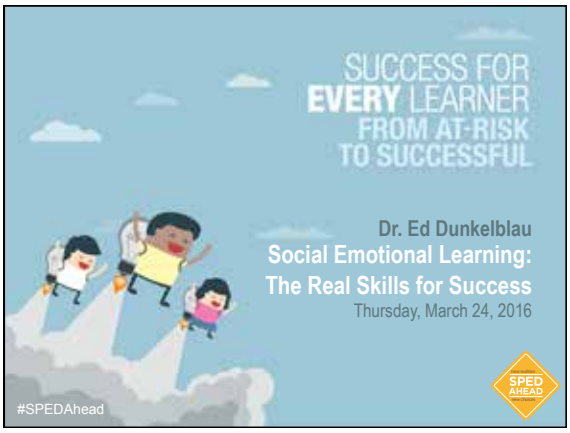
SUCCESS FOR
EVERY LEARNER
FROM AT-RISK
TO SUCCESSFUL
Dr. Ed Dunkelblau
Social Emotional Learning:
The Real Skills for Success
Thursday, March 24, 2016
#SPEDAhead
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Winter/Spring 2016 3-Part Free Webinar Series
PresenceLearning
SUCCESS FOR
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Feb 11 2016
Dr. Frances Stetson
Inclusion Is for Every Learner — Or is It?
Available on demand
Mar 24 2016
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SEL: The Real Skills for Success!
10 AM Pacific/1PM Eastern
May 5 2016
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Lost and Found: What Works
(and What Doesn't) for Behaviorally
Challenged Students
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Inclusion
is for Every Learner — Or is It?
Resource Handout Packet
PresenceLearning
Download at plearn.co/inclusion-resource-kit

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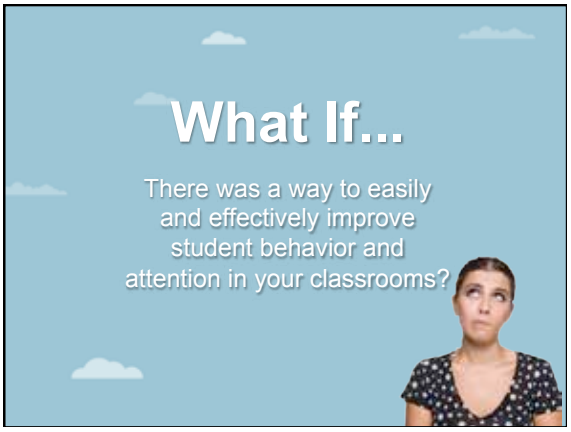
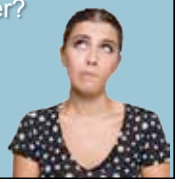

What If...
There was a way to easily
and effectively improve
student behavior and
attention in your classrooms?

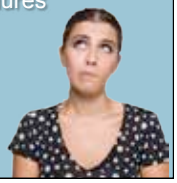
What If...

There was a way to improve students' self esteem while making your job easier?



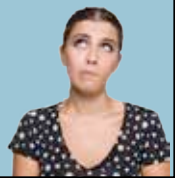
What If...

We could improve GPA and test scores significantly without major changes to procedures or the curriculum?

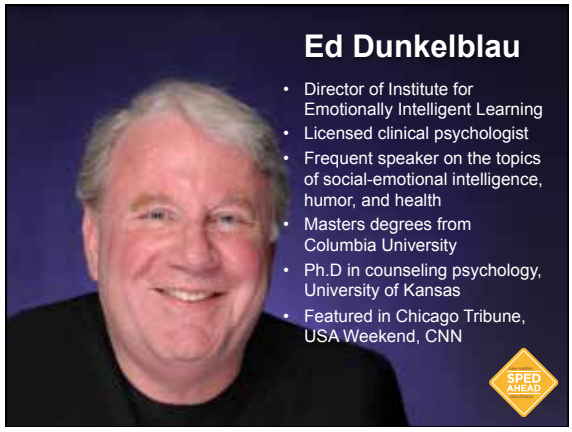


What If...

There was a simple way to reduce student anxiety while increasing engagement?



Would You Do It?

