

Family University

SEL, BESS, CASEL



What is SEL? Why is it important?



- ★ Increases prosocial behaviors (kindness, sharing, empathy)
- ★ Improves student attitudes toward school
- ★ Improves achievement
- ★ Reduces depression and stress

Effective social and emotional learning involves coordinated classroom, schoolwide, family and community practices.

CASEL



- ★ **The Collaborative for Academic, Social, and Emotional Learning (CASEL) is a trusted source for knowledge about high-quality, evidence-based social and emotional learning (SEL).**

- ★ **CASEL's mission is to help make evidence-based social and emotional learning (SEL) an integral part of education from preschool through high school.**

SEL Core Competencies

Self-Management

- Regulating one's emotions
- Managing stress
- Self-control
- Self-motivation
- Stress management
- Setting and achieving goals

Social Awareness

- Perspective taking
- Empathy
- Respecting diversity
- Understanding social and ethical norms of behavior
- Recognizing family, school, and community supports

Relationship Skills

- Building relationships with diverse individuals and groups
- Communicating clearly
- Working cooperatively
- Resolving conflicts
- Seeking help



Self-Awareness

- Labeling one's feelings
- Relating feelings and thoughts to behavior
- Accurate self-assessment of strengths and challenges
- Self-efficacy
- Optimism

Responsible Decision-Making

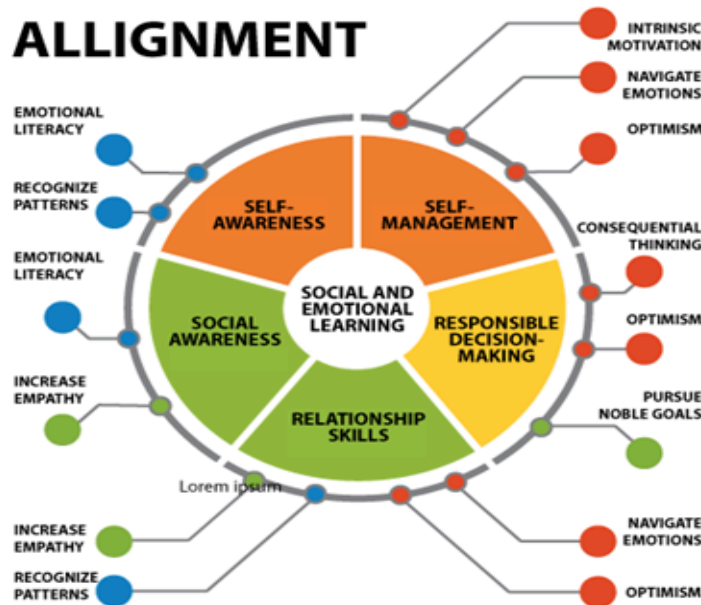
- Considering the well-being of self and others
- Recognizing one's responsibility to behave ethically
- Basing decisions on safety, social and ethical considerations
- Evaluating realistic consequences of various actions
- Making constructive, safe choices for self, relationships and school

