Building Resilience, Cultivating Care: A Workshop on Social-Emotional Learning and Student Well-Being

USU Faculty Development Workshop
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Drop in the Chat..

1. Role/Location

2. Delivery method/s

3. Class size/s
Assistant Professor
Early Childhood and Elementary Literacy Education

- Teacher Educator, 18+ Years of Teaching Exp.
- Former Classroom Teacher, Pre-K, K, 1 and 2
- SEL Facilitator

- Humanizing Pedagogies
- Sociocultural Perspectives
Why am I interested in this work?
Learning Outcomes

You will engage in social-emotional learning and wellness practices that can be directly used in your own classrooms.

You will explore social-emotional learning and wellness practices that build community and foster agency.

You will consider ways to strengthen the individual and collective well-being of the students you work alongside.
How are you showing up today?

Poll Everywhere
someone's day  what we see  what we assume
Helpful Discussion Tips

✖ Use academic vocabulary and professional discourse
✖ Be cautious and aware that we all process info differently
✖ Share kinds words and acknowledgements
✖ Ask questions if you need clarification
✖ Consider others’ viewpoints as a way to broaden your own understanding
✖ Turn on your camera, if you are able to do so
Helpful Discussion Tips

✘ Use academic vocabulary and professional discourse
✘ Be cautious and aware that we all process info differently
✘ Share kinds words and acknowledgements
✘ Consider what kind of day your colleagues might be having
✘ Ask questions if you need clarification
✘ Consider others’ viewpoints as a way to broaden your own understanding
✘ Turn on your camera, if you are able to do so
3 Collective Breaths
“Take a deep breath, maybe the deepest one you’ve taken all day,” and I do it, and it really is the deepest breath I’ve probably taken all week if I’m being honest. Those breaths keep me sane!
What are some of the challenges that your students face that could disrupt their well-being?

Poll Everywhere
2021-22 Healthy Minds Survey Statistics

- 44% reported symptoms of depression
- 37% experienced anxiety
- 15% seriously considered suicide
Trauma-informed lens

- Create a safe and predictable learning environment
- Establish strong relationships built on trust and mutual respect
- Provide choice
- Teach self-regulation strategies
- Avoid punitive practices
- Provide access to resources
What is SEL?
Social and Emotional Learning Competencies

**SELF-AWARENESS**
Understand one’s own emotions, thoughts, and values and how they influence behavior across contexts.

**SELF-MANAGEMENT**
Manage one’s emotions, thoughts, and behaviors in different situations and to achieve goals and aspirations.

**SOCIAL AWARENESS**
Understand the perspectives of and empathize with others, including those from diverse backgrounds.

**RELATIONSHIP SKILLS**
Establish and maintain healthy, supportive relationships and effectively navigate settings with diverse individuals/groups.

**RESPONSIBLE DECISION-MAKING**
Make caring and constructive choices about personal behavior and social interactions across diverse situations.
Social and emotional learning supports academic achievement

Students participating in SEL at school had:
● Decreased emotional distress
● Fewer externalizing behaviors
● Improved prosocial behaviors

Cipriano et al, 2023

Academic instruction that makes social and emotional connections results in deeper, longer-term learning.

Farrington et al, 2012

Students participating in SEL report:
● Stronger feelings of inclusion, belonging and connection to school
● Greater classroom support
● Better relationships with teachers

Cipriano et al, 2023

Adapted from CASEL.org
Asynchronous Class

- Weekly instructor videos with speaker view
- Announcements in video form
- Provide Choice
- Well-Being Accountability
- Incorporate mindfulness, brain breaks, and/or breathing practices
Check-Ins

- Zoom one-on-one, small group meetings at the beginning of the semester
- Require 2 emails in online class
- Intentionally reach-out to folks who are MIA
Mindful Movement

Power Pose

CASEL competencies: self-awareness, self-management

Purpose: boost self-confidence, strengthens focus, increases energy

When to use: during a transition, before an exam, before an important conversation

Reflection: drop in the chat a two word check-in
What is a strategy you’ve used to support student well-being?