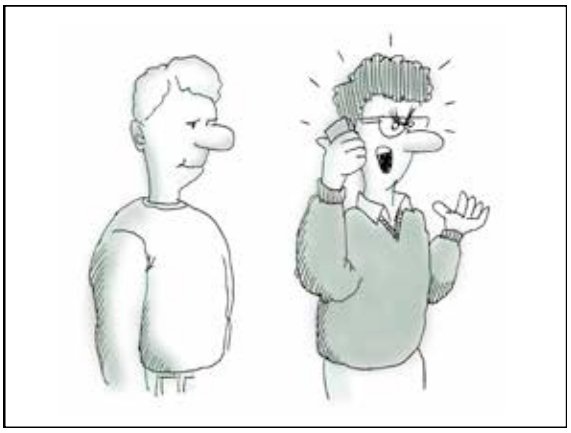


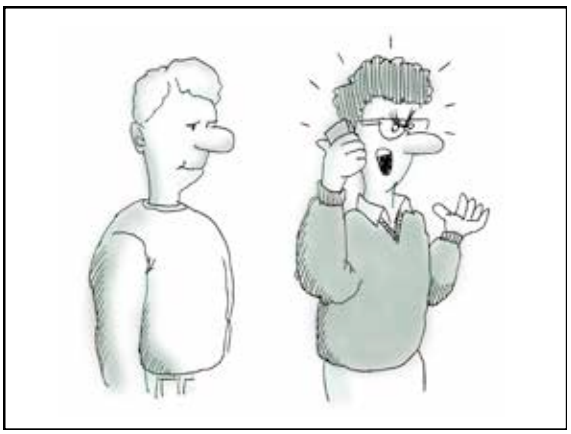
Ed Dunkelblau

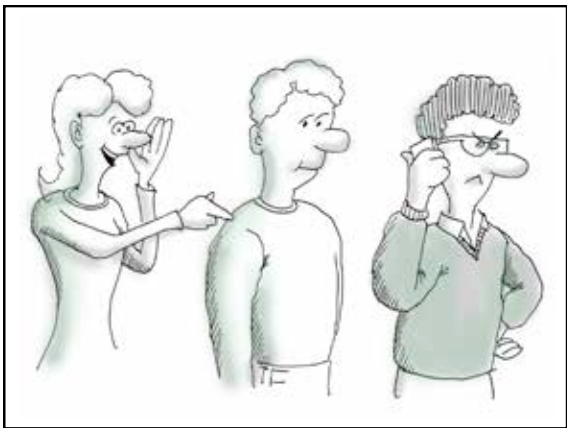
- Director of Institute for Emotionally Intelligent Learning
- Licensed clinical psychologist
- Frequent speaker on the topics of social-emotional intelligence, humor, and health
- Masters degrees from Columbia University
- Ph.D in counseling psychology, University of Kansas
- Featured in Chicago Tribune, USA Weekend, CNN

Hello, everyone!

