



What is SEL?

The benefits of Social-Emotional Learning

Fall K-12 Counselor Coffee Talk



Hello & Thank You



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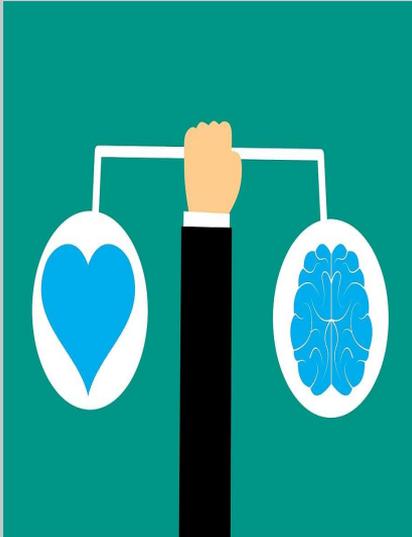
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Today's Objectives



1

What is Social
Emotional Learning
(SEL)?

2

How SEL is
implemented at
school?

3

What is the
connection between
mental health and
SEL?

What is SEL?

1

CASEL Wheel & Competencies

“Social and emotional learning (SEL) is the process through which children and adults **understand and manage emotions**, set and achieve positive **goals**, feel and show **empathy** for others, establish and maintain **positive relationships**, and make **responsible decisions**”
(CASEL, 2020).



What is Social Emotional Learning (SEL)?

Self-awareness: The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.

Self-management: The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.

Social awareness: The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.

Relationship skills: The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.

Responsible decision-making: The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.

SEL Impact

There are statistically significant associations between SEL skills in kindergarten and key outcomes for young adults years later.



Increased Academic Achievement

According to a 2011 meta-analysis of 213 studies involving more than 270,000 students, those who participated in evidence-based SEL programs showed an **11% point gain in academic achievement.**

Improved Behavior

Studies show **decreased** dropout rates, school and classroom behavior issues, drug use, teen pregnancy, mental health problems, and criminal behavior.



Improved Lifetime Outcomes

According to the 2015 **national study** published in the *American Journal of Public Health*, SEL **decreased** the likelihood of living in or being on a waiting list for public housing, receiving public assistance, having any involvement with police before adulthood, and ever spending time in a detention facility.

How is SEL Implemented at School?

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SEL at ADHUS with Ms. Abreu (Grades K-5)



K-2 Seesaw

Community School **My Library**

All Grades ▾ All Subjects ▾ Search My Library...

My Recent Activities View All (25)

- Create New Activity**
- Just Relax-2nd Grade** (Ms. Abreu) - Assign...
Activities: Talk to someone, Walk, Breathe, Sing, Dance
- Just Relax-1st Grade** (Ms. Abreu) - Assign...
Activity: FLZZZ?
- Just Relax-Kindergarten** (Ms. Abreu) - Assign...
Activities: Sit with my legs, Get out my legs!, Dance, Read book!, Sing a favorite song, Draw, Listen to a walk!, Talk to a friend
- Virtual Check-In!** (Ms. Abreu) - Assign...

3-5 Google Classroom & Nearpod

What part of the brain might help me REMEMBER a coping skill that has worked for me before so I can use it again?
61 responses

Pre-Frontal Cortex (rule maker)	~1.6%
Hippocampus (memory center)	81.8%
Angryface (guard dog)	~16.6%

Calming down first when you are upset is important because it helps you to make the best decisions before reacting. What part of the brain helps with making the best decisions?
61 responses

Pre-Frontal Cortex (rule maker)	77%
Hippocampus (memory center)	~19.7%
Angryface (guard dog)	~3.3%

Which of the following is NOT a healthy coping skill?
61 responses

Hitting a book	~1.6%
Hitting someone else	81.8%
Screening at someone	~16.6%

IN OUR SCHOOL

- WE RESPECT EACH OTHER
- WE TRY OUR BEST
- WE ARE A TEAM
- WE LEARN FROM MISTAKES
- WE CREATE AND INSPIRE OUR FRIENDS
- WE LISTEN TO OUR TEACHERS

CONFIDENTIALITY
What you say in here stays in here.
UNLESS...
Someone is hurting you.
You want to hurt someone.
You want to hurt yourself.
You give permission to share with another trusted adult.

GOOGLE CLASSROOM
Login using adhus
Click on my classroom
Look for topics
Find classroom corner
See my lessons and news

3rd grade click Here
4th grade click Here
5th grade click Here

Size of the Problem
BIG MEDIUM SMALL

How are things going?
Need to Talk?

Other SEL resources

What's happening in the classroom!

Morning Meetings

- Week 1!
- Start off with greetings.
- Daily shares.
- Relay any important news.
- Ask questions to get to know your students better.
 - What if's
 - Would you rather
 - Interview a new buddy!

