

Course Title: An Introduction to Social-Emotional Learning	
Number of Content Modules: 6	Grade Levels: K-12
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Course Description

This course on social-emotional learning (SEL) will provide educators with the knowledge and skills necessary to support the social-emotional development of their students effectively.

The course will cover the critical components of SEL, including self-awareness, self-management, social awareness, relationship management, and responsible decision-making.

Educators will learn about the importance of SEL in promoting positive academic and social outcomes for students. They will also explore strategies and activities to support SEL in the classroom.

In addition, the course will examine the role of the teacher in promoting SEL, including the importance of modeling positive social-emotional behaviors and creating a supportive and inclusive learning environment.

Throughout the course, educators will have the opportunity to reflect on their teaching practices and develop a plan for incorporating SEL into their classrooms. The goal of the course is to empower educators to become confident and competent educators who can support the social-emotional development of all students.

Course Objectives

- CO.1** Explain the characteristics of social-emotional learning (SEL) and the research base supporting its implementation in the classroom. [Danielson 1a, 1d]
- CO.2** Apply the teaching of social-emotional learning within evaluation frameworks and today's rigorous content standards. [Danielson 1a, 1d]
- CO.3** Analyze how our identities and the identities of our students impact social-emotional learning and the classroom and learning process. [Danielson 1b, 2a, 2b, 3a, 3b, 3c, 3e]
- CO.4** Implement specific strategies to teach the five core competencies of social-emotional learning to augment student well-being and academic performance. [Danielson 1a, 1d, 1e, 1f, 2a, 2b, 2c, 2d, 2e, 3a, 3b, 3c, 3d, 3e]
- CO.5** Reflect in brave learning spaces to a) examine perspectives and experiences of marginalized groups, b) surface and interrogate personal and institutional assumptions, beliefs, and practices that contribute to inequity, and c) reflect on the complex ways identity and culture shape teaching and learning. [Danielson 4a, 4d, 4e, 4f]

Course Outline

Course Introduction Module	
Course available completely online (24/7 and Self-Paced)	Assignments due by the end of the term.
Module Topics	
In this module, you will learn about the course set-up, expectations for learning and collaborating, meet your colleagues, and reflect on your prior knowledge about teaching with artificial intelligence. • Course Methodology & Navigation • Course Description • A Transformative Approach to Education • Expectations and Community Agreements for Engaging in Brave Dialogue • Community Building Circle: Course Story • Course Objectives	

Module 1: Defining Social-Emotional Learning

Module Topics

In this module, educators will consider the role of social-emotional learning in their instruction and classroom, including the assets students and their families bring to the classroom community and areas of need already present. Educators will learn the foundational research for integrating SEL into classroom practice, including how SEL can be a powerful force to build inclusion and address injustice. They will also learn ways to assess areas of strength among their students. Finally, teachers will create a plan to introduce SEL to their students.

Section 1: Defining Social-Emotional Learning

- Learn about It! Defining Social-Emotional Learning
- Learn about It! Five Keys of Social-Emotional Learning
- Reflect on It! Consider Your Students
- Learn about It! SEL, Inclusion and Social Justice
- Learn about It! Social-Emotional Learning and the Danielson Framework
- Practice It! Measuring Self-Efficacy
- Learn about It! Social-Emotional Learning and Content Standards
- Practice It! Teaching SEL Through the Standards

Section 2: The SEL Research Base

- Learn about It! The Evidence Base for Social-Emotional Learning
- Learn about It! What Students Need to Know About SEL
- Learn about It! Building a Positive Relationship through SEL
- Learn about It! Creating a Positive Learning Environment
- Learn about It! Sketchnote Creating an Anti-Bias Classroom Culture
- Reflect On It! Classroom Culture
- Reflect On It! Share Your Goals for Developing an Anti-Bias Classroom Culture
- Learn about It! Identifying Character Strengths
- Reflect On It! Character Strengths
- Practice It! Introducing SEL to Students

Module 2: Self Awareness

Module Topics

In this module, educators will consider teaching students to identify the variety of emotions they experience by teaching vocabulary related to emotions and feelings. Additionally, educators will learn the benefits of practicing mindfulness, both for themselves as well as for students, as a way to develop Self-awareness. Practical strategies will be shared, and educators will plan to incorporate mindfulness into their instruction in a developmentally appropriate way. Lastly, educators will learn about the importance of metacognition in building self-awareness skills. Instructional techniques for emphasizing metacognition will be presented.

