

Course: Self Awareness in School

Social And Emotional Learning (SEL)

What is Social and Emotional Learning?

Social and Emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others , establish and maintain positive relationship and make responsible decisions.

Goals :

The goals for SEL Advisory class is to :

- Explore how to nurture positive school culture
- Integrate SEL lessons into traditional academic work
- Empower students with abilities that directly impact not only their academic lives but their success and happiness as adult.

SEL Guiding Principles

1. **Create:** Create a nurturing , caring and safe environment for students by providing multiples ways for students to report, discuss and work through conflicts
2. **Integrate** : Incorporate SEL skills into academic instruction whenever possible, keeping social and emotional learning top of mind, and constantly revisiting our incorporation , tactics to find new creative way to integrate.
3. **Communicate** : Communicate with the community. Every Educator a student encounters during the day should be made aware of SEL objectives.
4. **Instruct:** Must make sure that students are taught SEL content and expectations. Teach protocols and procedure for handling Challenging social situations.
5. **Empower:** Empower students to take charge of their emotional learning. Provide support for them to take charge of their academic and emotional learning with confidence.

SEL Curriculum And Course Descriptions For 16 Weeks

Unit 1 : Mindset And Goals -5 lessons

Students develop a growth mindset and learn research based strategies for achieving goals. Lessons can be applied to social aspects of their life.

Unit 2 : Values And Friendship- 3 lessons

Students learn to make decisions based on their personal values and to build strong friendship and relationship while avoiding negative ones.

Unit 3 : Thoughts, Emotions and Decisions- 3 lessons

Students are taught the relationship between thoughts , emotions and decisions . They will learn strategies for staying in control when they are experiencing strong emotions.

Unit 4 : Serious peer conflicts -5 lessons

Students are taught how to identify , avoid and resolve serious conflicts . They also learn strategies to prevent bullying and harassment