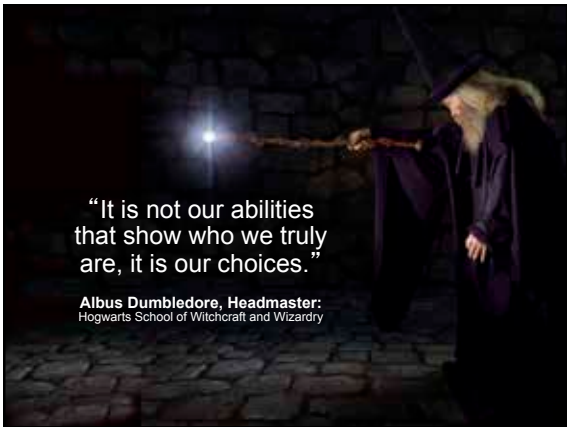
AIRPORT

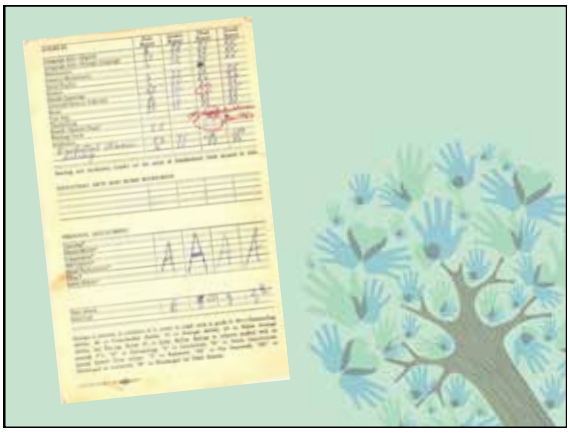






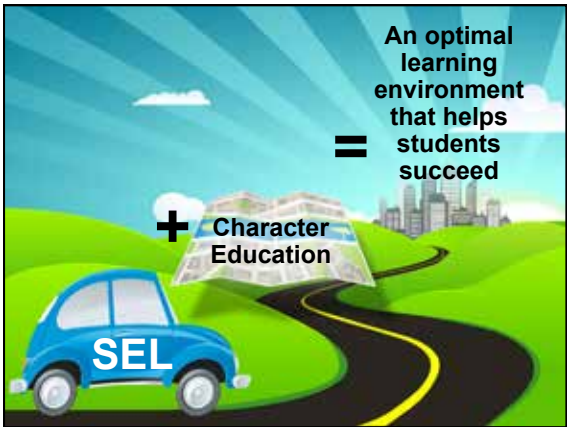
SUCCESS!
AISLE


"It is not our abilities that show who we truly are, it is our choices."
Albus Dumbledore, Headmaster:
Hogwarts School of Witchcraft and Wizardry



SEL and Character Development

An Important Pairing

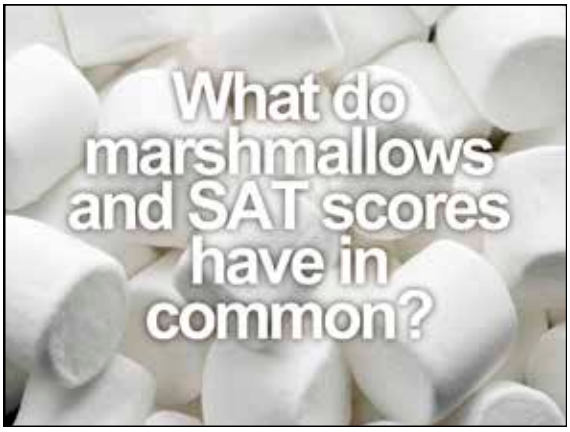


Stress Response

- The amygdala
- Fight or flight

Retraining Your Students' Brains

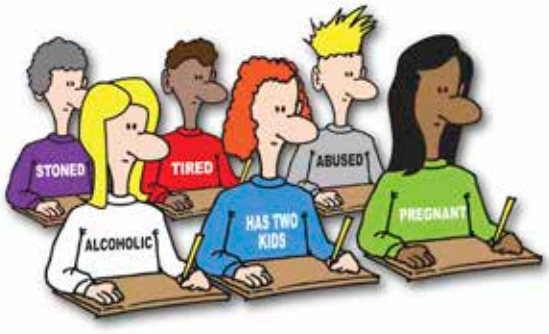
Classroom situations are rarely life-threatening, but our students' brains don't know that. Training them the best ways to respond to difficult situations is what building social and emotional competence is all about.



The Marshmallow Test

- Learning to postpone gratification helps kids academically
- SAT scores are as much as 110 points higher
- They follow directions better
- This skill follows them through college

Good Morning, Teacher



Help Students Overcome Roadblocks

Especially for students with special needs, we need to help every child leave bad baggage behind, overcome roadblocks, and quiet their concerns so they stay focused on learning.

Social Emotional Learning Allows People to Be Successful

- It can be taught
- The learning process is lifelong
- We can model it for our children
- It is beneficial in school, at work, and at home

Key Skills in Emotional Intelligence

(Social Emotional Learning)

Self-Awareness

- Recognizing and naming our emotions
- Understanding the reasons and circumstances for feeling as we do

Self-Regulation

- Verbalization and coping with anxiety, anger, and depression
- Controlling impulses, aggression, and self-destructive, anti-social behavior
- Recognizing strengths in and mobilizing positive feelings about self, work, and supportive networks

Self-Monitoring & Performance

- Focusing on tasks at hand
- Setting short and long term goals
- Modifying performance in light of feedback
- Mobilizing positive motivation
- Activating hope and optimism

Empathy and Perspective

- Becoming a good listener
- Increasing empathy and sensitivity to others

Social Skills in Handling Relationships

- Managing relationships
- Harmonizing diverse feelings and points of view
- Dealing with emotions effectively
- Exercising leadership, assertiveness
- Being persuasive
- Working as part of a team

Social Skills in Handling Relationships

- Showing sensitivity to social cues
- Exercising problem-solving skills, even under stress
- Responding constructively to interpersonal problems and obstacles

As **Dr. Frances Stetson** stated, SEL presumes that a major part of success rests in the **relationships between all the stakeholders**.

