

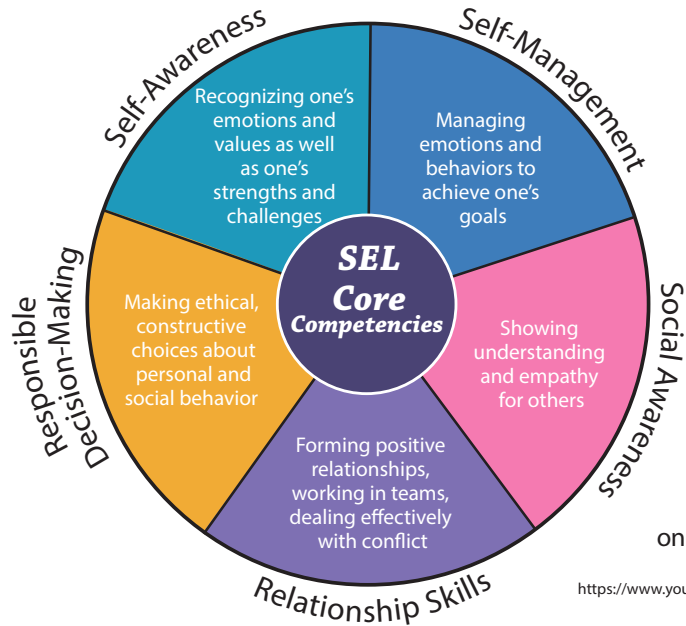


To: Our colleagues throughout Quebec From: The Centre of Excellence for Mental Health



What is Social-Emotional Learning?

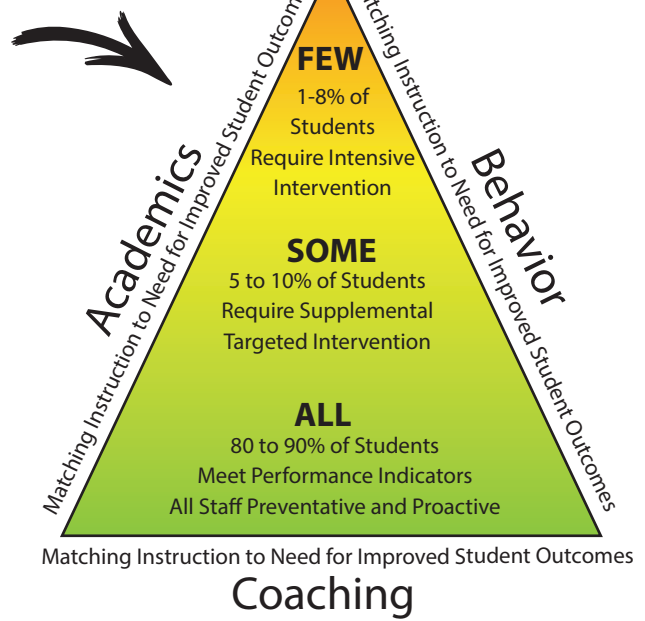
Social and emotional learning (SEL) involves fostering social and emotional competencies through explicit instruction and student centered learning approaches that help students engage in the learning process and develop analytical, communication, and collaborative skills (CASEL, 2012).



For more information on SEL core competencies in the classroom, click:
<https://www.youtube.com/watch?v=DqNn9qWo01M>

Systemic School-wide SEL Involves 3 Levels

- 1 **Classroom Level**
 - Deliver explicit lessons and embed SEL instruction into content areas, such as ELA or math, then reinforce their daily use
 - Teach and model SEL competencies universally, providing opportunities for practice and application
 - Naturally foster skills through student-centered instruction via positive relationships and modelling of SEL competencies.
- 2 **School Level**
 - Foster school wide activities that promote positive school climate
 - Build positive relationships and a sense of community among students
- 3 **Family and community partnerships**
 - Link with community organizations to enhance student SEL skills
 - Create after school activities for students to connect with supportive peers and adults, as well as develop new SEL skills



SEL = Promotion of Mental Health & Well-being

SHORT-TERM

- Positive attitudes towards self, others, tasks
- Positive social relationships
- Fewer conduct problems & aggression
- Reduced emotional distress
- Enhanced academic performance
- Increased engagement and motivation

LONG-TERM

- High school graduation & career readiness
- Healthy relationships
- Improved mental health
- Reduced delinquent behavior
- Engaged citizenship

Teacher Outcomes of SEL

Teachers adopting an SEL Framework within their classrooms tend to:

- Experience less burnout
- Have more positive feelings about teaching and are more satisfied with their work
- Are better able to manage the stress associated with teaching

For a concrete example of a systemic school wide SEL approach, click here:



<https://www.youtube.com/watch?v=XmVhO3nL2EM>

For more information on how to conduct morning meetings, click here:

<https://www.responsiveclassroom.org/what-is-morning-meeting/>

Additional Resources:

Collaborative for Academic, Social, and Emotional Learning: <http://www.casel.org/>

Making SEL the DNA of a School:

http://greatergood.berkeley.edu/article/item/making_sel_the_dna_of_a_school?utm_source=Greater+Good+Science+Center&utm_campaign=033174d373-ED_NEWSLETTER_APRIL_2017&utm_medium=email&utm_term=0_5ae73e326e-033174d373-51244419

If you have found this postcard to be helpful and informative, please share it with colleagues.
Dissemination of information about mental health is the first step toward promoting better mental health!

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