

Why is SEL important?

SEL curriculums improve behavior, attendance, and academic performance in students.

Borghans, Heckman, Duckworth, & ter Weel, 2008; Cunha & Heckman, 2007

Social Skills—*interpersonal skills, empathy, cooperation, assertion, responsibility*—affect

Academic Behaviors—*going to class, doing homework, organizing materials, participating, studying*

—which impact Academic Performance—*course grades and grade point average.*

Farrington, Roderick, Allensworth, Nagaoka, Keyes, Johnson, & Beechum, 2012



This brochure was made for you by WINGS for kids—the SEL partner for Carolina Voyager. WINGS has been developing strategies, practices and materials for social and emotional learning since 1996.

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Social & Emotional Learning

Building students' self-awareness, self-management, responsible decision making, social awareness, and relationship skills, while improving behavior, attendance, and academic performance.



What is “Social and Emotional Learning” (SEL)?

The process through which kids and adults acquire the knowledge, attitudes, and skills to:

- Recognize and manage their emotions
- Set and achieve positive goals
- Demonstrate care and concern for others
- Establish and maintain positive relationships
- Make responsible decisions
- Handle interpersonal situations effectively

What are the 5 core competencies of Social and Emotional Learning?

SELF-AWARENESS

Recognizing one’s emotions and values as well as one’s strengths and challenges by:

- Identifying feelings
- Noting patterns in our emotional lives
- Recognizing wants in relation to needs and blessings
- Demonstrating self-acceptance
- Positive mindset
- Valuing strengths and weaknesses

Here are some positive phrases that, when said to yourself, boost you up and help you realize how great you are!

- I know with time and effort I can accomplish anything.
- I am smart.
- I am funny.
- I am kind.
- I am worthwhile and successful and happy.
- I accept the things I cannot control.

Self-Awareness Tip: Push out the negative.
Pull in the positive

- Push out the negative thoughts & keep them out
- Pull in the positive thoughts & stick to them

SELF-MANAGEMENT

Managing emotions and behaviors to achieve one’s goals by:

- Regulating and applying appropriate emotional responses to life’s situations
- Handling emotions
- Focusing attention inward

Self-Management Tip: The Three Es

- Eyes** Keep your eyes on the person you are talking to
- Ears** Block out all extra noise and don’t listen to those around you; if you are talking to someone, you should only hear what they are saying, block everything else out
- Energy** Put all your energy into the person you are dealing with, don’t work on anything else or try to do two things at once

RESPONSIBLE DECISION MAKING

Making ethical, constructive choices about personal and social behavior by:

- Making agreements with yourself and others, and understanding the importance of taking responsibility for upholding agreements
- Setting goals
- Delaying gratification
- Accepting personal responsibility

Responsible Decision Making Tip: Go for the GOALS!

We all want instant gratification, and it’s important to realize that sometimes it takes a series of small actions to lead to a big result!

- *Get Ready* - Mentally prepare by setting a deadline and thinking of what you want to do, and what you need to do in order to achieve it.
- *Organize* - Layout all of the things you need to do in order to make your goal happen.
- *Ask for help* - Find people and things that can help you get closer to your goal.
- *Launch* - Get moving! Start working on everything you need to do.
- *Summarize* - Look back on what you’ve done and think of anything else you could do or could have done better.

SOCIAL AWARENESS

Showing understanding and empathy for others by:

- Developing empathy
- Stepping into the “SHOES” of others
- Understanding that differences among people make life rich and interesting

Social awareness Tip: Step into their SHOES

Try to understand someone else’s perspective by paying attention to:

- S** Sound of their voice
- H** How they act
- O** Outer appearance
- E** Expression on their face
- S** Surroundings

RELATIONSHIP SKILLS

Forming positive relationships, working in teams, dealing effectively with conflict by:

- Identifying components of a trusting relationship
- Communicating honestly and working cooperatively
- Demonstrating problem-solving skills
- Expressing feelings and thoughts, actively listening, offering supportive feedback

Relationship skills Tip: The Four Cs

- 1 Come Together** When you work with other people, you first have to **COME TOGETHER** with a common interest. You all have to be working toward the same thing. If you are working to only make you happy, you are not coming together.

- 2 Compromise** Then you have to **COMPROMISE**, you have to find what will work and what won’t. You have to share your ideas and thoughts, but be willing to listen to others.
- 3 Change** You have to be willing to make **CHANGES**. You need to decide what is best, even if it wasn’t your idea or even what you wanted to do.
- 4 Celebrate** Once the changes occur you should have a win/win outcome. Everyone should be happy in some way. Then it’s time to **CELEBRATE**.