Calm Down Corners

Grade 4 - Ms. Wilder's Class



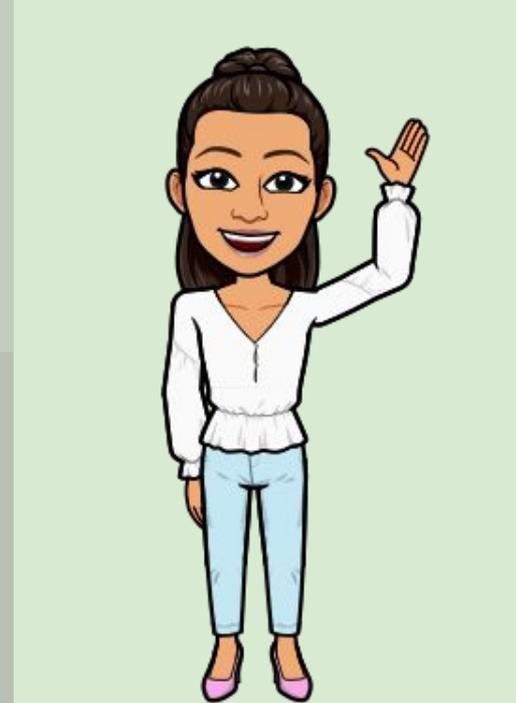
1-Minute Daily Mindfulness

Grade 2 - Ms. Picard's Class

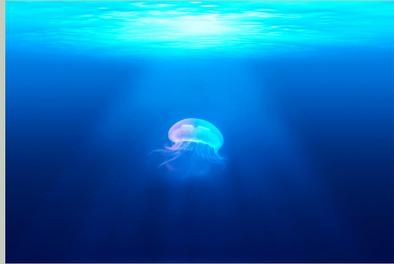


"We do a daily 1-minute meditation to refocus our brain at the end of the day between recess and math. My kids take it very seriously (even virtually!) and if I forget they tell me they "can't focus because we didn't recharge our brain and refocus our energy." It's been a great transition and helps them cool down before jumping back into class." -Ms. Picard

SEL at ADHUS with Ms. Montes (Grades 6-8)



SEL Grades 6-8



Classroom Lessons

Ms. Montes provides SEL lessons monthly focusing on:

- Interpersonal relationships
- Understanding mental health
- Academic/career planning

Lessons taught using Google Classroom, Nearpod & Everfi.

Small Groups

This year, students will be given the opportunity to sign up for catered topics based on student population need.

Groups will be implemented in a variety of different settings (electives, lunch, via Zoom and/or live).

Individual Counseling

Ms. Montes provides up to four 30-minute individualized focus-based sessions on a needs basis. Students can request to see the counselor at any moment.

Live-Virtual



Google Classroom



My Brain: Mindful vs. Unmindful



Veronica Montes • 10:30 PM

Optional lesson for those who missed it.



Nearpod - Your Brain: Mindf...
<https://app.nearpod.com/pin/1M...>

SEL in
action

SEL at FAUHS with Dr. Renee (Grades 9-12)



SEL Grades 9-12



S2S: SEL Lessons

Dr. Renee provides biweekly counseling lessons during 9th grade S2S on SEL topics: mindfulness, relationship skills, seeking resources for mental health, etc.

Ari provides lessons on mental health, such as suicide awareness

Small Groups

Last year, Wellness Wednesday allowed students to meet with Dr. Renee before the start of their day to practice a moment of gratitude and learn a practical coping strategy for managing stress (progressive muscle relaxation, breathing exercises, etc.)

Individual Counseling

Dr. Renee provides 30-50 minute brief solution-focused counseling on SEL topics to students grades 9-12, for more mental health based or ongoing counseling, students are referred to Ari Osman at FAU CAPS

Examples of SEL
lessons with Dr.
Renee



- Dr.Renee Introduction Lesson
- Mental Wellness Basics (Everfi Lesson 1)
 - Course Outline
 - Post Assessment Example
 - Balancing your Mental Wellness Concepts Poster

H.S. Teachers & SEL

“I try to do a check-in with the kids every day at the start and end of class. I give them plenty of time for side-tangent conversations. I do check-in surveys to see how they (students) are feeling without them having to speak up about it. I have a section in the class about mindfulness and a happiness week assignment. Little life lessons/SEL come up all the time.”

-9th Grade Teacher, Dr. Tift

The Connection Between Mental Health & SEL

Ari Osman

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What is Mental Health?

“Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices” - **U.S. Department of Health and Human Services**

“A state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community” - **The World Health Organization**

Mental health is essential to learning as well as social and emotional development.