Sources: CASEL, Acknowledge Alliance

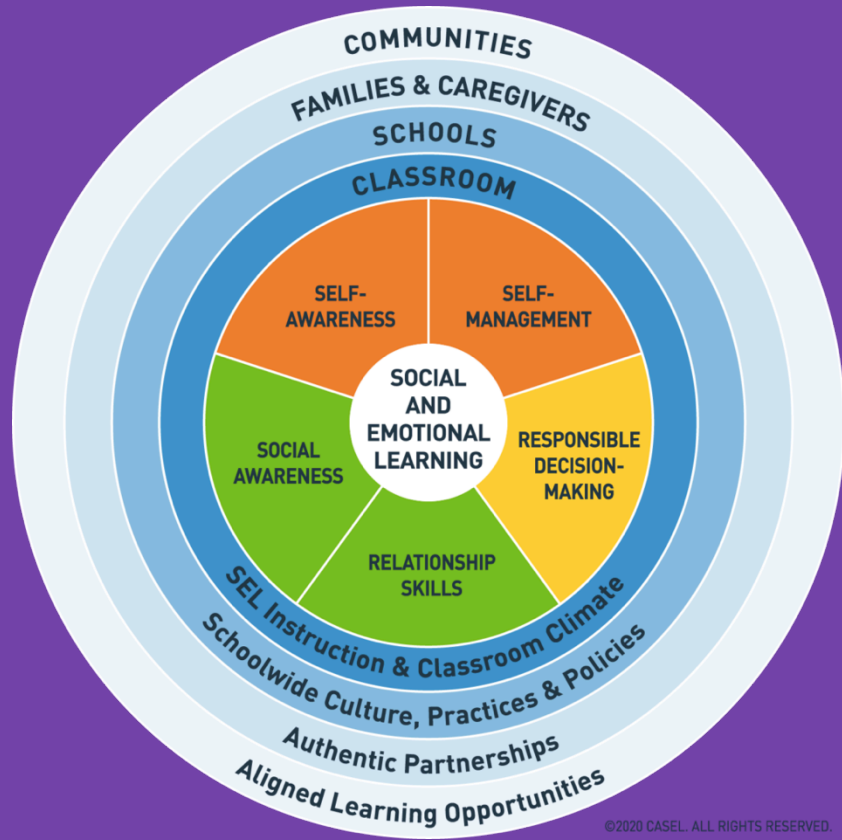


What Are the Core Competence Areas and Where Are They Promoted?

CASEL & SIX SECONDS ALIGNMENT



Six Seconds is an approved assessment provider with CASEL. Six Seconds is the global community of EQ & SEL educators, supporting changemakers in 174 countries with a comprehensive system for measuring and growing the skills for a better future - for all. 6seconds.org/education



School: Teach and model SEL skills, embed throughout day, create a positive school climate, build sense of community

Family & Community Partnerships: Reinforce SEL at home, after school activities

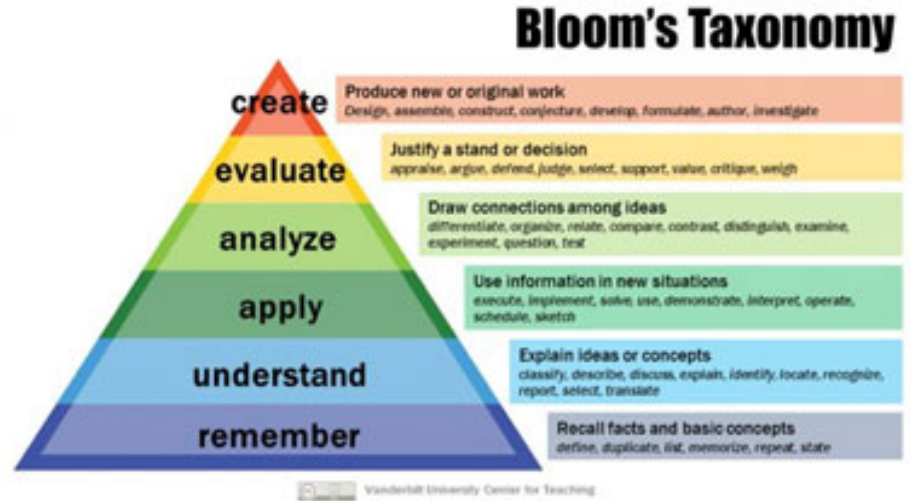
Learning SEL Skills can provide a foundation for better adjustment and academic performance as reflected in more positive social behaviors and peer relationships, fewer conduct problems, less emotional distress, and improved grades and test scores.



