Social-Emotional Learning @ FHS

2019-2020
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Social-Emotional Learning at Fenton High School

- **2017-2018: Planning**
  - Build SEL Committee expertise
  - Form SEL mission statement: The Bison Way
  - Staff SEL professional development

- **2018-2019: Staff Training**
  - Further develop staff SEL competencies

- **2019-2020: Student Roll-Out**
  - Build SEL competencies into curriculum & school culture (RULER)
FENTON!

THE BISON WAY!

GROW TOGETHER

COMMUNICATE OPENLY

HOLD EACH OTHER

BELIEVE IN EACH OTHER

THIS IS OUR WAY!
SEL Goals 19-20

- **Goal 1:** Implement evidence-based SEL programs with students
  - Implement RULER tools with all students
  - Deliver RULER lessons to all freshmen during Bison Time

- **Goal 2:** Implement SEL standards
  - Embed daily SEL targets into curriculum

- **Goal 3:** Infuse SEL & The Bison Way in School Policies & Practices

- **Goal 4:** Develop Family & Community Partnerships
  - Offer SEL presentations to parents
RULER Overview

- Why Emotions Matter
- The Skills of Emotional Intelligence
- The Anchor Tools
- Family Practice
When 22,000 teens were asked how they were feeling at school...

TIRED

BORED

70% of the time

STRESSED

80% of the time
Emotions Matter!

Emotions (and what we do with them) influence:

- Attention, memory, and learning
- Decision making and judgment
- Relationship quality
- Physical and mental health
- Everyday effectiveness

...at home, in the classroom, and at work!
Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

--Collaborative for Academic, Social, and Emotional Learning (CASEL)
Learning IS social and emotional.
What is Emotional Intelligence?

● Emotional intelligence is about what we “do” with our emotions.

● It gives us a guide to understand the role of emotions, the information we can gain from them and our ability to manage them.

● We need these skills to be successful in school, at work and in life.
What is **RULER**?

- **RULER** is an approach to social and emotional learning that teaches the skills of emotional intelligence and includes everyone in the school community.

- **RULER** is involved in all parts and aspects of the school.

- Research shows that **RULER** reduces problem behavior, promotes positive relationships, and improves academic achievement.
What is RULER?

- Recognizing emotions in self and others
- Understanding the causes and consequences of emotions
- Labeling emotions accurately
- Expressing emotions
- Regulating emotions effectively
RULER & The Anchor Tools

THE MOOD METER

THE CHARTER

THE META-MOMENT

THE BLUEPRINT
RULER in the Classroom

Year 1
“Emotions Matter for My High School Experience”
- Emotions Matter
- RULER Skills
- Anchor Tools

Year 2
“Emotions Matter for My Identity and Well-Being”
- Mindset
- Visioning and goal setting
- Critical thinking
- Well-being
- Personality and motivation
RULER in the Classroom

Year 3
“Emotions Matter for My Choices and Relationships”
- Visioning and goal setting
- Relationships in groups
- Healthy relationships
- Communication and decision making
- Leadership
- Well-being

Year 4
“Emotions Matter for My Adult Life and Future”
- Goal setting beyond high school
- Exploring self-talk
- Seeking and providing social support
- Stress management
- My best self after high school
Family Practice

● Pay attention to your emotions and the emotions of your family members.

● Feel your feelings and *name* them. This helps us know ourselves better and make better decisions.

● Listen without dismissing family member’s feelings so they feel valued. Ask questions to get to the underlying feelings and their causes.
Family Practice

- Choose your response wisely. *Having feelings is different from acting on feelings.*

- Model effective strategies for managing your own emotions.

- There is always more than one way to look at a situation. Sharing different points of view within your family can be healthy.

- Stay connected by taking time each day to reach out and let them know you care.
Relationships are the soil in which children’s **social-emotional learning** skills grow.
Interested in learning more?

Contact Melissa To to join our SEL Committee as a family or community partner!

Email to@fenton100.org