

WHO ARE YOU?



- How many of you are
 - programs?
 - exhibits?
 - administration?
 - community?
 - other?

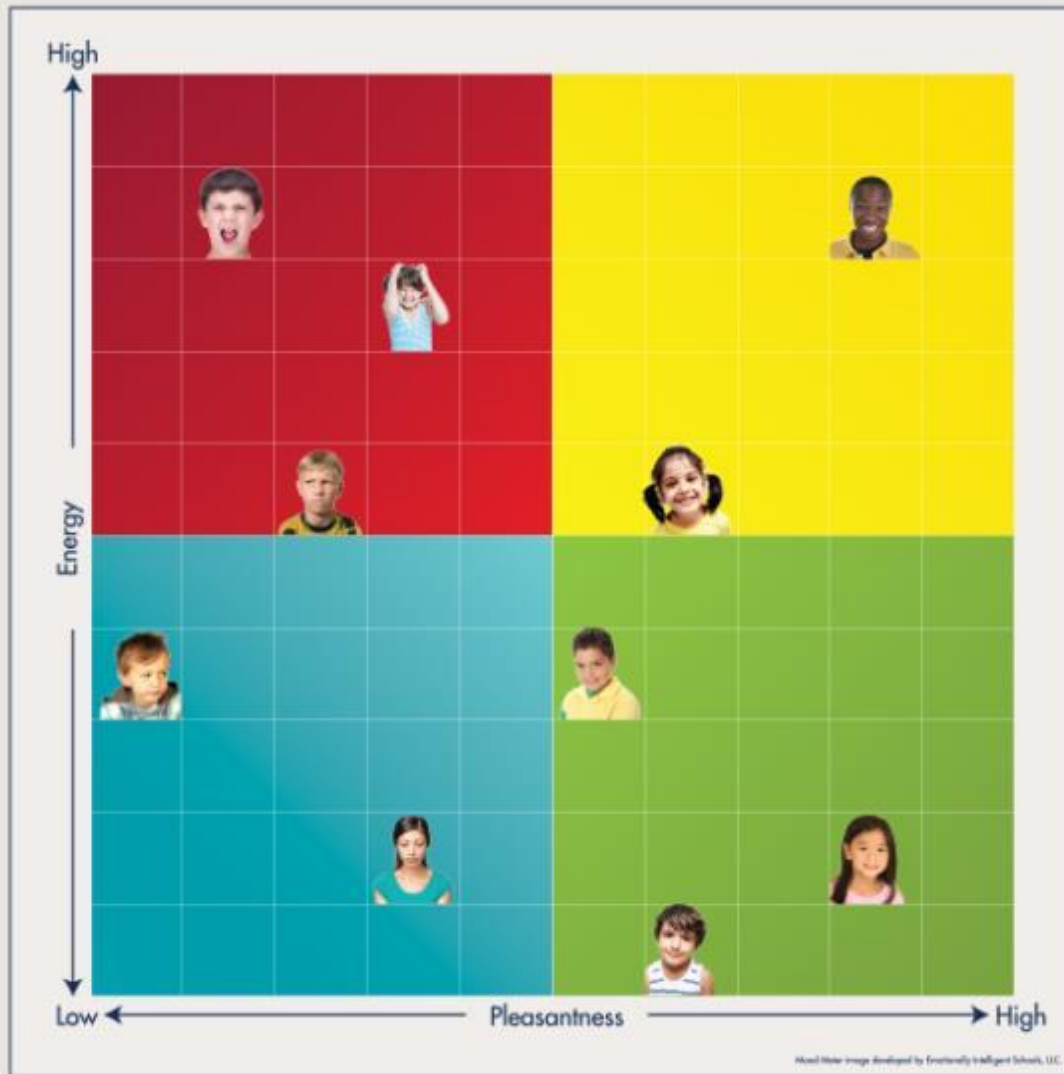
New federal initiatives

- ✓ H.R. 497 (January 22, 2015). Supporting Social and Emotional Learning Act
- ✓ H.R. 850 (February 10, 2015). Academic, Social, and Emotional Learning Act of 2015
- ✓ 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



(Retrieved from: <http://www.casel.org/social-and-emotional-learning>)

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?



Selected references from CASEL (www.casel.org)

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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..

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