

Figure 6.4: Teaching Considerations for Social and Emotional Learning Skills

Social and Emotional Learning (SEL) Skills	Teacher Considerations
<p>Self-Awareness</p> <p>Students understand their individual strengths and weaknesses and have strategies they use when experiencing difficulty.</p> <p>Students can identify what causes them difficulty and identify strategies that are helpful to them.</p> <p>Students recognize emotions and their influence on behavior.</p> <p>Students have a well-grounded sense of confidence and optimism.</p>	<p>How do students identify their personal strengths and use them to benefit their school or community?</p> <p>Do you ask students to self-assess their learning?</p> <p>Do you ask students to use a journal or reflective thinking to respond to questions such as the following?</p> <ul style="list-style-type: none"> • What was easiest for me to learn this week? Why? • What was most difficult about this assignment? Why? • What strategies did I use that helped me? <p>Do you instill a growth mindset in students by focusing on what has not yet been accomplished and help them identify strategies to improve?</p> <p>Do students have a reflective process for considering what triggers negative emotions and how those emotions impact their behavior?</p> <p>How do you help student's use goal setting and feedback to develop perseverance, confidence, and optimism?</p>
<p>Self-Monitoring and Self-Management</p> <p>Students recognize when they are having difficulty and use self-management strategies to help them focus, complete assignments, manage frustration, and achieve goals.</p> <p>Students utilize strategies to regulate their emotions in different situations.</p> <p>Students set and work toward personal and academic goals.</p>	<p>Do you introduce students to various strategies and provide choices that enable them to identify how they prefer to do the following?</p> <ul style="list-style-type: none"> • Organize their work • Develop a schedule or timeline • Calm down (for example use stress balls, take a brief walk, use deep breathing) • Increase focus and productivity (for example, use flexible seating, wear noise cancelling headphones) • Self-monitor time on task (for example, use timers, software apps) • Determine personal and academic goals
<p>Social Awareness</p> <p>Students have empathy, understand different perspectives, and treat others with respect.</p> <p>Students use personal strengths to inform or improve their school and community.</p> <p>Students understand social and ethical norms for behavior.</p> <p>Students recognize family, school, and community resources.</p>	<p>What do you do in your school or classroom to integrate social skills and student's interests into classwork or school projects (for example, asking students to identify personal strengths and a way to use them to improve their school)?</p> <p>How are students given voice and choice related to rules or class norms for:</p> <ul style="list-style-type: none"> • Respecting others' opinions • Working cooperatively within a group • Participating in group discussions with varying opinions • Respecting peers who are different than they are (for example, different backgrounds, abilities, races, or languages) • Showing kindness and empathy

Social and Emotional Learning (SEL) Skills	Teacher Considerations
<p>Decision Making</p> <p>Students make respectful choices in personal behavior and social interactions.</p> <p>Students can tell you how they make personal decisions and how they make decisions when working with others.</p> <p>Students can realistically evaluate consequences.</p>	<p>How can you incorporate individual goal setting to build the following skills?</p> <ul style="list-style-type: none"> • Develop good work habits • Accept responsibility • Develop determination and perseverance • Recognize poor choices and develop strategies to use in the future • Develop an action plan
<p>Relationships</p> <p>Students develop positive relationships with peers and adults.</p> <p>Students have the ability to communicate and work cooperatively with others.</p> <p>Students can tell you what they do to ensure that others hear and understand their point of view.</p>	<p>What do you do in your class to promote the following?</p> <ul style="list-style-type: none"> • Students working together toward a common goal • Students discussing and resolving conflict • Students using a process for listening to all perspectives