Section 1: Identity - A Critical Aspect of Self-Awareness

- Learn about It! Identity: A Key Aspect of Self-Awareness
- Learn about It! Categories of Identities
- Reflect on It! Racial Identity
- Reflect on It! How Systems Construct Identities of Disability
- Reflect on It! Personal Identities
- Learn about It! Awareness of Our Values and Beliefs
- Reflect on It! Impact of Teacher Feelings and Emotions on Classroom Actions

Section 2: Recognizing Emotions

- Learn about It! Starting with Feelings – Tools for Naming Emotions
- Practice It! Teach Students to Identify Their Emotions
- Learn about It! Naming A Child's Emotions
- Learn about It! Naming Triggers

Section 3: Mindfulness

- Learn about It! What is Mindfulness?
- Learn about It! Why Teach Mindfulness
- Learn about It! Benefits of Practicing Mindfulness for Teachers
- Reflect On It! Mindfulness in Our Daily Lives
- Practice It! Strategies for Cultivating Mindfulness
- Practice It! Mindful Student Questionnaire

Section 4: Metacognition

- Learn about It! Defining Metacognition
- Reflect On It! Incorporation of metacognition into your instruction
- Learn about It! Teaching Metacognition
- Learn about It! The Metacognitive Process
- Learn about It! Metacognitive Strategies
- Learn about It! Strategies to Link to Prior Knowledge and Background Experiences
- Practice It! Linking to Background Experiences
- Learn about It! Demonstrating Metacognition Through Thinking Aloud

- Developing a Think Aloud Lesson
- Learn about It! Articulate What You Have Learned
- Practice It! Metacognitive Skills
- Practice It! Teach Your Lesson

Module 3: Self-Management

Module Topics

Educators will learn how self-management skills benefit students' learning by helping them develop the skills they need to manage their emotions and minimize disruptions to the learning process. Educators will explore specific strategies for developing students' self-management and build a lesson plan that includes behavioral objectives linked to self-management and other social emotional competencies, as well as specific self-management strategies that students will practice and implement in the classroom. The final assignment for this module is to teach the lesson that they designed and reflect on the effectiveness of building students' self-management skills.

Section 1: Teaching Self-Management

- Learn about It! Benefits of Self-Management
- Learn about It! How Identity Impacts Self-Management
- Practice It! Identity and Self-Management
- Learn about It! Teaching Self-Management Skills
- Teach About It! Self-Management and Marshmallows
- Reflect On It! Redirecting Students
- Learn about It! Proactive Strategies
- Learn about It! Cognitive Strategies
- Reflect On It! Teaching Strategies
- Learn About It! Games and Role Play
- Practice It! Additional Tools

Section 2: Creating and Communicating Behavioral Objectives

- Learn about It! Setting and Working Towards Goals and Objectives
- Learn about It! Sample Objectives
- Practice It! Designing Classroom Objectives
- Learn about It! Goal Attainment Analysis
- Learn about It! Dealing with Uncomfortable Feelings
- Learn about It! Developing Self-Management Skills
- Learn about It! The WOOP Strategy
- Master It! Creating and Teaching a Lesson

Module 4: Social Awareness

Module Topics

In this module, educators will learn ways to build social awareness in the classroom. Through teaching active listening skills as well as a reflective cycle and linking back to self-awareness in module 2 and the vocabulary exercises in that module, educators will help students build social awareness skills. Educators will build two lesson activities, one in which they explicitly teach active listening skills and the second in which they add in the reflective cycle as well as analyzing verbal and physical cues.

