Today's Team

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Social Emotional Learning In WJCC

Social emotional learning is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.
SEL = Life skills that help individuals establish and maintain supportive relationships and make responsible and caring decisions.
Virginia SEL Standards

- Released in July 2021 for K-12 with developmentally appropriate grade bands
- Align with Virginia’s Profile of a Virginia Graduate
- Identify skills under each competency
Exploring the 5 Competencies

Self-Awareness
*Understanding our own emotions, thoughts, and values.*

Self-management
*Managing one's emotions, thoughts, and behaviors effectively.*

Social Awareness
*Understanding the perspectives of and empathizing with others.*

Relationship Skills
*Establishing and maintaining healthy and supportive relationships.*

Decision-Making
*Making caring and constructive choices about personal behaviors and social interactions.*
Virginia’s SEL Standards K-12
“Overarching Concepts”

**Self-Management**
- Develop and demonstrate strategies for managing and expressing one's own emotions to persevere in challenging situations. *(Communication)*
- Demonstrate the skills related to achieving personal and academic goals. *(Creative Thinking)*

**Self-Awareness**
- Recognize and understand the interaction between one’s own thoughts and emotions. *(Critical Thinking)*
- Develop a positive identity and recognize personal strengths, interests, values, and challenges. *(Creative Thinking)*

**Social Awareness**
- Demonstrate the ability to empathize with and show gratitude for others, including those with different and diverse perspectives, backgrounds and cultures. *(Collaboration)*
- Demonstrate the ability to understand broader historical and social contexts’ impact on humanity. *(Citizenship)*

**Relationship Skills**
- Apply positive verbal and non-verbal communication and listening skills to interact with others, form and maintain positive relationships, and resolve conflict constructively. *(Communication)*
- Demonstrate the ability to effectively collaborate and navigate relationships while valuing different and diverse perspectives, backgrounds and cultures. *(Collaboration)*

**Decision-Making**
- Demonstrate the ability to evaluate, through reflection, the benefits and consequences of various actions within the decision-making process. *(Critical Thinking)*
- Demonstrate the ability to make ethical decisions as a global citizen and evaluate outcomes based on one's own identity and the impact on humanity. *(Citizenship)*
### Benefits of SEL: Research Based Student Outcomes

<table>
<thead>
<tr>
<th><strong>Short-Term</strong></th>
<th><strong>Intermediate</strong></th>
<th><strong>Long-Term</strong></th>
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| • Improved attitudes about self, others, and tasks  
• Perceived classroom and school climate | • Positive Social Behaviors and Relationships  
• Academic Success  
• Fewer Conduct Problems  
• Less Emotional Distress  
• Less Drug Use | • High School Graduation  
• College & Career Readiness  
• Healthy Relationships  
• Mental Health  
• Reduced Criminal Behavior  
• Civic Engagement |
# SEL Student Impact

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Attitudes</th>
<th>Academics</th>
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<tbody>
<tr>
<td>Better sense of community</td>
<td>More class participation</td>
<td>Improved math, literacy and social study skills</td>
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<tr>
<td>Higher academic motivation</td>
<td>Stronger pro-social skills</td>
<td>Higher achievement test scores (+14%) and higher grades (+11%)</td>
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<tr>
<td>Better understanding of consequences</td>
<td>Improved attendance</td>
<td>Improved metacognition skills</td>
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<tr>
<td>Better coping skills</td>
<td>Reduction in discipline referrals</td>
<td>Improved problem-solving, planning skills, and reasoning skills</td>
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<tr>
<td>Increased attitude toward school and learning</td>
<td>On track to graduate</td>
<td>Improvements in reading comprehension</td>
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WJCC's SEL Framework
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▪ SEL competencies will be aligned with the 5C’s and teaching will be prioritized across the year
  ▪ **Relationship Skills/Collaboration**: August 30-October 15
  ▪ **Social Awareness/Citizenship**: October 18-December 10
  ▪ **Self-Awareness/Creative Thinking**: December 13- February 11
  ▪ **Self-Management/Communication**: February 14- April 11
  ▪ **Decision Making/Critical Thinking**: April 11- May 22
## SEL in Action

<table>
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<tr>
<th>In Schools:</th>
<th>In Classrooms:</th>
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<tbody>
<tr>
<td>Schools are welcoming</td>
<td>Building positive relationships</td>
</tr>
<tr>
<td>Social emotional skills practiced and reinforced throughout the school</td>
<td>Students feel safe and supported</td>
</tr>
<tr>
<td>community</td>
<td></td>
</tr>
<tr>
<td>Policies and practices promote SEL</td>
<td>Social emotional skills being taught and modeled</td>
</tr>
<tr>
<td>Educators feel supported</td>
<td>Collaboration between peers</td>
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Instructional Examples
Relationship Skills & Collaboration

Collaborative expectation and goal setting for teachers and students
Social Awareness & Citizenship

Sentence starters for productive disagreement during partner or group activities
Self-Awareness & Creative Thinking

Skill and interest inventories
Self-Management & Communication

Practice giving and receiving productive feedback
Decision-Making & Critical Thinking

Evaluating future options and solutions to community concerns
Home – School Connections

• School Communication
• Family Academy
• Family Newsletters
Additional Resources

• Virginia Department of Education
• CASEL
• School Counselor
Questions?

SEL = Life skills that help individuals establish and maintain supportive relationships and make responsible and caring decisions.