

Social Emotional Learning

Questions that will be answered:

- What is Social Emotional Learning and why must it be a priority?
- Where can I find additional resources, help & support?

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Quick Poll!

How would you rate your SEL knowledge?



WHAT is SEL

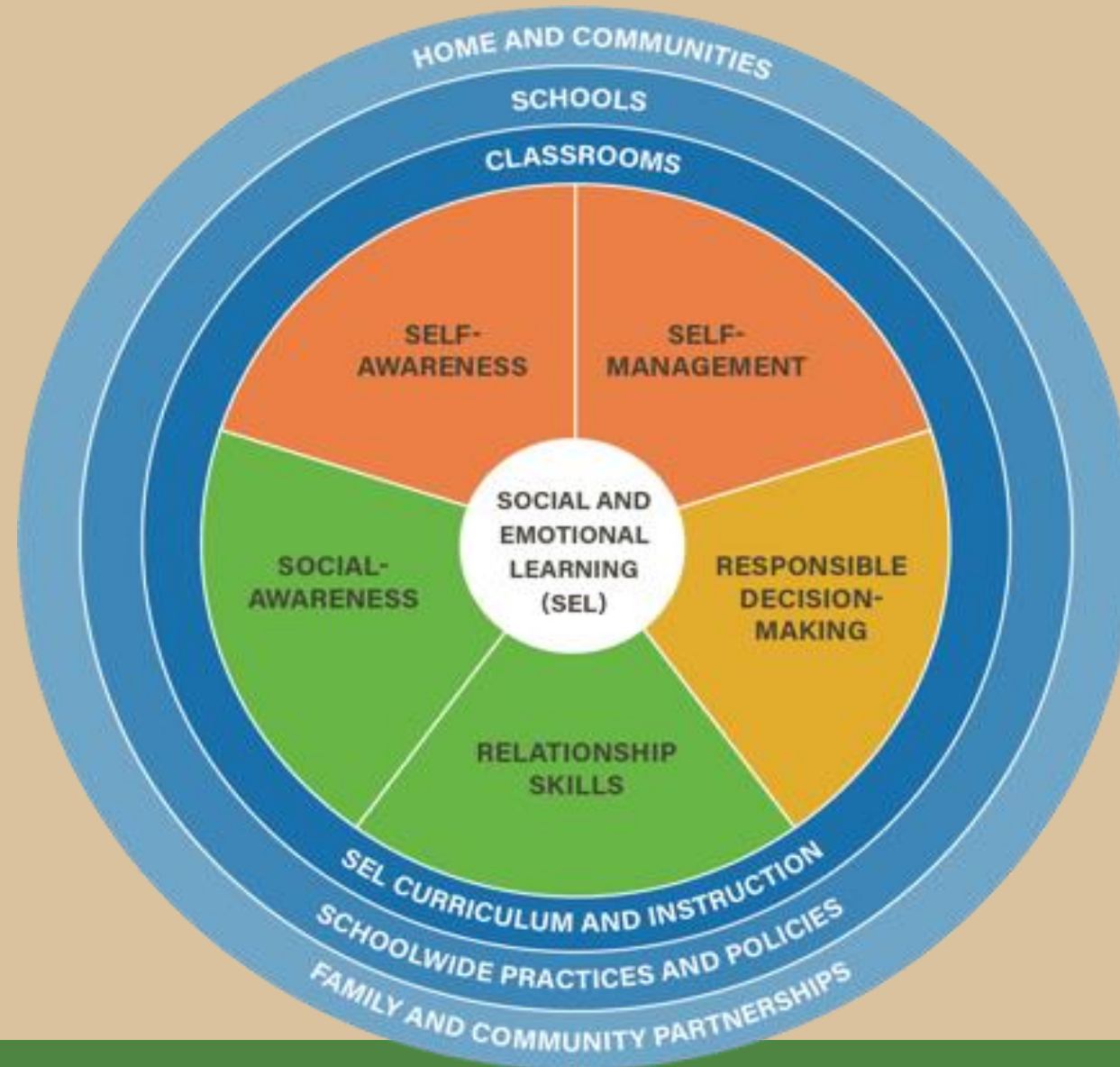
Social and Emotional Learning (SEL) is the **process** through which children and adults **acquire and effectively apply** the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

Emotional Intelligence (emotional quotient or EQ,) is the ability or **capacity** to **understand, use, and manage** your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.