The Importance of SEL

Source:
Joseph E. Zins

The Importance of SEL

Source:
Joseph E. Zins

The Importance of SEL

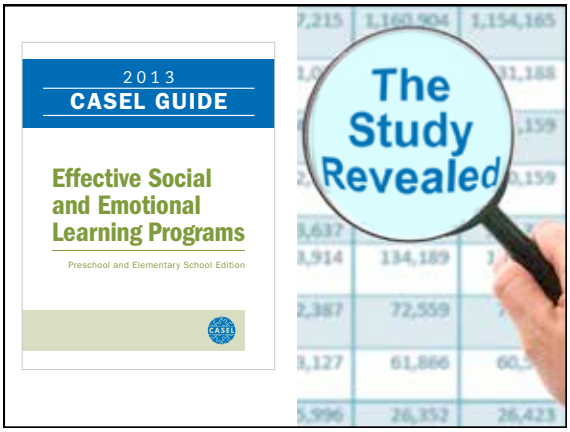
Source:
Joseph E. Zins

The Importance of SEL

CASEL

SEL
Meta-analysis

- Reviewed 213 SEL programs K-12
- Examined impact of these programs
- Studied long-term effects



Increased:

- *Positive self perceptions*
- *School bonding*
- *Prosocial attitudes*

Decreased:

- *Aggressive behavior*
- *Disruptive classroom behavior*
- *Substance abuse*
- *Depression and anxiety*

More Improvements:

- *More likely to attend school*
- *Less likely to be disciplined*
- *More likely to get better grades*

"No significant learning occurs without a significant relationship."

James P. Comer, MD
Professor of Child Psychiatry
Yale School of Medicine

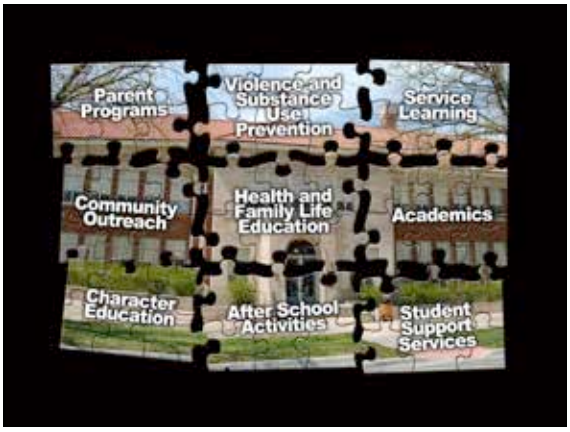
Why SEL?

- Emotions affect learning
- Relationships
- Physical health

Why SEL?

- Get along with others
- Stable employment
- Be successful & effective

Overcoming Fragmentation



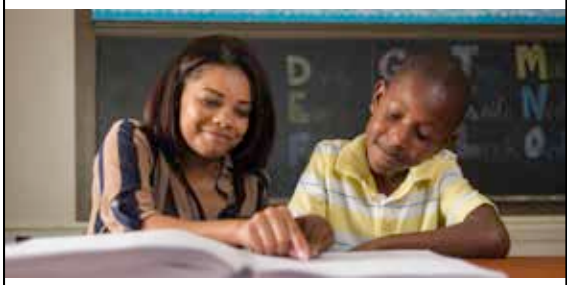
Effective SEL programs are an essential component for academic success.

Reinforce SEL learning in all aspects of the school day and throughout the school-community.

Establish a Supportive School Climate

Build caring and challenging classrooms that enhance teaching and learning, especially for students with special needs.

Just Teaching SEL is Not Enough



Social emotional competence has to be infused throughout the general and special education curriculum.

Infusing Social Emotional Skills

Maximize opportunities to help students with:

- SEL
- Character education
- Life skills

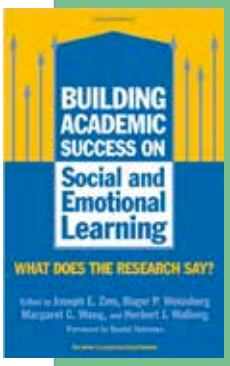
Solve Problems. Resolve Conflicts. Reduce Crises.

Building social emotional competence and problem solving protocols is a great way to reduce crises, resolve conflicts and help with transitions.

Ongoing Support

- Keep the focus on social emotional competence
- Reduce distractions
- Keep SEL in the spotlight

"If schools only focus on academic instruction and school management in their efforts to help students attain academic success, they will fall short of their goals."