1, 2, 3...
Leveraging Social-Emotional Learning to Foster Student Agency

Table 1. *SEL Interventions Across One Semester*

<table>
<thead>
<tr>
<th>Intervention</th>
<th>Number of Interventions</th>
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<tbody>
<tr>
<td>Thought/s for the day</td>
<td>9</td>
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<tr>
<td>Mindfulness/Breathing Exercises</td>
<td>9</td>
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<tr>
<td>Mindful Movement</td>
<td>9</td>
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<tr>
<td>Journaling/Self-Reflection</td>
<td>9</td>
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</tbody>
</table>
Timeline

1. Recruitment
2. Pre-survey
3. Self-Awareness
4. Relationship Skills
5. Social Awareness
6. Self-Management
7. Responsible Decision-Making
8. Emotion Regulation
9. Belonging
10. Learning Strategies
11. Classroom Effort and Motivation
12. Post-survey
Week 4 Intro CASEL 3- Relationship Skills (Teacher-Student and Student-Student Relationships)

How well do you feel supported/encouraged by your teachers/peers?

**Mindfulness and Breathing Exercises** - Breathing Exercise - Breathe it Out (stand, reach high deep inhale, fold over and let out audible exhale - do three times)

**Movement Exercises** - Stabi-li-tree (stand tall on one leg, gently lift other leg to ankle or calf, balance and move hands to heart center, next reach hands to neighbor, find stability and balance as a community, take a deep inhale, exhale returning both feet to ground and arms by side - repeat side two)

**Journaling and Self-Reflection Exercises** - Quick Write: Write about a time when you misjudged someone who was different than you. What did you learn from the experience?
What motivates you to show up prepared and ready to engage in class discussions?
Quick Write

What are some things you can do to be an active listener?
Themes

Safety

Connection

Empowerment
How does leveraging social-emotional learning impact student agency in the college classroom?

“I think it facilitates a mindset that is better suited for learning. It helped me regulate my emotions so I could be present in class. It also helped me take charge of my learning and how I could be my best self in class.”

“...more comfortable and eager to be engaged.”
What social-emotional learning interventions impact collaboration, motivation and/or engagement?

“I enjoyed some of the movement activities because I think it helped open up people to engage with the lesson more even though it was over zoom.”

“These (breathing) exercises were so helpful to help me slow down and refocus. I always felt calmer after taking the time to intentionally breathe-something I have started doing on my own too.”
What learning conditions foster student agency?

“...more **connection with my peers** ...”

“Having a **connection with other students and the teacher** helps me to feel more **belonging**, which leads to more output and engagement. In a space where I feel like my **voice and thoughts are valued**, I am more **likely to share and contribute**.”

“**warm interactions**” “**peaceful learning environment**”
Evidence of Effectiveness

ELED 3100 -
Classroom Reading Instruction
Student Feedback
Addressing Misconceptions

Misconception: SEL is a standalone

Misconception: SEL takes too much time

Misconception: SEL is only about behavior and emotions
Quick Write

What is one change you’d like to make in your course/s to better support the well-being of your students?

What actionable steps will you take to implement this change?
The Benefits of Gratitude

Psychological Benefits - "A HAPPIER YOU"
- Positive emotions and thoughts
- More aware and awake
- Increased self-satisfaction
- Enhanced mood

Physical Benefits - "A FITTER YOU"
- Stronger immune system
- Less body pains and aches
- Optimum blood pressure and cardiac functioning
- Better sleep-wake cycles

Social Benefits - "A BETTER YOU"
- Better communication
- More empathy
- Stronger interpersonal relationships
- More likeability among group members
- More involvement as a team member
Mindfulness on Gratitude

1 thing you are grateful for at work

1 thing you are grateful for at home

1 thing you are grateful for in your community
What is one strategy you learned from the session you’d like to try?
Questions?
Comments.
Discussion!
Thank you!
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SEL Interventions Handout