Collaborative for Academic and Social Emotional Learning (CASEL) 5 Core Competencies

CASEL.org

WHAT
is
SEL



WHY SEL



“Amphitheater Public Schools Portrait of a Graduate is a visionary expression of the qualities and skills the district seeks to develop in all students who earn a diploma from the Amphitheater school district”

Creative Thinking

Communication

Collaboration

Caring

Critical Thinking

Citizenship

Academic Content

Problem Solving

WHY SEL

The 10 Top Skills That Will Land You High-Paying Jobs (Curtin, M., 2017, Inc.com)

1. Problem-solving
2. Critical thinking
3. Creativity
4. People management
5. Coordinating with others
6. Emotional intelligence
7. Judgement and decision-making
8. Service orientation
9. Negotiation skills
10. Cognitive flexibility

Powerful Evidence of the impact of Social Emotional Learning

- **Better academic performance:** 11 percentile-point gain on standardized achievement tests
- **Improved attitudes and behaviors:** greater motivation to learn, deeper commitment to school, increased time devoted to schoolwork, and better classroom behavior
- **Fewer negative behaviors:** decreased disruptive class behavior, noncompliance, aggression, delinquent acts, and disciplinary referrals
- **Reduced emotional distress:** fewer reports of student depression, anxiety, stress, and social withdrawal. (Durlak, Weissberg et als)
- **Long-term impact:** Positive impact for up to 18 yrs. later on academics, conduct problems, emotional distress, and substance use
- **Improved school climate:** 80% of teachers report that SEL improves school climate and are more likely to stay in the classroom longer

WHY
SEL

EVERYONE benefits from SEL

- **Children who are refugees**
- **Children with ADHD, learning, or other disabilities**
- **Children experiencing anxiety and/or depression**
- **Children who have experienced trauma**
- **Children living in our current, and eventual post COVID-19 world**

WHY
SEL

WHY SEL

All  States

now have preschool SEL
competencies/standards



11 states have extended
preschool competencies/
standards to early
elementary



18 states have K-12
SEL competencies/
standards

(up from 1 in 2011)



21 states have SEL-related
web pages that provide
guidance and resources

[State Scan](#)

ARIZONA SOCIAL AND EMOTIONAL LEARNING COMPETENCIES



FOR MORE INFORMATION:
602.542.3852
TOLL FREE 1-844-260-2890



www.azed.gov   

[AZ SEL Competencies](#)

CASEL - SEL 5 Core Competencies

SEL
IN
ACTION



Core Competencies and related skills

SELF MANAGEMENT	SELF AWARENESS	RESPONSIBLE DECISION MAKING	RELATIONSHIP SKILLS	SOCIAL AWARENESS
<ul style="list-style-type: none"> • Regulate emotions, thoughts, and behaviors • Manage stress, control impulses, and motivate oneself • Set and work toward personal and academic goals 	<ul style="list-style-type: none"> • Recognize emotions, thoughts, and values and how they influence behavior • Accurately assess strengths and limitations, with confidence, optimism, and a “growth mindset” 	<ul style="list-style-type: none"> • Make constructive choices about personal behavior and social interactions • Evaluate consequences of actions • Consider the well-being of self and others 	<ul style="list-style-type: none"> • Establish and maintain healthy and rewarding relationships with diverse individuals and groups • Communicate clearly • Cooperate with others • Resist inappropriate social pressure • Negotiate conflict • Seek and offer help when needed 	<ul style="list-style-type: none"> • Take the perspective of and empathize with others, including those from diverse backgrounds and cultures • Understand social and ethical norms for behavior • Recognize family, school, and community resources and supports
<ul style="list-style-type: none"> -Impulse control -Stress management -Self-discipline -Self-motivation -Goal-setting -Organizational skills 	<ul style="list-style-type: none"> -Identifying emotions -Accurate self-perception -Recognizing strengths -Self-confidence -Self-efficacy 	<ul style="list-style-type: none"> -Identifying problems -Analyzing situations -Solving problems -Evaluating -Reflecting -Ethical responsibility 	<ul style="list-style-type: none"> -Communication -Social engagement -Relationship-building -Teamwork 	<ul style="list-style-type: none"> -Perspective-taking -Empathy -Appreciating diversity -Respect for others

HOW SEL IS IMPLEMENTED

I. Embedded in Daily Practices

- Strong relationships with students
- Consistent and predictable classroom environments
- Positive classroom management & communication strategies
- Academic and learning activities
- Positive behavior supports and discipline practices
- Growth mindset practices

II. Explicit SEL Instruction

- **Formal Programs**
 - Grades Prek- 1: Kimochis, Sanford Harmony, Second Step, Choose Love
 - Grades Prek – 5: Sanford Harmony, Second Step, Choose Love
 - Grades 6 – 8: Second Step, Choose Love
 - Grades 9-12: Choose Love
- **Direct Instruction on SEL Skills**
 - Self regulation/Coping skills
 - Relaxation / mindfulness
 - Social skills

Resources

More about SEL

[Arizona Department of Education \(ADE\): SEL Resources](#)

[Collaborative for Academic, Social, and Emotional Learning \(CASEL\): What is SEL?](#)

[CASEL: SEL for Parents](#)

[CASEL: SEL 101 for Parents](#)

SEL Programs

[Kimochis](#)

[Sanford Harmony](#)

[Second Step](#)

[Choose Love movement](#)

SEL
IN
THE
CLASSROOM

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