Transforming How SEL is Taught:

The Marriage of Academic Instruction with Social Emotional Learning
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The Purpose of Academic Behavior through Content
What is it?  

- Set of 2 courses  
- Non-cognitive factors & social emotional competencies  
- Embedded SE skills and support
How It Was Created

- University Partnerships
- 2.5 year development period
- Based in research
How It Was Delivered

- COURSE 1 - Foundations
  - Non-cognitive factors
  - 12 weeks face-to-face
  - Youth Mental Health First Aid

- COURSE 2 - Application and Integration
  - CASEL social emotional competencies
  - 8 month blended learning
  - Embedding SEL in lesson plans
  - Trauma Responsive Practices Class
Non-Cognitive Factors

Sets of behaviors, skills, attitudes, and strategies that are crucial to students’ academic performance and persistence.
Five Non-Cognitive Factors

- Academic Behaviors
- Academic Perseverance
- Social Skills
- Learning Strategies
- Academic Mindsets
Social and Emotional Learning (SEL)

Involves developing competencies to:

- Understand and manage emotions
- Set and achieve positive goals
- Feel and show empathy for others
- Establish and maintain positive relationships
- Make responsible decisions.

CASEL
Trauma

- An overwhelming, extremely painful and/or terrifying experience
- An inability to employ the fight or flight response
- Includes a breakdown in the capacity to regulate internal states
Trauma-Informed Education

- Recognizes the widespread impact of trauma & undertakes potential paths for recovery
- Recognizes the signs & symptoms of trauma in students, teachers, and staff
- Responds by fully integrating knowledge about trauma into procedures and practices
- Seeks to actively resist re-traumatization
Outcome data related to both learning objectives and participant satisfaction were collected.
Academic Behavior Through Course Content

Course #1 Evaluation

- A content knowledge test was administered at both the beginning and the end of the course.

- Course participants earned significantly higher scores on the post-test as compared with the pre-test: $t(47) = 15.834, p < .001$
Academic Behavior Through Content
Course #2 Evaluation

![Graph showing academic behavior through content evaluation]

- Understand 5 SELs
- Understand Self-Management
- Understand Self-Awareness
- Understand Social Awareness
- Understand Relationship Skills

Legend:
- Disagree
- Agree
- Strongly Agree
Academic Behavior Through Content Course #2 Evaluation cont.
Evaluation of Engagement of Course #2 Participants in Online vs. Face-to-Face Classes
Next Steps

Text here
Resources

Teaching Adolescents To Become Learners

CASEL http://www.casel.org/
Foundations Syllabus Foundations
Integration and Implementation Syllabus Integration
HEARTS Information http://aware.aurorak12.org/trainings/hearts/
References


Thank You

Contact us at:
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