Section 1: Understanding Others

- Learn about It! Defining Social Awareness: Determining How Others Feel Through Verbal and Physical Cues
- Reflect On It! Consider Your Students
- Reflect on It! Students' Identities, Cultures, Values, and Beliefs

Section 2: Active Listening

- Learn about It! What is Active Listening?
- Learn about It! Displaying Focus on the Speaker
- Learn about It! Linguistic Turn Turn-Taking
- Learn about It! Acronyms and Posters to Teach Active Listening Skills
- Practice It! Teaching Active Listening Skills

Section 3: Developing Reflective Students

- Learn about It! Using Reflection as a Tool to Develop Social Awareness
- Reflect On It! Use the Reflective Cycle
- Practice It! Helping Teachers and Secondary Students Build Social Awareness In Their Community
- Master It! Bringing it all Together

Module 5: Relationship Management

Module Topics

In this module, educators will develop strategies to deepen relationships with and among students. Various activities will be presented, including practical instructional strategies to teach content and build relationships. Throughout the module, teachers will build a lesson plan that incorporates the strategies and activities being shared in the course, including ice breaker activities and getting-to-know-you activities, cooperative learning structures, and ways to listen to and help students be heard.

Section 1: Developing Peer Relationshi

- Learn about It! The Importance of Relationships
- Learn about It! Relationships and Identity

- Practice It! Relationship Building
- Learn about It! Cooperative and Collaborative Learning in the Classroom
- Reflect On It! Reflect on Your Experience with Collaborative Learning
- Learn about It! Why use Collaborative Learning in the Classroom?
- Learn about It! Forming Cooperative Groups in the Classroom
- Reflect On It! Share Your Strategies
- Learn about It! Elements of Effective Collaborative Learning
- Learn about It! Collaborative Learning Opportunities:
- Practice It! Plan Collaborative Learning to Encourage Relationship Management

Section 2: Developing Teacher-Student Relationship

- Learn about It! Developing Relationships with Students
- Learn about It! Systems for Building Relationships
- Reflect On It! Connecting with Students
- Reflect On It! Reacting to Students
- Learn about It! Listening to Students
- Reflect On It! Letting Students Know You Hear Them
- Master It! Integrating Strategies to Build Relationships

Module 6: Responsible Decision-Making

Module Topics

In this module, educators will develop strategies to deepen relationships with and among students. Various activities will be presented, including practical instructional strategies to teach content and build relationships. Throughout the module, teachers will create a lesson plan that incorporates the strategies and activities being shared in the course, including ice breaker activities and getting-to-know-you activities, cooperative learning structures, and ways to listen to and help students be heard.

Section 1: Understanding Responsible Decision-Making

- Learn about It! The Importance of Responsible Decision Making
- Learn about It! Responsible Decision Making as a Tool for Social Justice
- Learn about It! Steps in the Decision-Making Process
- Learn about It! Teaching Responsible Decision Making

Section 2: Building Autonomy

- Learn about It! Developing Student Autonomy
- Learn about It! Choosing Seating Arrangements
- Learn about It! Flexible Seating
- Learn about It! Choosing Group Members
- Learn about It! Creating and Implementing Classroom Rules

- Learn about It! Procedural Autonomy
- Learn about It! Cognitive Autonomy
- Learn about It! Giving and Receiving Feedback
- Learn about It! Using Inquiry to Guide Learning
- Practice It! Lesson Plan Review
- Master It! Helping Students Make Good Decisions for Their Learning

Course Wrap-Up Module

Module Topics

In the Course Wrap-Up Module, you will reflect on your self-efficacy for mastering the course objectives.

Section 1: Summative Course Reflection

- Master It! Summative Course Reflection
- Reflect on It! Course Evaluation and Feedback
- Learn about It! Course Reference List