Maslow Over Bloom



Maslow's Hierarchy of Needs



Bloom's Taxonomy

Mental Health Today



- ★ One in six U.S. youth aged 6-17 experience a mental health disorder each year.
- ★ 50% of all mental illness that lasts for a person's lifetime begins by age 14, and 75% by age 24.
- ★ The average delay between onset of mental illness symptoms and treatment is 11 years.
- ★ Suicide is the second-leading cause of death among people aged 10-34 in the U.S. and the 10th leading cause of death in the U.S.
- ★ More than 70% of youth in the juvenile justice system have a

SEL in Preschool



- ★ Turn taking
- ★ Sharing
- ★ Waiting
- ★ Shared engagement and play skills
- ★ Self-Management Skills

- ★ Weekly SEL lessons:
Zones of Regulation,
Being a Body Manager
- ★ Push in support
- ★ SEL built in throughout
the day



SEL in Elementary School

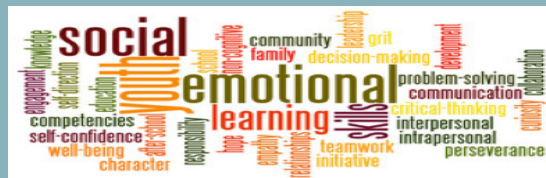
- ★ Co-taught weekly lessons grades K - 5
- ★ Opportunities to practice skills, role-plays
- ★ Books
- ★ Team projects
- ★ Communication skills



- ★ Mindfulness
- ★ Social Awareness
- ★ Executive Functioning
- ★ Self-Awareness
- ★ Goal Setting
- ★ Opportunities to be a buddy/mentor

SEL in Middle School

- ★ The purpose of PRIDE is to provide an opportunity for us as a school to practice Social & Emotional skills, as well as meet with a positive, caring adult at Glen Crest.
- ★ PRIDE time provides a predictable safe place for us to communicate.
- ★ PRIDE lessons throughout the year facilitated by classroom teachers
- ★ Each lesson focuses on one of SEL competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision making



5 Tips to promote SEL at home



- Establish family routines
- Connect with your child - what was the best part of the day? What was challenging? Ask specific questions as opposed to general questions like, “How was your day?”
- Model self-care by exercising, reading, or finding joy in everyday activities
- Normalize feelings by talking about them
- Have your children help with chores and projects to improve their executive functioning skills

What is an SEL screening assessment?

An SEL screener collects information about students' SEL skills, feelings, relationships, school environment, and well-being.

When SEL Screening Assessments are used over time, the screener can track the growth of SEL skills, much like an academic screener (MAP) tracks student growth in reading and math.

Why use an SEL Screener?



- ★ **Social and emotional factors are the most influence over students' achievement in school**
- ★ **Screening is a component of a comprehensive systems framework**
- ★ **Identify at risk students not necessarily apparent in typical behavior**
- ★ **Fast and efficient**
- ★ **Schools are a good environment for prevention and intervention for social emotional well-being**

BESS

BASC-3-Behavioral and Emotional Screening System

The BASC-3 Behavioral and Emotional Screening System (BASC-3 BESS) offers a reliable, quick, and systematic way to determine behavioral and emotional strengths and weaknesses of children and adolescents in preschool through high school.”

- ❖ Administered and scored electronically
- ❖ 3rd through 8th graders
- ❖ 28 questions
- ❖ Screening assessment, NOT diagnostic assessment



Sample BESS Questions

Students are asked to rate the degree to which they agree with a statement. Students are given choices such as, (Never, Sometimes, Often, Always).

Sample Statements:

I get along with my teacher.

I'm happy with who I am.

I am good at making decisions.



What data is collected and what do we do with it:

Scores are generated by student self-report in grades 3rd-8th

➤ Student Scores Include:

- Internalizing Risk Index (IRI)
- Self-Regulation Risk Index (SRI)
- Personal Adjustment Risk Index (PRI)
- The three domains are reported as a Behavioral and Emotional Risk Index (BERI)

- ❖ Inform school wide intervention and focus of SEL Classroom Learning
- ❖ Incorporate data in MTSS for individual problem solving (at tier 1, 2, & 3)
- ❖ Anticipate the mental health needs of our students.