Identify Core Values
Describe Core Values
Assess Where We Are
Action Plan: What to Do and When
Evaluate Outcomes

Identify Means and Timeline
Accountability Process
Identify Moral & Ethical Content to be Taught
Support for Staff and Students
Implement Teaching Strategies
Train Staff
Identify SEL Skills to be Taught

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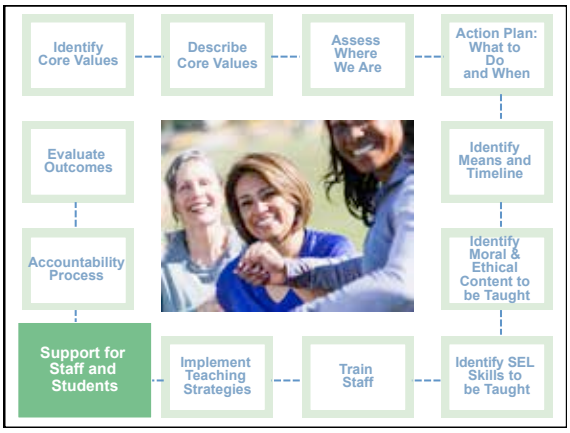
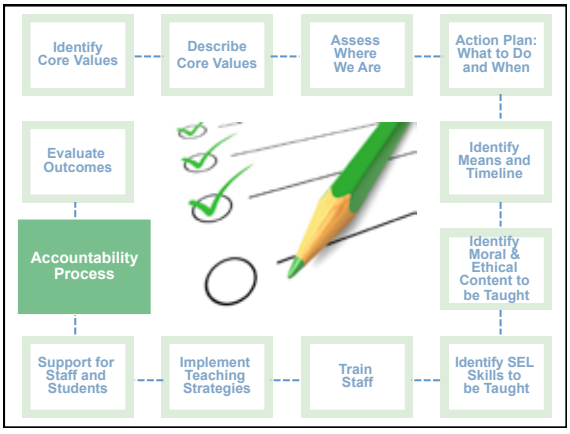
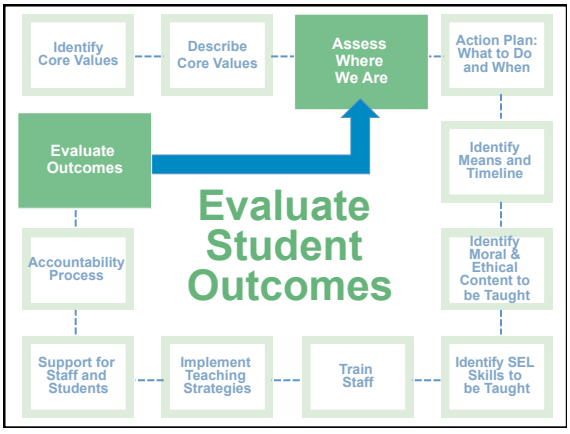






SEL Sustainability

Developmentally Appropriate

What you do in elementary school differs from middle school. High school differs from earlier grade levels.

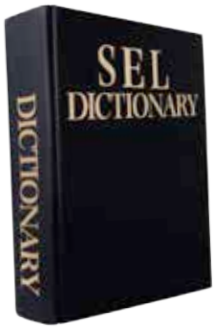
Organized Lessons

Teachable moments are not enough. We need to be organized so we build upon what's already been taught.

Form Fit

Each school, grade level, and classroom has its own challenges and its own personality. Do what fits for you!

The SEL Process



Common Language

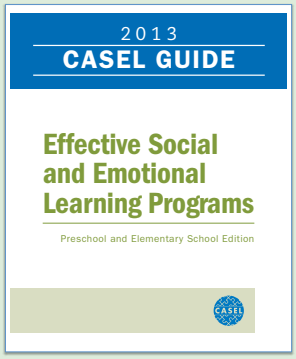
Flexible & Consistent

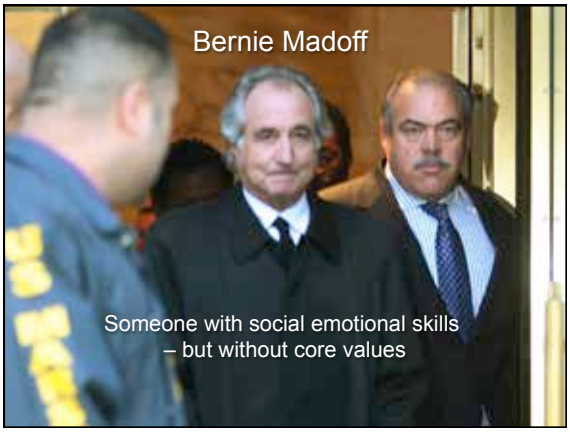
Specific SEL Lessons

Integrated Across All Subjects

Prioritized in the Curriculum

- Build specific micro skills (listening, empathy, relationship building)
- Teach generalized problem-solving methods
- Build character and core values

