

SEL for our Students - What to Know and Why it Matters

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Atlante sostiene la volta celeste. Collezione Farnese. Photo © Maicar Förlag - GML



Pandemic side effects

- Fear
- Loss of trust in relationships
- Loss of a loved one
- Loss of a job or financial issues
- Disruption in home lives
- Miscommunication
- Feeling overwhelmed
- Disruption of sleep cycles

PANDEMIC ANXIETY? MEET POST-PANDEMIC ANXIETY:

WAIT! I FORGET!
HOW DO I FUNCTION
IN SOCIETY AGAIN?

I HAVEN'T
WORN PANTS
SINCE MARCH!

AND ALL MY
SHIRTS ARE
NOW CROP
TOPS!

HOW DO I GREET
PEOPLE? HUGS?
ELBOWS?

AND WHAT DO I
SAY? I RAN OUT
OF THINGS TO
TALK ABOUT
AROUND MAY

WHAT ARE
RESTAURANTS
AGAIN? MY
DIET HAS BEEN
CHEESE STRING
AND POP TARTS!



Five Stages of Grief

(Elizabeth Kubler-Ross)

- Denial
- Bargaining
- Anger
- Depression
- Acceptance

Four Types of Grief

- Anticipatory
- Complicated
- Cumulative
- Disenfranchised

The Sixth Stage – Finding Meaning and Purpose

(David Kessler)

- What **can** we do?
- How can we support others?
- What can we do for ourselves?

What you **CAN** Do

- Focus on the present
- Show grace, empathy, and forgiveness
- Be kind
- Redefine success

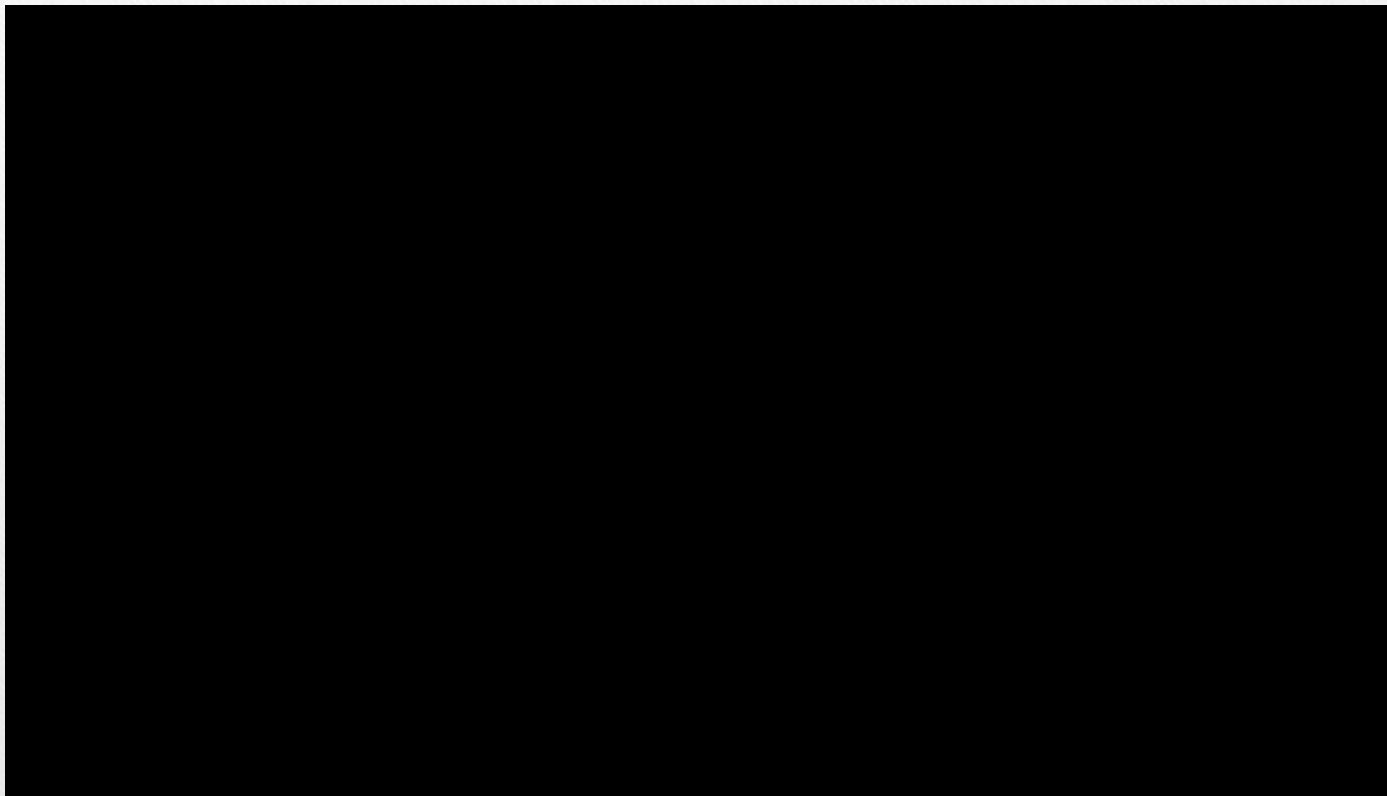
Prioritize Your Own Wellness

- Practice Mindfulness
- Avoid toxic people
- Seek out uplifting colleagues and experiences
- Work/Life Balance
- Find time to do things that bring you joy and fulfillment

Why SEL? Why NOW?

