintaining a sense of self confidence

Examples of how to promote skill:

✓ Tell a distressed student, “Use your words.”
✓ Help students to identify their strengths and celebrate them
WHAT IS SEL?

2. SELF-MANAGEMENT:

- Regulating one’s emotions to handle stress, control impulses, and persist in the face of challenges
- Expressing emotions appropriately
- Setting and monitoring progress toward personal and academic goals

Examples of how to promote skill:

☑ Teach students to use “I” messages; to count to 10 when angry; to set academic and/or personal goals
WHAT IS SEL?

3. SOCIAL AWARENESS:

✧ Understanding the perspective of and empathizing with others from diverse backgrounds and cultures
✧ Understanding social and ethical norms for behavior
✧ Recognizing family, school, and community resources and supports.

Examples of how to promote skill:

✓ Teach students to put themselves in another’s shoes; to accept and celebrate differences
WHAT IS SEL?

4. RELATIONSHIP SKILLS:
   ✴ Establishing and maintaining healthy and rewarding relationships based on cooperation
   ✴ Resisting inappropriate social pressure
   ✴ Preventing, managing, and resolving interpersonal conflict
   ✴ Seeking help when needed

Examples of how to promote skill:
   ✔ Establish cooperative learning groups; teach interpersonal problem-solving; foster a classroom environment that promotes mutual respect
WHAT IS SEL?

5. RESPONSIBLE DECISION-MAKING SKILLS:
   ✧ Making decisions based on ethical standards, safety concerns, social norms, respect for others, and consideration of consequences
   ✧ Applying decision-making skills to academic and social situations
   ✧ Contributing to the well-being of one’s school and community

Examples of how to promote skill:
   ✓ Give students choices; guide them through decision-making steps; practice consequential thinking
Why focus on SEL?
Barriers to learning & teaching

- Individual mental health challenges
- Student disengagement
- Unsafe school climate
- Individual learning difficulties
- Poverty and homelessness
- Violence
WHY FOCUS ON SEL?

Children who have participated in SEL programs have significantly:

✓ Improved academic performance on standardized tests up to 11-17 percentile points
✓ Better school attendance records
✓ Less disruptive classroom behavior
✓ Like school more
✓ Perform better in school
✓ Better social relationships
✓ Fewer suspensions or other discipline issues
✓ Increased attachment to school and motivation to learn
✓ Reduced anti-social, violent, and drug-using behaviors

REFLECTION QUESTIONS

• In what ways might you promote SEL in the museum setting?
• Which SEL skills do you think best lend themselves to a museum exhibit?


Illinois Children’s Mental Health Partnership, University of Illinois Extension, Collaborative for Academic, Social, and Emotional Learning (CASEL), & Illinois State Board of Education. (2009). Raising caring, confident, capable children: What parents and caregivers need to know about social and emotional learning (SEL) and why it deserves your support in school and at home. Chicago, Springfield, IL: Authors.