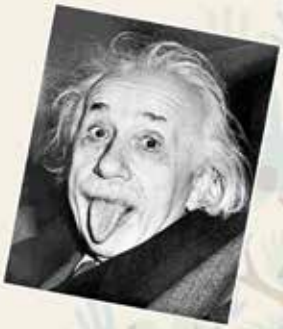




Schoolwide Involvement
(OK to Start With SPED)

Empowerment

Make It Fun!



Educators' Concern About Teaching Social Emotional Literacy

Too Busy!

SEL Saves Time!

SEL Saves Time!

It takes less time:

- *To redirect*
- *For repetition*
- *To deal with behavior issues*
- *For reporting*

Making It a Priority

Outcomes

- *Better attention*
- *Improved academic performance*
- *Reduced need for redirection*
- *Increased sense of competence*
- *Higher likelihood of success*

Who do you want your students to be in 20 years?

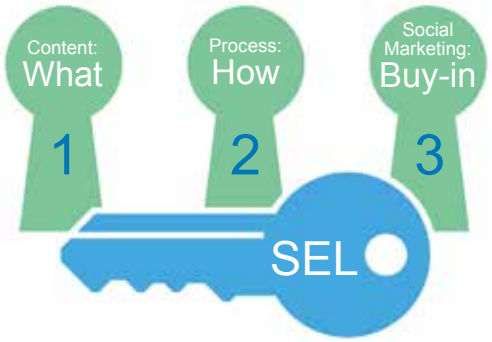
What kind of skills will they have?

How will they interact with others?

"The philosophy of the school room in one generation will be the philosophy of the government in the next."

Abraham Lincoln

Key Elements of SEL



The What (Content)

- Life skills and social emotional competencies
- Building positive peer relationships
- Problem-solving and coping skills
- Involvement in school and community

The How (Process)

Staff Development

The How (Process)

Timing

The How (Process)

Scope

The How (Process)

Resource Allocation

The How (Process)

Implementation & Outcome Criteria

The How (Process)

Regular Monitoring

The How (Process)

Part of School's Mission & Vision

Support of the Administration

Active involvement of the school principal in SEL programing

Resources

Staffing | Time | Funding

Professional Development

Provide well-planned, high-quality professional learning opportunities with ongoing supervision and consultation.

Classroom Instruction

Fosters skills, opportunities, and recognition in the classroom and provides a foundation for social-emotional competence.

Social Marketing

SEL

Getting the word out to gain buy-in

Social Marketing 101

Stimulating | Relevant | Engaging

Who Benefits?

Administrators

Board Members

Teachers

Students

Parents

Get the Word Out

Use every method you can think of, as often as you can, to get everyone's buy-in.

Example: A Lesson About Feelings

By Lynn Moore
Social, Emotional, & Character Development (SECD) Laminated Guide
National Professional Resources (NPR, Inc)

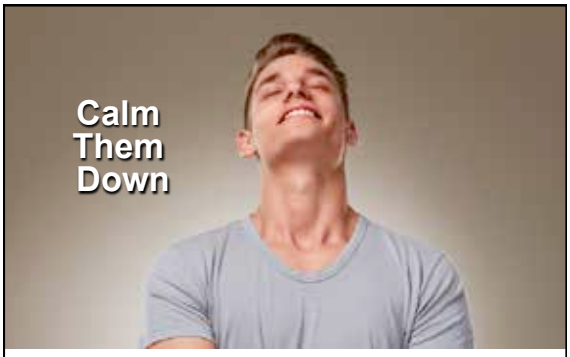
BEST Behavior

Body posture
Eye contact
Say the right words
Tone of voice

Social Decision Making/Social Problem Solving: A Curriculum For Academic, Social And Emotional Learning. Maurice Elias, Ph.D., 2005

Steps to Solving Problems

Until we help students to identify and deal with their feelings it's hard for them to deal with their problems.



Especially for students with special needs, calming them down helps them follow through.

Identify the problem. Set your goals. Think of possible solutions.

Pick the solution you like best, plan it out, do it, and then see if it works!

Make this method a series of lessons that teach students how to do each step.

Many Faces and Places for Problem-Solving Method

There are many ways and places to solve problems: 1:1, in a timeout, or with a small group.

