SEL Foundations

Centering Belonging, Care, and Engagement
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Social and emotional learning (SEL) is an integral part of education and human development. 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.

- Collaborative for Academic, Social, and Emotional Learning.

Session Goals

❖ Provide a general overview of SEL

❖ Share OUSD's current approach to SEL

❖ Explore the 3 signature SEL practices

❖ Whole group moderated discussion

What is one way you will commit to being engaged during the session today?

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Chat Box Connections

Reflecting on SEL in our context. What are some ways you:

- Demonstrate empathy & care
- Encourage empathy & care in others
- Building relationships/community
- Increase engagement
- Develop Identity
- Support conflict resolution
- Facilitate goal setting

Self-awareness:

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets
- Identifying one's emotions
- Demonstrating honesty and integrity
- Linking feelings, values, and thoughts
- Examining prejudices and biases
- Experiencing self-efficacy
- Having a growth mindset
- Developing interests and a sense of purpose

Self-management:

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

- Managing one's emotions
- Identifying and using stress management strategies
- Exhibiting self-discipline and self-motivation
- Setting personal and collective goals
- Using planning and organizational skills
- Showing the courage to take initiative
- Demonstrating personal and collective agency

Social awareness:

The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

- Taking others' perspectives
- Recognizing strengths in others
- Demonstrating empathy and compassion
- Showing concern for the feelings of others
- Understanding and expressing gratitude
- Identifying diverse social norms, including unjust ones
- Recognizing situational demands and opportunities
- Understanding the influences of organizations and systems on behavior

Relationship skills:

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

- Communicating effectively
- Developing positive relationships
- Demonstrating cultural competency
- Practicing teamwork and collaborative problem-solving
- Resolving conflicts constructively
- Resisting negative social pressure
- Showing leadership in groups
- Seeking or offering support and help when needed
- Standing up for the rights of others

Responsible decision-making:

The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

- Demonstrating curiosity and open-mindedness
- Learning how to make a reasoned judgment after analyzing information, data, and facts
- Identifying solutions for personal and social problems
- Anticipating and evaluating the consequences of one's actions
- Recognizing how critical thinking skills are useful both inside and outside of school
- Reflecting on one's role to promote personal, family, and community well-being

SEL in OUSD

- Autonomy, Belonging Competence
- Equity
- Grace & Flexibility

Autonomy	Belonging	Competence
➢ Voice ➢ Choice ➢ Empowerment	➢ Community ➢ Respectful and supportive relationships ➢ Shared values, norms	➢ Efficacy ➢ Collaborate and help ➢ Responsibility ➢ Skills

MILLS TEACHER SCHOLARS

INSTRUCTIONAL FOCUS: Building Conditions for Student Learning

We believe all students must feel safe and connected to learn. Considering the trauma caused by the pandemic and the exacerbation of historic racial and economic inequities, we are committing to welcoming all students with joy, warmth, and high expectations. We must continue to build practices that ensure all students and families build relationships, and experience schoolwide and classroom cultures that enable them to engage in learning:

- Students feel safe and well enough to engage in learning.
- Learning environment honors and reflects students' identity, culture, and primary language.
- Students feel a sense of belonging, autonomy, and competence as learners.
- All students build relationships necessary for connectedness and engagement.
- Effective parent/caregiver partnerships facilitate learning transfer to and from home and school.

CARE

Belonging

➢ Community
➢ Respectful and supportive relationships
➢ Shared values, norms

ENGAGEMENT

Autonomy

➢ Voice
➢ Choice
➢ Empowerment

Competence

➢ Efficacy
➢ Collaborate and help
➢ Responsibility
➢ Skills

MILLS TEACHER SCHOLARS

Break Out: SEL Overview   8 min

- **What in the SEL overview resonates for you in your work?**

- **What do you want to know more about?**

Break-out room Protocol

Greeting:
- Hello Organization & Role

Discussion:
- 1 minute each to share what resonates (equity of voice)
- Use the remaining time for open discussion

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3 Signature SEL Practices

Three main categories of carefully chosen, effectively facilitated and thoughtfully debriefed teaching practices will help build a solid foundation of safety, consistency and joy in your classroom and school:

Welcoming Rituals ⇨ **Activities for Inclusion & Connection**

Engaging Practices ⇨ **Sense Making, Transitions & Brain Breaks**

Optimistic Closure ⇨ **Reflections & Looking Forward**

Break Out: 3 Signature Practices 15 min Exploration

Consider one space you will be facilitating with students or colleagues.

- How can you use the 3 signature SEL practices in that space?
- What do you want to know more about?

Break-out room Protocol

Think Time:
- Take 5 minutes of think time

Greeting:
- Hello Organization & Role

Discussion:
- Share ideas, Ask questions, Consider Challenges

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Thank you!

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