

Leveraging the Science of SEL

HOW TO SUPPORT HEALTH AND
WELLNESS DURING THE COVID-19 CRISIS



Webinar Etiquette

- Mute your audio if lines are open.
- Use the chat feature to post thoughts and ask questions.
- Be an active participant. ...
- Be respectful. ...
- Provide feedback.



Christina Cipriano, Ph.D.

Director of Research, Yale Center for Emotional Intelligence
Research Scientist, Yale Child Study Center

Use the power of **emotions** to create a **healthier**, and more **equitable** and **compassionate** society, today and for *future* generations.

Conduct **research** and **design** educational approaches that **support** people of all ages in developing **emotional intelligence** and the **skills** to **thrive** and contribute to society.

- R**ecognizing emotions in self and others
- U**nderstanding the causes and consequences of emotions
- L**abeling emotions accurately
- E**xpressing emotions appropriately
- R**egulating emotions effectively

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And make it **SHINE** for everyone



Session Objectives

1

Define basic components of SEL

2

Identify the science that supports social emotional learning

3

Identify strategies to regulate emotions in socially-distanced contexts

4

Explore three emotionally intelligent steps to thriving



Register for ALN Today!

Assessment Learning Network (ALN)

Assessing Social Emotional Learning

November 12, 2020, 9:00am- 3:00pm

Presenter: Christina Cipriano

Register: <https://www.michiganassessmentconsortium.org/event/assessing-social-emotional-learning-christina-cipriano/>

WHAT IS SEL?

The goals of SEL programs are to cultivate the development of five competencies:

- self-awareness
- self-management
- social awareness
- relationship skills
- responsible decision-making

www.casel.org

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Self- Awareness

Identifying emotions

Accurate self-perception

Recognizing strengths

Self-confidence

Self-efficacy

- ✓ Thinking about their different feelings
- ✓ How each feeling feels
- ✓ How it looks
- ✓ What events or situations make them feel different feelings

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Self-Management

Impulse control
Stress management
Self-discipline
Self-motivation
Goal setting
Organizational skills

- ✓ Practice strategies for reducing feelings of anxiety about a test such as taking deep belly breaths,
- ✓ Lessening the intensity of anger at a friend by stopping before reacting to a mean utterance, turning away and counting to 10.
- ✓ Increasing curiosity about a new topic by learning how to ask “I wonder...” questions
- ✓ Motivating oneself to put in extra effort on a task by learning how to connect the work to another goal one has

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Social- Awareness

**Perspective Taking
Empathy**

**Appreciating Diversity
Respect for others**

- ✓ Talk about their own experiences, sharing their perspectives and look for ways in which their perspectives are different and similar.
- ✓ Reading stories and discussing how different characters experience and act in the world, and making comparisons with “what would you do” or “what would you think,” and exploring where differences and similarities emerge.

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Relationship Skills

Communication
Social Engagement
Relationship Building
Teamwork

- ✓ Working in groups on projects
- ✓ Emulating positive relationship role-models

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Responsible Decision Making

Identifying problems
Analyzing situations
Solving problems
Evaluating
Reflecting
Ethical responsibility

- ✓ Talk aloud about how they make decisions in their lives, and ask open ended questions to students
- ✓ Incorporating guiding questions that help students consider the ethics and consequences of different decisions.
- ✓ Guiding students in identifying problems, analyzing situations, evaluating different decision options, and reflecting on decisions

