

Social and Emotional Learning (SEL) Programs in Schools

What is social emotional learning (SEL)?

- “the process for acquiring the skills needed to recognize and manage emotions, develop caring and concern for others, make responsible decisions, build positive relationships, and handle challenging situations constructively”
 - *3 areas: cognitive regulation, emotional processes, & social/interpersonal skills
- Leads to improvements in sustaining friendships, initiating positive relationships with teachers, participating in classroom activities, being positively engaged in learning

Examples of SEL Programs

Strong Start | Kramer & Calderella (2010): looking at effects of *Strong Start* on kindergarten students. Implemented 10 lessons taught weekly by classroom teacher. **Results**: Found to be effective in **increasing prosocial behaviors**

PATHS® Program | For students PreK-6. 36-53 lessons; instructional methods: discussion, visual displays, books/stories, role-play, skill practice. Domitrovich, Cortes, & Greenberg (2007): Head Start preschool classrooms; PATHS curriculum: 30 weekly lessons. Topics: compliments, basic & advanced feelings, self-control strategy, & problem solving. **Results**: **improved emotional knowledge, self-regulation, social interaction level/skills**

More SEL Programs...

<u>The 4Rs Program</u>	<u>Open Circle</u>
<u>Caring School Community</u>	<u>The PATHS® Program</u>
<u>Character First</u>	<u>Positive Action</u>
<u>Competent Kids, Caring Communities</u>	<u>RULER</u>
<u>I Can Problem Solve</u>	<u>Second Step</u>
<u>Lions Quest</u>	<u>SECURE</u>
<u>MindUP™</u>	<u>Social Decision Making/Problem Solving Program</u>
<u>The Mutt-i-grees Curriculum</u>	<u>Too Good for Violence</u>

Some limitations to implementation...

Many schools reluctant to implement SEL programs, mainly due to:
 (1) thinking they would compete with other “high priority” activities (academic); and/or
 (2) scarcity of resources

Second Step SEL Program (currently in effect in NKC Schools) | PROGRAM OVERVIEW:

Grade Range	PreK-8 with separate lessons for each grade	Instructional Methods	Most frequently uses discussion, songs, kinesthetic activities, games, and skill practice
Duration and Timing	22-25 weeks; 1-5 lessons/week; 20-45 min/lesson; 5-10 min/follow-through	Unique Features Relative to Other Programs	-High focus on conflict resolution and cognitive regulation, particularly attention control -Wider variety of instructional methods used -High use of songs, kinesthetic activities, games, writing, and video -Low use of discussion -Self-facilitated trainings -Required supplementary activities
Areas of Focus (as stated by program)	Skills for learning, empathy, emotion management, and problem-solving		
Additional Curricula (not included in analysis)	-Early Learning (ages 4-5) -Middle School (ages 6-8) -Bullying Prevention Unit -Child Protection Unit		

Second Step in NKC: Tier 1 and Tier 2 Implementation

