

Middle School Social Emotional Learning Course Development

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What is SEL?

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.

(Collaborative for Academic, Social, and Emotional Learning (CASEL), 2020)

Rationale for SEL Inclusion

- As a component of future career success, students need to learn to manage emotions and apply interpersonal skills (ASCA, 2014)
- SEL improves student academic outcomes (Balfanz, 2019) and predicts career success (Jones-Schenk, 2019)
- Our brains have neuroplasticity (Jones-Schenk, 2019)
- Students consistently report feeling more stress, anxiety, and depression than previously reported; SEL provides a framework to improve positive coping strategies and well-being (Tarabochia, 2013)
- SEL promotes critical thinking, problem solving, and positive self-efficacy for career exploration behaviors (Bullock-Yowell et al., 2012)

What are some potential student outcomes of SEL courses?

- Students gain self awareness of their own emotional world
- Promotion of students' empathy and compassion for others, development of pro-social behaviors
- Foster students' sense of equity, fairness, and justice
- Develop students' self-regulatory skills including, goal setting stress and emotion management, and progress monitoring
- Improve students' oral and written communication strategies
- Emergence of students' metacognition such as problem solving and critical thinking

How to use the SEL Courses

- Begin by remembering that students don't change with one lesson, this curriculum takes time and consistency like all curriculum; students have been exposed to reading curriculum since they 4 or 5 years old, but SEL may be very new
- Think of students as learning on a continuum; Carole Dweck use the term "not yet" for competencies students may not yet have achieved
- Realize students will get there
- Practice the skills—if a lesson seems to contain a lot of great content and skills your students need more time to master, then slow down and spend more than one day on that lesson, you can always use the differentiation methods as an opportunity to practice the learning techniques in different ways

How the Courses are Designed

Content Areas

- Self-awareness
- Creativity
- Problem-Solving
- Honesty and Ethics
- Motivation
- Communication
- Career Exploration

Lesson Layout

- Standard
- Activity Description
- Instructional Steps
- Artifacts
- Activity Assessment
- Evaluation Method
- Differentiation Method
- Additional Resources
- Vocabulary

Self-Awareness

Self-Awareness:
independent, self-reliant,
mindful, self-regulated,
balanced, health-, safety- and
wellness-aware, culturally-
aware, self-managed, self-
advocating; a confident
learner who can assess
current and potential
interests and talents



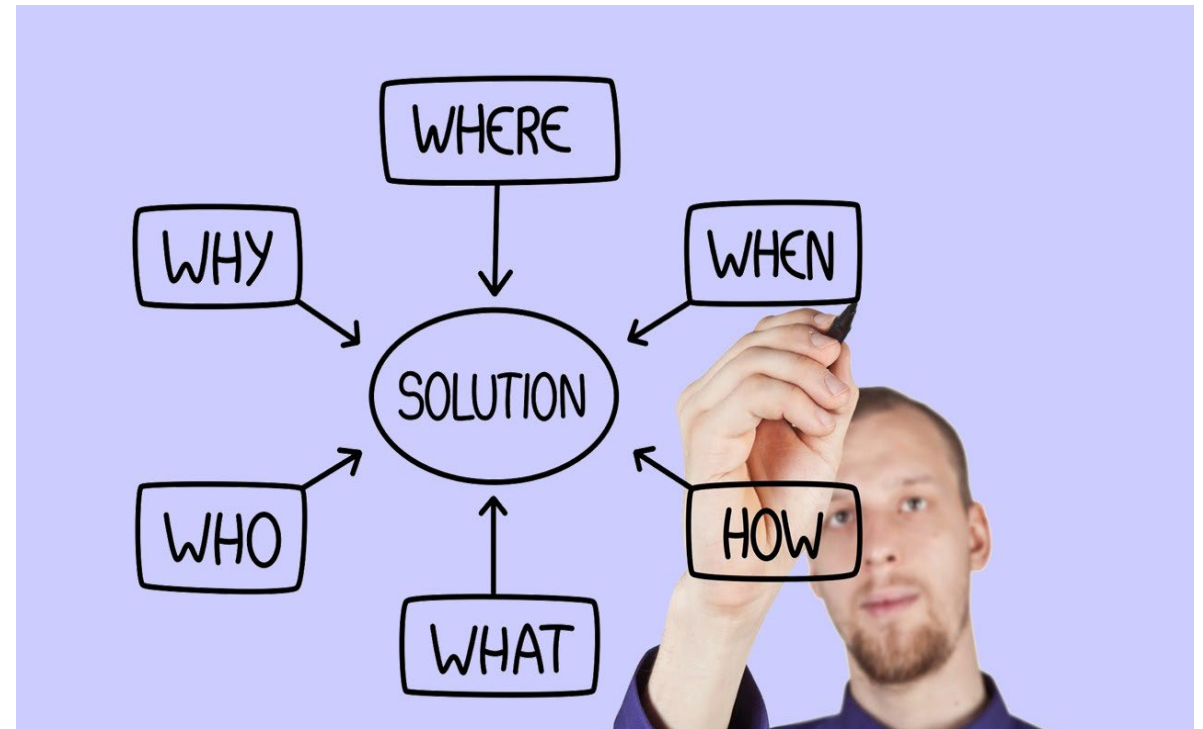
Creativity

**Creativity: curious,
imaginative, inventive,
confident, innovative,
divergent, resourceful; an
explorer**



Problem Solving

Problem Solving: logical, informed, analytical, discerning, flexible, adaptable, decisive; a critical investigator, a strategic searcher and evidence gatherer



Honesty and Ethics

Honesty and Ethics: fair, equitable, helpful, dependable, accountable, inclusive, courageous, trustworthy, principled, reflective; a moral person with integrity



Motivation

Motivation: disciplined, positive, confident, self-determined, resilient, collaborative, competitive, driven, focused, intentional, purposeful; a goal setter who demonstrates self-efficacy



Communication

Communication: clear, organized, articulate, considerate, empathetic, persuasive, audience-aware, self-representational, information and media literate; a team and relationship builder, a conflict manager, a considerate social media participant



Career Exploration

Career Exploration: career-minded, career-connected, open to current and upcoming opportunities and pathways, pro-active; an experiential learner, an explorer of potential talents, career identity, and cultural expectations



References

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