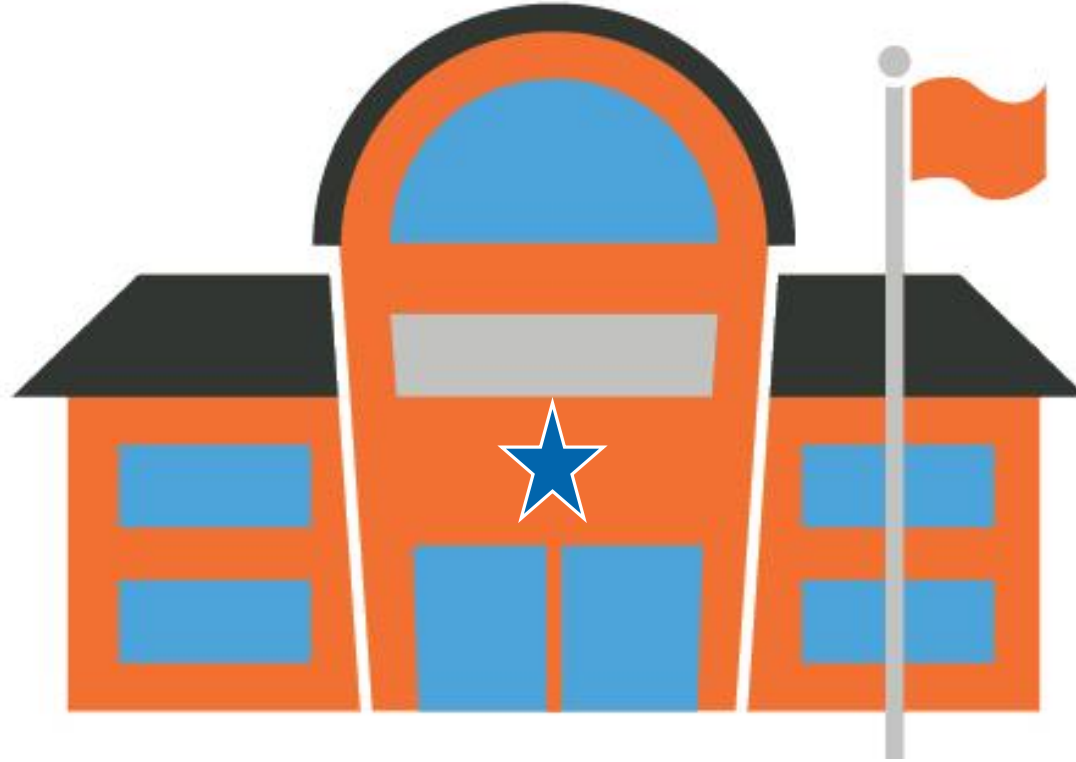
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Who Can SEL?



★ You are here

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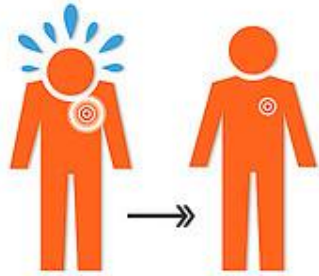
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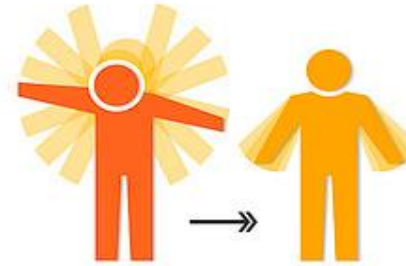
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For students

Students who participate in SEL programs



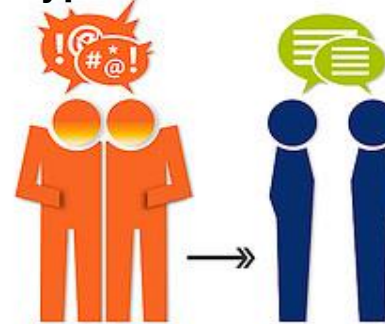
Have less anxiety.



Are more attentive and less hyperactive in school.



Gets better grades



Are less aggressive.

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For classrooms

Classrooms who participate in SEL programs



Are more engaged in learning.



Have better quality relationships between students and teachers.



Demonstrate increased prosocial behavior.

