

15 Things to Know About SEL

1. *PSEL, not SEL*

Social Emotional Learning is largely based on Psychological development, creating a platform for how one builds relationships, develops emotional flexibility and builds ego strength (resiliency).

2. *Paradigm Driven*

Before skills can be taught, a paradigm of child development needs understanding. The reasons why these 'tools' aren't present is just as important as teaching them. The key are self-reflective practitioners who can prepare students to do the same.

3. *Learning is Sequential*

PSEL is based on psychosocial development, which takes place in stages. One cannot learn to take ownership without empathy. To develop empathy, one needs to be self-reflective, seeing themselves clearly in relation to others. And so on.

4. *Educator Receptivity*

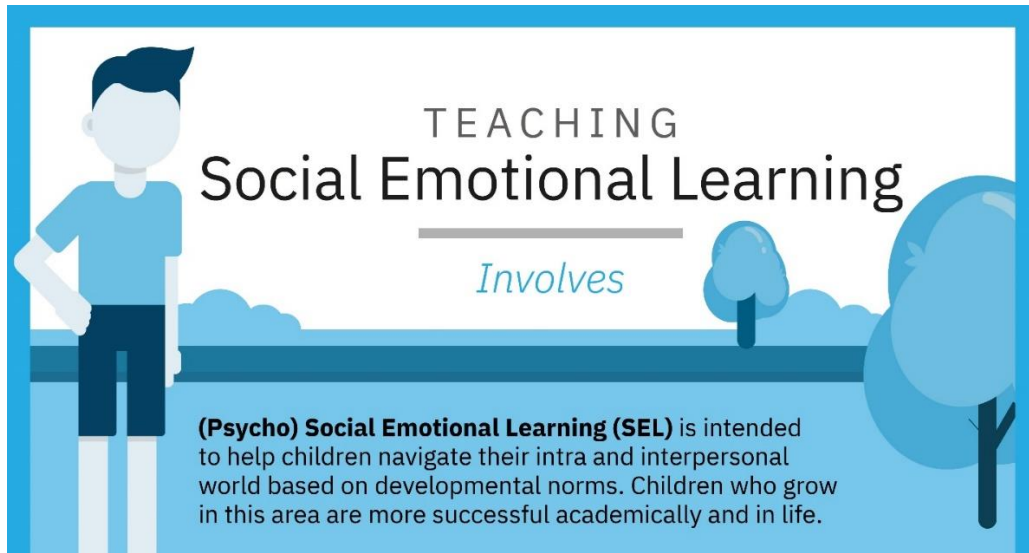
Faculty need to be invested in this non-academic work, believing in its efficacy before adapting a program. Buy in is a result of understanding and valuing both theory and practice, but also how it improves school climate via morale.

5. *Whole School Approach*

Learning needs to be integrated into every aspect of the school, including the curriculum, mission/vision, policies/ procedures, code of ethics, and teacher orientation/PD.

6. *Community Based*

Parents need to be involved in learning about PSEL, to build strong home school partnerships that support healthy child maturation. With parent involvement, educators become supporters and collaborators which is more motivating.



7. *Leader Led*

The elements of PSEL learning need to be modelled by district leadership. This isn't just for kids, this is a way of living for all people, old and young. If school and district leaders model these principles, it will be part of the fabric of the organization.

8. *School Culture Infused*

The intersection of individual wellness and organizational health needs to be considered. Implementing PSEL impacts and is impacted by the school milieu, which influences climate, which influences culture.

9. *Wellness Linked*

When PSEL is designed for the adult learners, it's the foundation of personal growth and a health/ wellness campaign, supporting the school community. Wellness and behavioral health are the keys to most prevention efforts.

10. *Safety*

PSEL can reduce the risk of school violence, through empathy, conflict navigation, and negotiation of needs. Understanding healthy vs. unhealthy aggression is just one aspect of this work.

11. *Needs Based*

A universal goal for all developing people is to meet our needs while considering the needs of others. All PSEL have awareness, communication and negotiation of needs at the core, which is the driving force for all emotions and behavior.

12. Moral Reasoning

The ability to see the consequences of one's actions, which is part of SEL, is integrated with the development of social judgment and morality. If we want to teach responsible decision making, we need internalized ethics, morals, values, empathy and more.

13. Teacher Leaders

Adult SEL is the foundation for teaching students. If we want teachers to embrace student development on a daily basis, they need to embody these principles. They need to live it, not simply teach it as though it were simply skills in a curriculum.

14. A Solid Framework

There are 15 specific PSEL's in five core areas that are significant in finding meaning, joy, and peace in one's life. Increasing one's tolerance for distress is a foundational PSEL that isn't often recognized and challenging to grow.

15. Balancing Process & Content

How PSEL's are taught is just as important as the subject matter we choose to emphasize. Whether we are modelling, stimulating, reflecting, or exploring, the interactive dynamics between adult and student cannot be underestimated.

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