

Social Emotional Learning Series

STEP ONE:

Learn the "hows and whys" of teaching SEL in every classroom.



Social Emotional Learning in the Elementary Classroom

Course Length: 2hrs

When students know how to appropriately manage their emotions, it frees up their minds for learning. In order for our students to handle daily stresses, work well with others, and be empowered, they need to be taught important life skills like social awareness, emotional regulation, and self awareness. Explore the basics of SEL and watch classroom examples of elementary teachers in action.



Social Emotional Learning in Middle School

Course Length: 2hrs

Extensive research shows a positive correlation between the skills taught throughout social-emotional learning programs and positive behavior, academic achievement, and healthier life choices. In middle schools, teachers can embed SEL skills across the curriculum and create intentional activities to build community. Explore fundamental SEL competencies and watch middle school teachers in action.



Social Emotional Learning in High School

Course Length: 2hrs

There's no way to prevent or stop stress in everyday life, but teaching students how to deal with it can make a huge impact in the trajectory of their lives. In order for our students to handle daily stresses, work well with others, and be good upstanding citizens, they need to be taught important life skills like social awareness, emotional regulation, and self-awareness. In this course, watch how secondary teachers embed SEL themes across the curriculum.



Social Emotional Learning All Day Long

Course Length: 2hrs

While a stand-alone SEL curriculum and explicit instruction in SEL competencies are important, authentic connections are key. There are simple and effective ways to intertwine SEL skills into your lessons all day long, regardless of grade level or content area. In this course, you will learn how to infuse SEL instruction into your classroom culture and look inside classrooms to observe real teachers putting these strategies into practice.

STEP TWO:

Learn about each CASEL competency, one course at a time.

CASEL's SEL framework fosters knowledge, skills, and attitudes across five areas of competence. Learn the value of explicit SEL instruction and how to impact student learning and development.

● SEL1: Self Awareness

Course Length: 2hrs

According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), self-awareness is the ability to accurately recognize one's own emotions, thoughts, and values, and how they influence behavior. In this course, you will learn classroom strategies to help students build self-awareness so they can identify their emotions, see themselves honestly, recognize their strengths and weaknesses and work toward self acceptance and personal growth.



● SEL2: Self Management and Executive Functioning

Course Length: 2hrs

When students have self-management skills, they can follow through on completion of assignments, studying for tests, and staying focused in class, without as much need for teacher assistance. Self-management also supports students' abilities to manage stress and impulsivity while motivating them to meet their goals. In this course, you will explore the benefits of teaching self-management skills and take a look inside real classrooms to see how teachers are helping their students to self-manage successfully.

● SEL3: Social Awareness

Course Length: 2hrs

If we want our students to be successful in a variety of school, work, and general life situations, it's important that we develop their ability to read the room. Social awareness is the ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. These skills will help students to interact effectively with others and value the many people they will encounter in school, and throughout life. This course will teach you about the importance and benefits of teaching social awareness skills. You will also watch teachers in action as they engage their students in lessons and activities that support a healthy social awareness.

● SEL4: Relationship Skills

Course Length: 2hrs

Strong, positive relationships are at the heart of any good life experience and school is no different. Teaching students how to establish healthy relationships, how to communicate clearly, and how to listen and work well with others will set students up for success in and out of school. In this course, you will learn the importance of teaching students how to build strong, positive and healthy relationships and see how teachers incorporate relationship skills in their classes.

● SEL5: Responsible Decision Making

Course Length: 2hrs

Responsible decision-making means making responsible choices that benefit you and your community. When students are taught responsible decision-making skills, and given opportunities to practice when they are young, these skills will carry over into adulthood. Teaching these skills lays the foundation to affect their jobs, their relationships, and their lives as a whole. In this course, you will learn how to promote responsible decision making and explore strategies from real classrooms.