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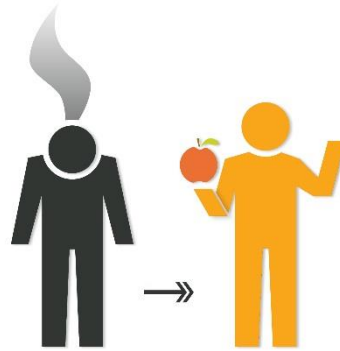
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For teachers

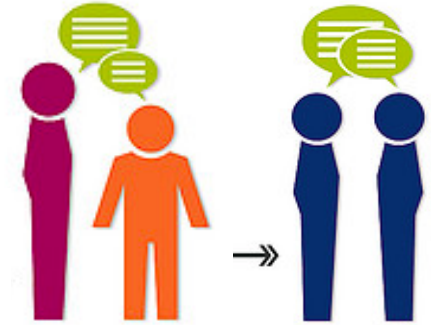
Teachers who participate in SEL programs demonstrate



Increased educational efficacy.
*(I believe I make a difference in
student lives by teaching)*



Improved attitudes.
(I like my job)



More engagement
with peers and parents.

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Emotions matter.

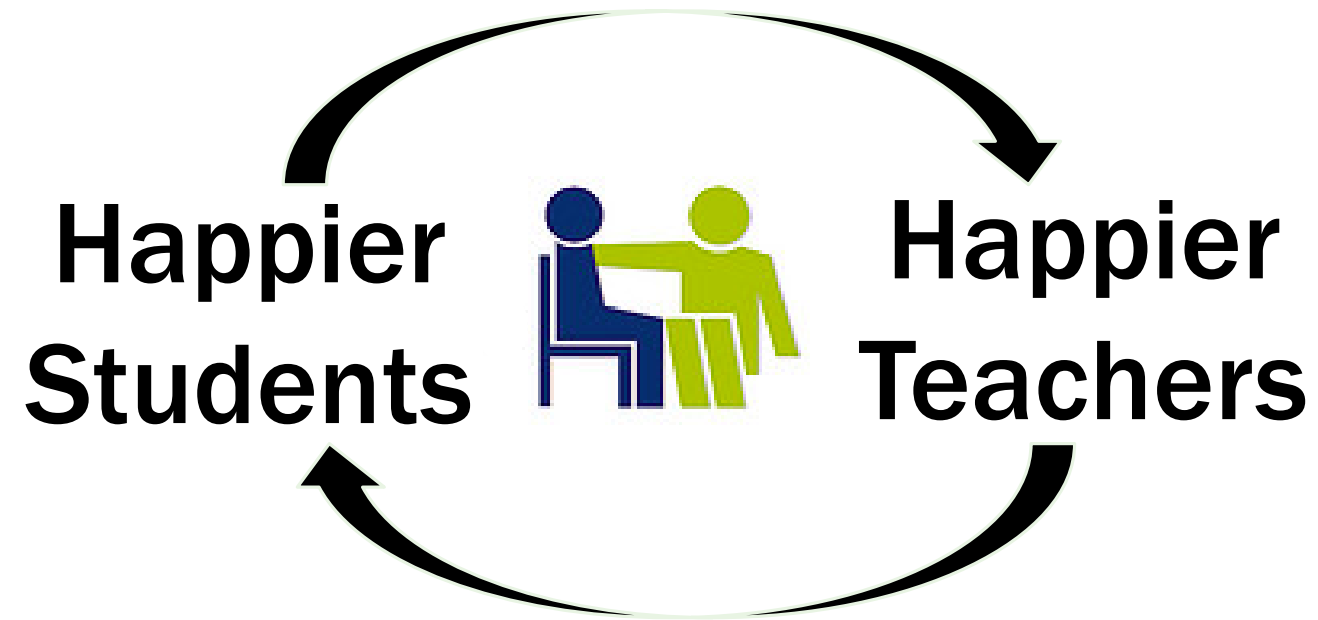
SEL programs help students and their teachers form and sustain better quality relationships, and improve both their respective psychological health and well-being.

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It's not magic, it's science.

