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Raising Equity Through SEL: A Framework for Implementing Trauma-Informed, Culturally Responsive Teaching and Restorative Practices

By Jorge Valenzuela

Study Guide

This study guide is a companion to the book *Raising Equity Through SEL: A Framework for Implementing Trauma-Informed, Culturally Responsive Teaching and Restorative Practices* by Jorge Valenzuela. *Raising Equity Through SEL* is a guide for assisting multiple student needs through implementing the practices of trauma-informed, culturally responsive teacher and restorative justice and using equity and SEL as lenses.

This guide is arranged by chapter, enabling readers to either work their way through the entire book or focus on the specific topics addressed in a particular chapter. It can be used by individuals, small groups, or an entire team to identify key points, raise questions for consideration, assess conditions in a particular school or district, and suggest steps that might be taken to promote a healthy school culture.

We thank you for your interest in this book, and we hope this guide is a useful tool in your efforts to create a healthy culture in your school or district.

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Chapter 1

Learn the Basics of the CASEL 5 and Emotional Intelligence

1. What are the five competencies in CASEL’s framework and how are they interrelated?
2. What skill sets are associated with the CASEL 5 and how might you develop them?
3. What sort of research has been done that supports and informs the CASEL framework?
4. How can recognizing, regulating, and journaling about your own emotions help you boost your emotional intelligence over time and in turn help you guide your students to do the same?

Chapter 2

Assess Your Unconscious Biases and Beliefs About Students

1. What is the difference between implicit and explicit bias, and what effects do each of these have on students?
2. Define *microaggressions*, and name some examples.
3. How can unconscious bias affect a school environment?
4. What groundwork might you be able to start laying for developing culturally inclusive classrooms?

Chapter 3

Improve Your Knowledge of Your Students

1. What are some ways you could get to know your students better, and how might doing so raise equity?
2. How might you create a culturally responsive teaching plan?
3. What is an empathy map, and how can you use this method to connect with students?
4. What are some ways you could model empathy for your students?

Chapter 4

Help Students Develop Emotional Intelligence Skills

1. What are the different kinds of emotional intelligence skills?
2. What are some ways that you could help students label and understand their emotions as well as find appropriate emotional regulation strategies?
3. How can you teach students about responsible decision making?
4. How can you help students understand the emotions of others?

Chapter 5

Activate Social-Emotional Learning in Your Lessons

1. How can you embed social-emotional learning into your instructional design?
2. How can social-emotional learning practices help combat bullying in your school?
3. What is the value of instructional feedback from students, and how can you seek it?
4. How can you help students grapple with difficult or negative emotions?

Chapter 6

Implement Trauma-Informed Teaching

1. What is the importance of learning when a student has experienced a traumatic event or situation?
2. What is trauma-informed teaching, and how can you apply it in the classroom?
3. How can you adjust your current teaching style to more fully accommodate students affected by trauma?
4. What are some key resources for trauma-responsive classroom management, and how can you put them into action?

Chapter 7

Implement Culturally Responsive Teaching

1. What is cultural responsiveness?
2. Identify the marginalized groups represented in your classroom. What are some ways you can start to bridge opportunity gaps?
3. How can you better understand student identities?
4. What are some ways that you can help students celebrate their cultures and create a welcoming environment for multiculturalism in the classroom?

Chapter 8

Implement Restorative Practices and Restorative Justice

1. What are the differences between restorative practices and restorative justice?
2. How can restorative practices be effective in schools?
3. What are some ways that you could implement restorative practices and restorative justice in your classroom?
4. How can you use restorative justice to implement a social-emotional learning plan?

Chapter 9

Add Inclusive Pedagogy to SEL Plans

1. What are some inclusive teaching practices you can use for your social-emotional learning lessons?
2. How can you raise equity for marginalized students in the classroom?
3. What are some ways that you can navigate difficult conversations in the classroom?
4. How can issues surrounding marginalized identities impact the classroom, and how can you handle them equitably and safely?

Chapter 10

Activate SEL Through Equity and Educational Technology

1. How can you implement social-emotional learning practices in distance learning?
2. How does educational technology impact equity in the classroom?
3. What are some educational technology strategies that you can use to connect students?
4. What are the ISTE Standards, and how can they help you use educational technology tools to improve your instruction?