- Technology and social media
- Pressures of perfection...at all costs
- Less play-based learning
- Younger children taking on adult burdens

Our Students are Stressed!



Student Wellness and SEL

- Make SEL a part of your curriculum
- Understand how and why students behave the way they do
- Practice positive responsiveness
- Learn more about SEL

Core Competencies of SEL

- **Self-Awareness**
- **Self-Management**
- **Social Awareness**
- **Responsible Decision-Making**
- **Relationship Skills**

Self-Awareness

Identifying:

- Feelings and Needs
- Strengths in self, community, and culture
- Relationship between thoughts, feelings, and behaviors
- Judgements and biases
- Level of optimism

Self-Management

Demonstrating and Practicing:

- Resilience in the face of obstacles
- Regulating one's emotions
- Compassion for self and others
- Pause between stimulus and response
- Healthy boundaries
- Setting and monitoring personal and academic goals

Relationship Skills

Demonstrating and Practicing:

- Building relationships with diverse individuals and groups
- Listening and communication skills
- Working cooperatively
- Resolving conflicts
- Seeking help

Social Awareness

Demonstrating and Practicing:

- Empathy
- Awareness of strength in self and others
- Cultural competence
- Appropriate use of humor
- Recognizing resources
- Perspective taking
- Reflective listening

Responsible Decision-Making

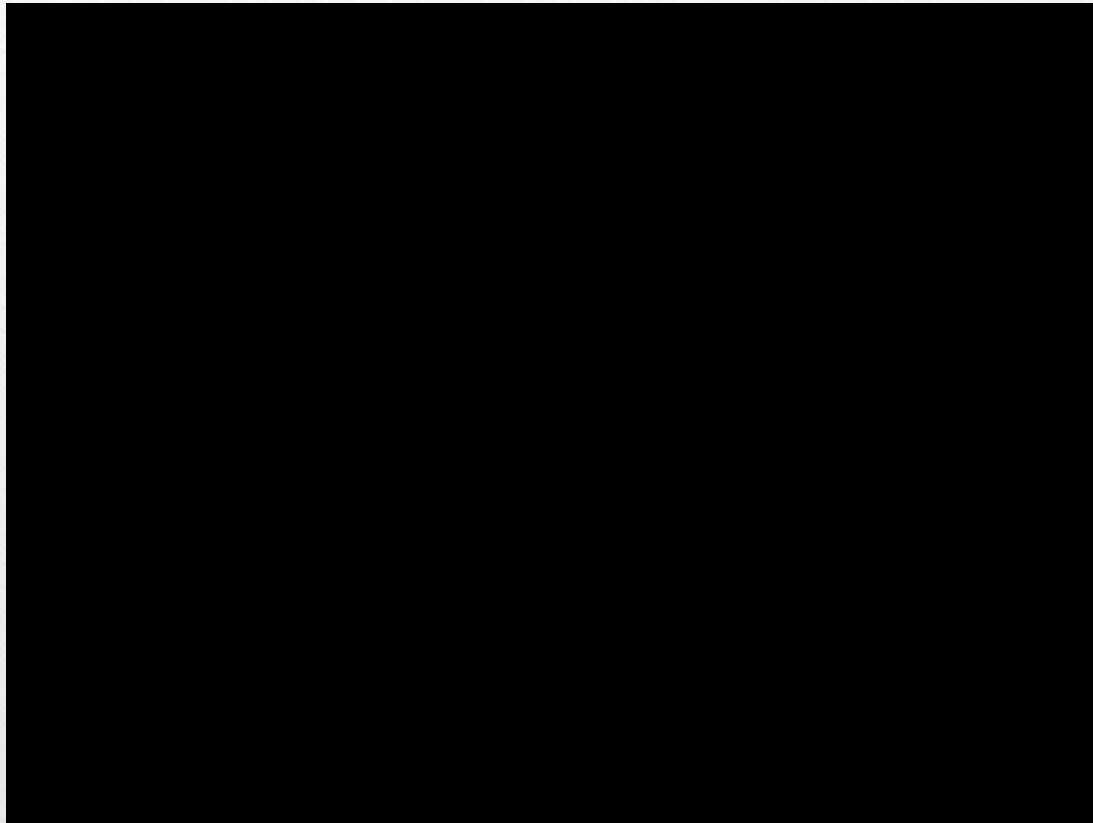
Demonstrating and Practicing:

- Considering the well-being of self and others
- Responsibility for ethical behavior
- Basing decisions on safety, social, and ethical considerations
- Evaluating realistic consequences of various actions
- Making constructive and safe choices

What to Watch for and When to Worry

- Your knowledge could be the difference
- See handout for more detailed information

The Labels We Give...and Carry with Us



Resources

We have placed multiple online resources in the handout.

Here's one resource...

https://drive.google.com/drive/folders/1MHE-2xZeJitvMdUkKxqsJv_cuLsiLC6e

The Three Most Important Things to Learn from this Presentation

- Take care of yourself so you can then take care of others.
- SEL is an embedded element of our curriculum. Learn more!
- Show grace for others...show grace for yourself.

“Hope is the feeling we have that the feeling we have is not permanent.”

Mignon McLaughlin

Want Further Information?

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Thanks for attending and listening!