SEL in the Classroom

Integrate SEL to enhance traditional instruction.

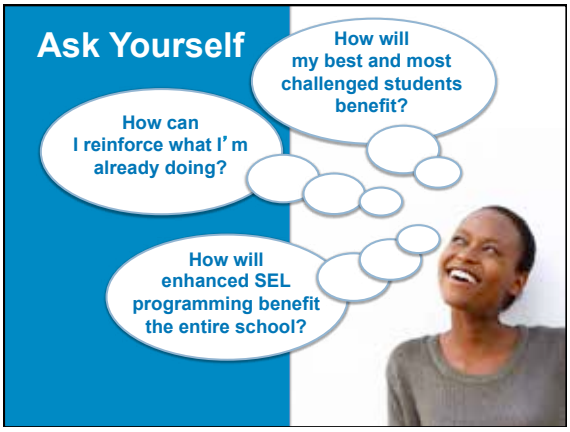
SEL in the Classroom

Build the SEL curriculum around special needs.

Ensure comprehensive SEL support: training, modeling, coaching, planning.

Ask Yourself

- How will my best and most challenged students benefit?
- How can I reinforce what I'm already doing?
- How will enhanced SEL programming benefit the entire school?

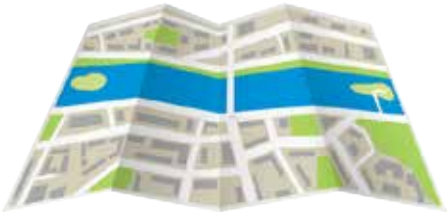


Prepare for Resistance

Anticipate opposition and questions about SEL programming, be ready to make your case, and provide solid answers.

It Worked In Kansas

Create Your SEL Action Plan



Map out how and when you might implement SEL and identify who needs to be involved.

Q & A

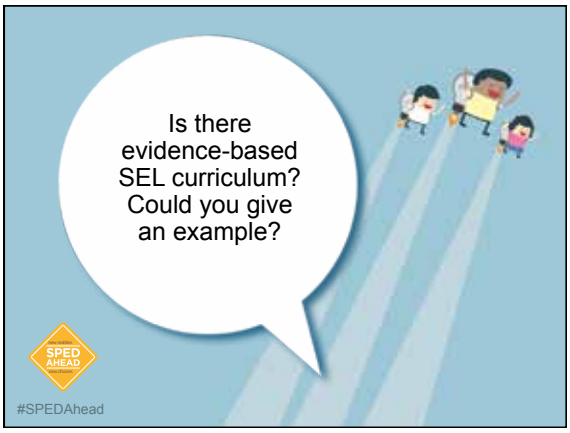
#SPEDAhead

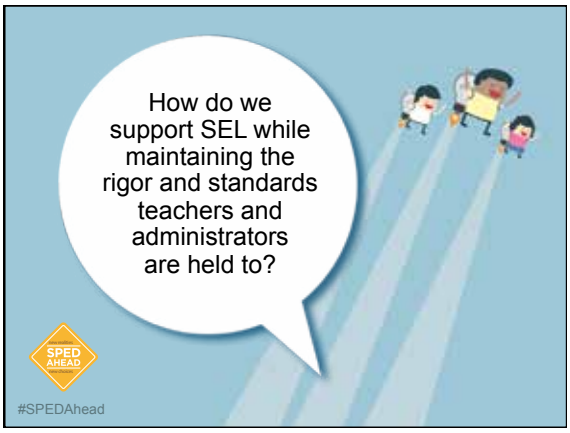
What's the best way to get started with SEL?

