



## THE WASHINGTON STATE BOARD OF EDUCATION

*A high-quality education system that prepares all students for college, career, and life.*

---

|                                      |  |
|--------------------------------------|--|
| <b>Title: Student Presentation</b>   |  |
| <b>As related to:</b>                | <input checked="" type="checkbox"/> <b>Goal One:</b> Develop and support policies to close the achievement and opportunity gaps.<br><input type="checkbox"/> <b>Goal Two:</b> Develop comprehensive accountability, recognition, and supports for students, schools, and districts.<br><input type="checkbox"/> <b>Goal Three:</b> Ensure that every student has the opportunity to meet career and college ready standards.<br><input type="checkbox"/> <b>Goal Four:</b> Provide effective oversight of the K-12 system.<br><input checked="" type="checkbox"/> <b>Other</b> |
| <b>Relevant to Board roles:</b>      | <input checked="" type="checkbox"/> Policy leadership<br><input type="checkbox"/> System oversight<br><input type="checkbox"/> Advocacy<br><input checked="" type="checkbox"/> Communication<br><input type="checkbox"/> Convening and facilitating  |
| <b>Relevant to business item:</b>    | There is no board action expected on this topic at this board meeting.   |
| <b>Materials included in packet:</b> | This section contains: <ul style="list-style-type: none"><li>• PowerPoint presentation on social-emotional learning.</li></ul>   |
| <b>Synopsis:</b>                     | Student presentations allow SBE board members an opportunity to explore the unique perspective of their younger colleagues. Lindsey Salinas and Joe Hofman will present on social-emotional learning.  |

---

# Social-Emotional Learning

March 2018

Lindsey Salinas & Joe Hofman

## Student Update – Lindsey

- 60 school days until graduation
- Senioritis
- Decisions



## Student Update – Joe

- Elected as ASB President for 2018-2019 school year
- Begun AP Research Experiments



- Placed first at WESCO Districts and Second at the 4A State Championships in diving.



## What is Social-Emotional Learning (SEL)?

According to CASEL -

“Social and emotional learning (SEL) is the process of developing and using the *skills, attitudes, and knowledge* that help youth and adults:

- To *identify and regulate* emotions
- To *develop* positive relationships
- To *make* responsible decisions

SEL is a universal approach:

*“It helps build the foundation for teaching and learning at schools.”*

- Collaborative for Academic, Social, and Emotional Learning

## Core SEL Competencies

1. Self-Awareness
2. Self-Management
3. Responsible Decision Making
4. Relationship Skills
5. Social Awareness





CASEL - 2013

What has been your own experience with social-emotional needs and learning?

What has been your own experience with social-emotional needs and learning?

- Strong supports at school.
- NAVIANCE allows for self-directed career planning and goal setting.
- Teachers have done “classroom norm” exercises where students create the environment in which they learn.
- Leadership class has taught how to utilize SOFT skills and communicate emotions effectively. We do lots of planning (which develops critical thinking skills) and reflection (which helps to regulate emotions).

How have you developed your own social-emotional wellbeing?

## How have you developed your own social-emotional wellbeing?

- School involvement is HUGE; the foundation of the SEL Wheel is Communities, Schools, and Classrooms.
- Being involved in clubs has allowed for development in Self-Awareness when recognizing strengths, weaknesses, and interests.
- Being exposed to many different groups at school has allowed for social awareness and relationship skills.

## continued...

- Working and being involved with different diversity groups within and outside of the school
- School involvement as ASB president

## What sort of SEL supports does your school offer?

### What sort of SEL supports does your school offer?

- Staff have done professional development around how to be aware of adverse childhood experiences.
- Implementation of the Panorama Survey to identify problem areas.
- Teacher greetings and co construction of classroom norms.

continued...

- Full time counselor who uses the 2nd Step curriculum
- Uses tier I, II, and III interventions
- Also a Social Skills Coach to support those students that need tier II, and III

**How do students find out  
about SEL supports and  
access them?**

## How do students find out about SEL supports and access them?

CASCADE HIGH SCHOOL: A SCHOOL OF PRIDE

**PROFESSIONALISM**  
**RESPONSIBILITY**  
**INCLUSIVITY**  
**DIGNITY**  
**ENGAGEMENT**



- Link Crew - led "Freshmen 'Jump Start' Day"
- Guest speakers that speak to AVID students about how to goal-set and how to regulate test anxiety.
- P.R.I.D.E. Matrix
  - Professionalism, responsibility, inclusivity, dignity, and engagement.

# What is the relevance of social-emotional learning to career readiness?

## What is the relevance of social-emotional learning to career readiness?

Definition of career readiness (taken from Baxter's presentation):

“Career readiness is a convergence of all of these definitions (21st Century Skills). A career-ready person effectively navigates pathways that connect education and employment to achieve a fulfilling, financially-secure and successful career. *A career is more than just a job.*”

- Career Readiness Partner Council

## What is the relevance of social-emotional learning to career readiness? – Cont.

The five SEL competencies are prerequisites to being "career ready."

- You must be self aware in order to find a career that interests you.
- You must be able to self-manage and emotionally-regulate in order to take on daily job stressors.
- You must be able to be socially aware to assimilate into new environments.
- You must have social skills in order to interview well and develop relationships.
- You must be able to make responsible decisions to solve problems effectively.



Teamwork and soft skills are essentials in the workplace.

*A students "habits of mind," social skills, and emotional self-regulation matter to career readiness just as much as academic skills do.*

## Recommendations

- Make sure students know what SEL is and introduce it as a checklist or goal sheet concept.
- Introduce the concepts early - perhaps middle school or early high school.
- Put more stress on “Self management and Emotion Regulation” competency, as students experience much stress without learning how to deal with it.
- Allow reflection exercises, specifically concerning the “self-awareness” competency, in order to continue to build a strong basis for one’s interests.

## At the State level...

The state has been developing guidance for implementing a successful system of supports in the WISSP. Social-Emotional Learning is an important component of that Multi-Tiered System of Supports. Ms. Andrea Cobb of CISL will be presenting on this shortly.

Thank You