



# Social Emotional Learning at Unison

PTA Meeting  
December 21, 2016



# What is Social Emotional Learning (SEL)?

Self-Awareness

Self-Management

Social-Awareness

Relationship Skills

Goal Directed Behavior

Personal Responsibility

Optimistic Thinking



# Why do we teach SEL at Unison?

The top five skills employers think are most important for high school grads:

BASIC KNOWLEDGE/SKILLS	APPLIED SKILLS
1. English Language (spoken)	10. Critical Thinking/Problem Solving
2. Reading Comprehension (in English) (5)	11. Oral Communications (3)
3. Writing in English (grammar, spelling, etc.)	12. Written Communications
4. Mathematics	13. Teamwork Collaboration (2)
5. Science	14. Diversity
6. Government/Economics	15. Information Technology Application
7. Humanities/Arts	16. Leadership
8. Foreign Languages	17. Creativity/Innovation
9. History/Geography	18. Lifelong Learning/Self Direction
	19. Professionalism/Work Ethic (1)
	20. Ethics/Social Responsibility (4)

# How do we teach SEL at Unison?

Advisory

Restorative Practices/Circles

Resilient Scholars Program

# How do we measure SEL growth?

DESSA

OORs Reports

Jupiter Data

Grade Teams

# How can you support you children in SEL learning?

Remind them to listen actively (EARS)

Support them in managing emotions by creating strategies to calm the self (such as belly-breathing)

Ask them what they learned in advisory

Offer opportunities to take a break from screens and technology

Encourage them to have a growth mindset and set goals

Remind them that thoughts influence feelings and actions