

What is SEL?

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 relationships, and make responsible decisions.

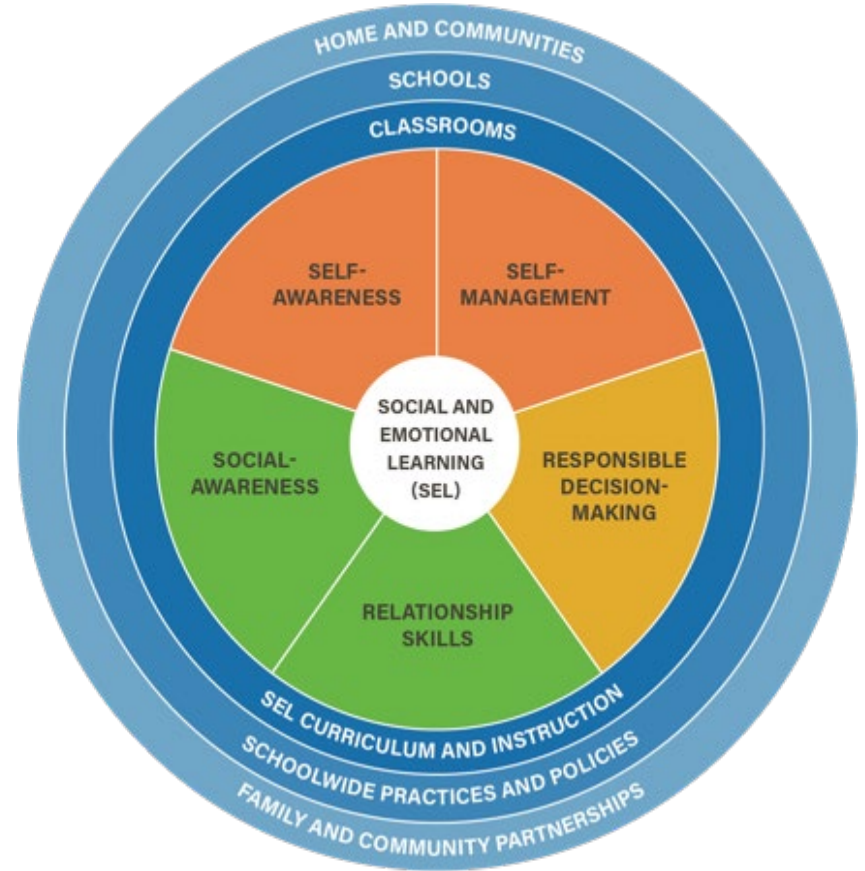


5 Core Competencies

Self-awareness: The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.

Self-management: The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.

Social awareness: The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.



5 Core Competencies

Relationship skills: The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.

Responsible decision-making: The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others

Where SEL is practiced:

- Home-Family and Community Partnerships
- School-Schoolwide Practices and Policies
- Classrooms-SEL Curriculum and Instruction



The Impact of SEL

- **Leads to Academic Outcomes and Improved Behaviors**
- **Impact Is Long-Term and Global**
- **Can Help Reduce Poverty, Improve Economic Mobility**
- **Improves Lifetime Outcomes**



SEL Approaches

SEL Approaches

- **Explicit SEL Skills Instruction** →
- **Teacher Instructional Practices**
- **Integration with Academic Curriculum Areas**
- **Organizational, Culture, and Climate Strategies**

Short-Term Outcomes

SEL Skill Acquisition: Five Competence Areas →

Improved Attitudes: Self, Others, Learning, and Schools →

Enhanced Learning Environment: Supportive, Engaging, and Participatory →

Behavioral/Academic Outcomes

Positive Social Behavior

Fewer Conduct Problems

Less Emotional Distress

Improved Academic Performance

SEL at OCS

Social-Emotional Support and Strategies Description

[NCDPI SEL/Crisis Response](#)

This guide is intended for district and charter school leadership. It serves as a resource for supporting the social-emotional needs of staff and students during school closures and in planning for re-opening.

[Mental Wellness Support During A Pandemic](#)

Here are a few articles, videos, and resources to help ensure we are all staying mentally healthy during this difficult time.

[Friday Institute Plan for Remote Learning](#)

The Friday Institute recently partnered with the North Carolina Department of Public Instruction to provide professional learning opportunities for educators in support of their transition to remote learning during the COVID-19 crisis.

[Maslow's hierarchy of needs during COVID-19](#)

Perspectiva | Durante COVID-19, los maestros pueden apoyar a los estudiantes usando la jerarquía de necesidades de Maslow

[School Based Resources](#)

American School Counselor Association (ASCA):

[ASCA School Re-entry Resources](#)

[ASCA resource for Elementary](#)

ASCA Toolkit: Virtual Elementary School Counseling. School staffs can find lessons that they can use with students.

[ASCA resource for Middle School](#)

ASCA Toolkit: Virtual Middle School Counseling. School staffs can find lessons that they can use with students.

[ASCA resource for High School](#)

ASCA Toolkit: Virtual High School Counseling. School staffs can find lessons that they can use with students.

[NASW resource for School Social Workers](#)

This is a list of resources that school social workers may find helpful when providing services to students and their families.

[NASN resource for School Nurses](#)

This is a list of resources that the school nurses may find helpful when providing services to students and their families.

[Maslow's hierarchy of needs during COVID-19](#)

Perspective | During COVID-19, teachers can support students using Maslow's hierarchy of needs

School	Counselor	Social Worker
ALS	Cheryl Olk Sherry McKinney	Delqwan Jackson
CWS	Hope Carr Taylor Glowaski	Callie McBroom
CPE	Carla Snow	Rebekah Pea
CRHS	Mary-Katherine Scheppegegrell Tiffany Brooks Greg Walters DJ Pappas Olivia Morales	Avis Barnes
CES	Kayla Roberts	Lakisha Brown
ECGE	Kaelia Frazier	Sasha Morphins
GAB	Lisa Vetrano	

School	Counselor	Social Worker
GHMS	Kimberly Degraffenried Nicole Richardson,	Kaitlin Mason
HES		Beth Creech
NHE	Ms. Wallace Ms.Kearns	Sarah Patterson
OHS	Crystal Laws Phyllis Farlow Sam Westbrook Kelly Schaeffer Cal Beneze Jose Ortega	Maile Briscoe
PA	Kristin Rosario	Beth Creech
PES	Wynette Clark	Elizabeth Romska

SEL Resources for Parents

[Committee for Children](#)

[Common Sense Education](#)

[Panorama Education](#)

[Inside SEL](#)

[Edutopia](#)