Mental Health Initiatives

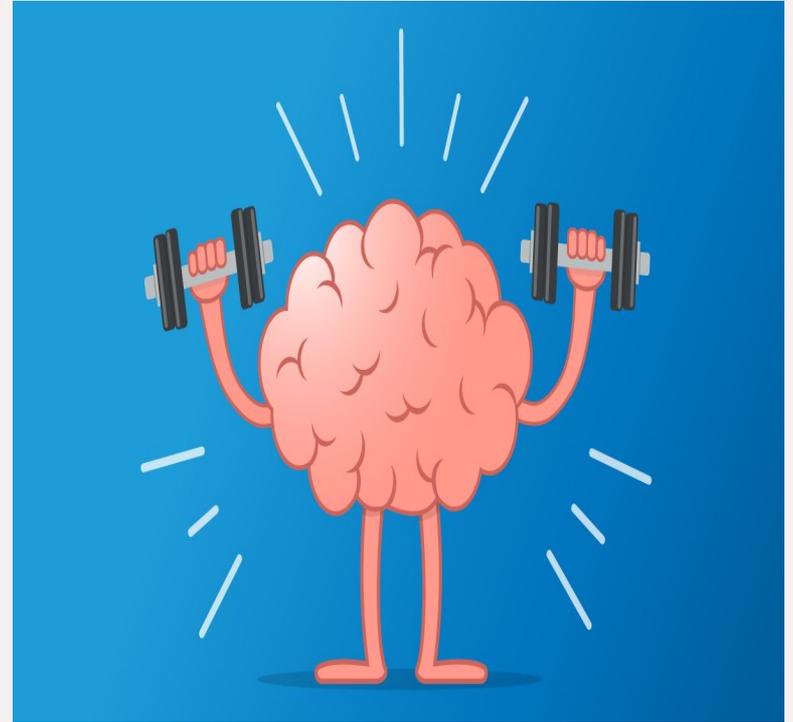
1. To meet children's needs prior to the development of significant mental health issues.
2. To allocate resources and support for children and adolescents with mental health needs to prevent problems from be exacerbated.

SEL Programming and Mental Health Supports

- SEL programming addresses the foundation that promotes the success of all children.
- SEL does not replace the need for comprehensive systems and services for children at risk for or currently experiencing mental health concerns.
- Skills being taught in the classroom can be incorporated and reinforced within mental health interventions provided by school or community mental health professionals

SEL and Mental Health Outcomes

- Positive social skills are protective factors for mental health.
- SEL equips children with the tools and resources to address mental health challenges that interfere with learning.
- Associated with a positive impact on important mental health variables that increase children's attachment to school and motivation to learn and reduce risky behaviors.
- SEL helps to create safe and supportive environments.



Take Home Takeaways



At home SEL strategies!

Grades K-5



- What YOU can do at home!
 - Be an active **listener**. Engage in conversation with your children about their feelings. Do “temperature checks” at pick up and **set goals** at arrival.
 - **Model** behavior you wish to seek. Think about your communication and conversations with others. Model “**self talk**” so your child has a positive example of how to face unwanted feelings when they are in similar situations.
 - **Prepare** for new experiences. Think of the things that might make your child nervous, etc.. Help by talking to them on what to anticipate.
 - Create a **calm corner** in your home. Talk about how coping skills are different and how you may handle similar feelings.
 - **Explore** new tools. Think about using guided meditation apps for after high energy events or play. Use apps like **Calm** or **Smiling Minds** and take on the practice of deep breathing!

At home SEL strategies

Grades 6-8



- **Trial and error**
 - Create avenues for learning
 - Anticipate and preview experiences
 - Listen
 - Reflect/Self-talk
 - Personalize your conversation
 - Build them up
 - Mindful practices (breathing, grounding, journaling)
 - Emotional Safety Plan

- **Resources**
 - [Family Safety Plan Template](#)
 - [Happily Family Online Conference \(FREE\)](#)
 - [The Mind Yeti](#)

At home SEL strategies!

Dr. Renee



- From Dr. Renee: **Encourage 5-5-5 Breathing**
 - Inhale very slowly through your nose for 5 seconds: 1-2-3-4-5.
 - Exhale very slowly through your nose or mouth for 5 seconds: 1-2-3-4-5.
 - Wait for 5 seconds: 1-2-3-4-5.
 - Repeat the process three more times (1 minute total).
 - Notice how you feel. (You should feel calmer.)

- **MindUP at Home: [Click Here](#)**

Suicide Prevention Awareness Month

Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others.

Resources:

Suicide Prevention Lifeline, view the prevention page by clicking [HERE](#).

National Alliance on Mental Health (NAMI) website click [HERE](#)

American Foundation for Suicide Prevention click [HERE](#). Consider participating in a Walk Out of Darkness Event.



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Thanks!

Parent Feedback Form