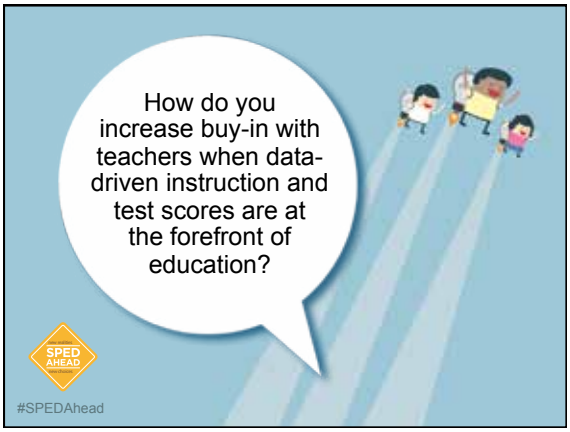
#SPEDAhead

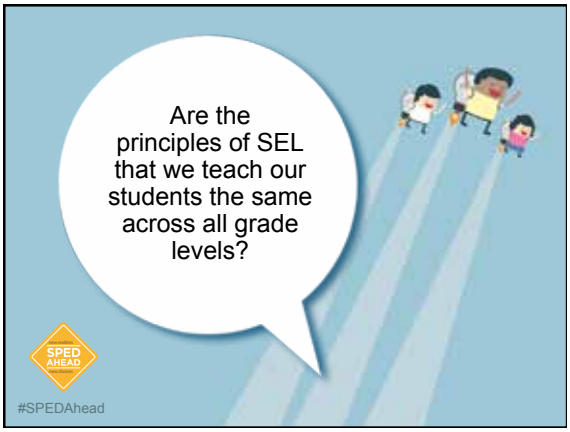
How can I help a school change the climate to make SEL an important part of the entire school day?

#SPEDAhead


Is there evidence-based SEL curriculum? Could you give an example?
#SPEDAhead


How do we support SEL while maintaining the rigor and standards teachers and administrators are held to?
#SPEDAhead


How do you increase buy-in with teachers when data-driven instruction and test scores are at the forefront of education?
#SPEDAhead


Are the principles of SEL that we teach our students the same across all grade levels?
#SPEDAhead

How do we blend teaching SEL with our current PBIS initiatives?
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How can we get parents engaged in doing their part at home to help build social emotional skills?
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What's the best way to help principals and staff understand the connection between teaching SEL and creating a warm and welcoming school environment?
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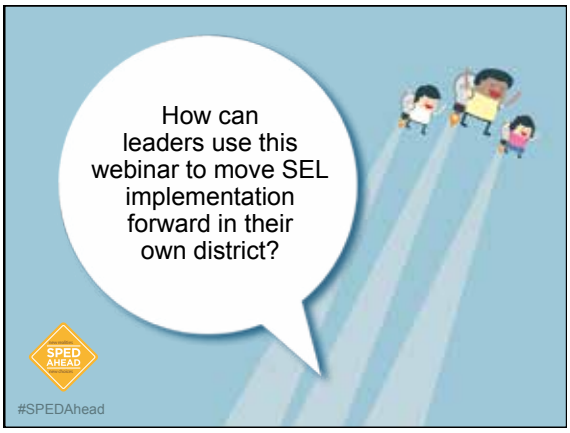
How can leaders use this webinar to move SEL implementation forward in their own district?
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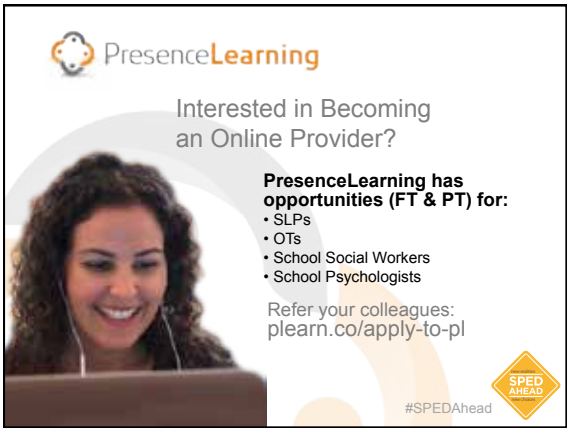
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Dr. Ed Dunkelblau
SEL: The Real Skills for Success!
Available on demand
May 5 2016
Dr. Ross Greene
Lost and Found: What Works (and What Doesn't) for Behaviorally Challenged Students
10 AM Pacific/1PM Eastern
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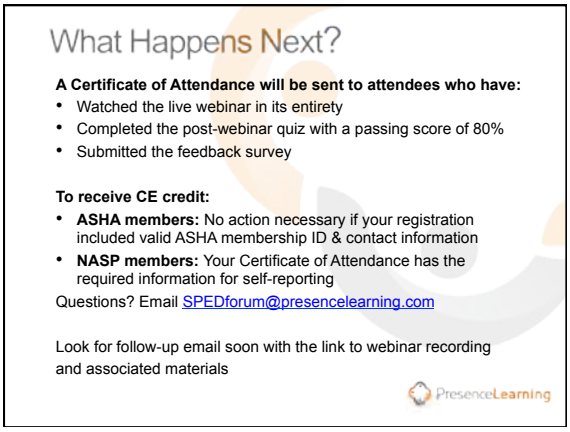
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A Certificate of Attendance will be sent to attendees who have:
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