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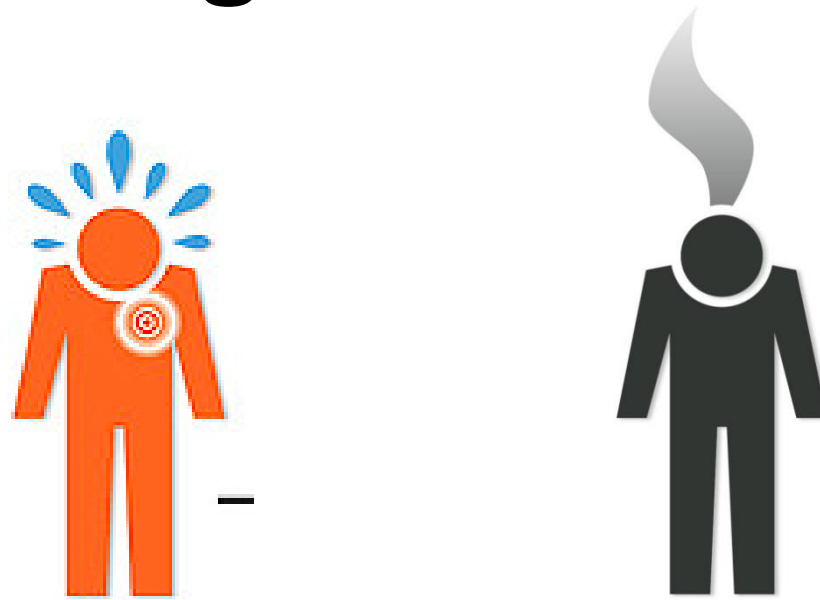
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Belfield et al., 2015; Durlack et al., 2011; Rivers et al., 2013; Finn & Rock, 1997; McWhirter et al., 2012

The PFC is a convergence zone for affect and cognition (for thought and feeling).



Negative emotions will interfere with cognitive PFC function.

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empirically validated

SEL is a pedagogical practice that **shapes the child's brain** and likely produces alterations that lays the foundation for **promoting all future learning.**

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Design with SEL.

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Design with the Learner in mind.

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Why We Need SEL Now

We must prioritize SEL during the pandemic.



We cannot expect teaching, learning, and family functioning to occur in a crisis without attending to our emotions.

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Why We Need SEL Now

- Chronic stress undermines our ability to be effective
- Our relationships “look and feel” different
- Dysregulated emotions inhibit healthy relationships
- It is difficult to make good decisions when overwhelmed

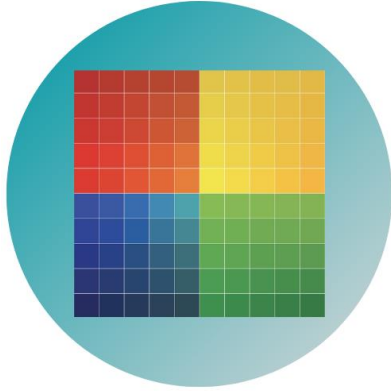


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The Mood Meter



The Meta-Moment



The Charter



The Blueprint

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Yale *Center for Emotional Intelligence*

<https://www.ycei.org/>

Response Efforts

<https://www.rulerapproach.org/coronavirus-covid-19-resources-webinars/>

- Webinars
- Resources
- Media

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Three Steps to Thriving

<https://www.rulerapproach.org/coronavirus-covid-19-resources-webinars/>

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Three Steps to Thriving

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Step 1. Find Your Anchor



What can you control?

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Step 2. Check Your Mindset

With a growth mindset, you can

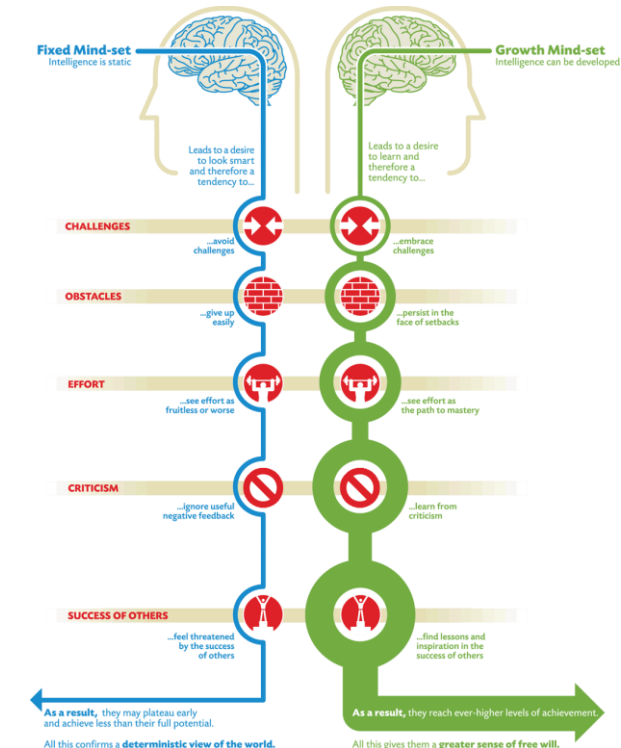
- see opportunities to control your experience and outcomes
- a desire to learn
- embrace challenges
- persist in the face of setbacks

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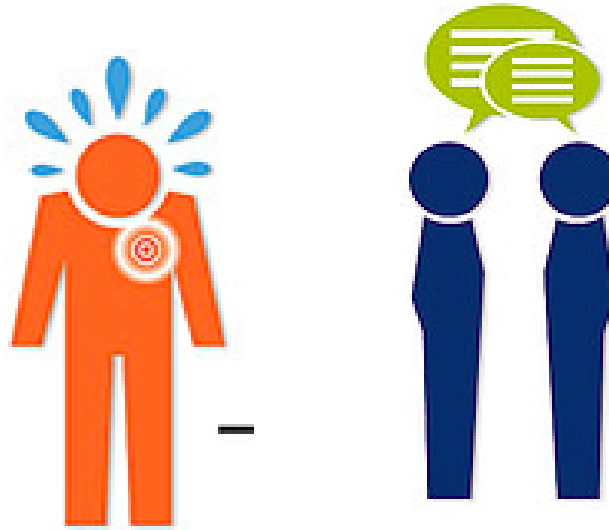


Learn more @ mindsetnetworks.com/science/Impact

Response Efforts

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Step 3. Routine, Relationships, and Resources



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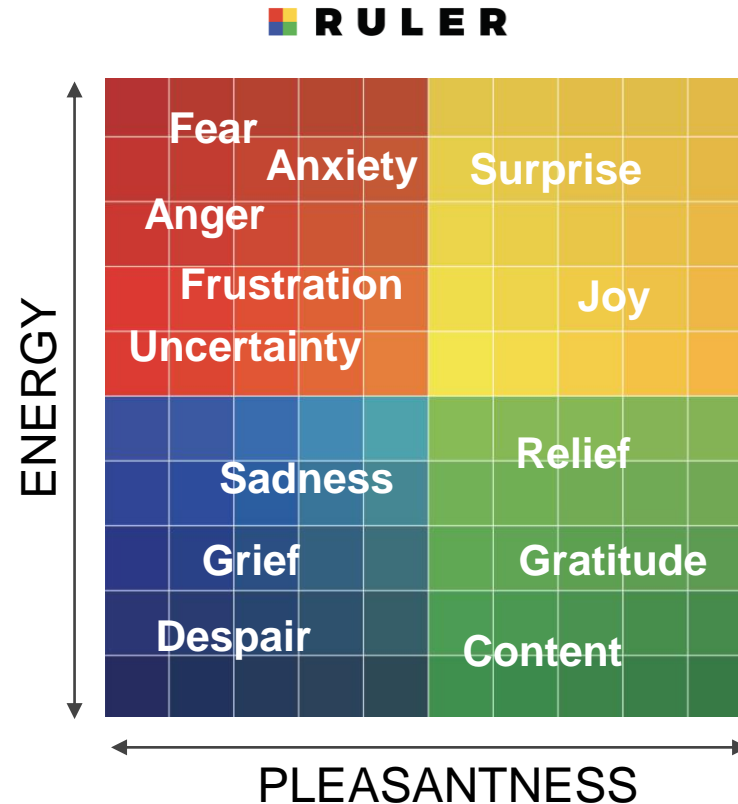
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Questions?

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