

Social-Emotional Learning (SEL) Parent Connection

During the month of April, Fenton's SEL program will focus on the Illinois State Standard of applying decision-making skills to deal responsibly with daily academic and social situations. Students received an organizational chart in their Google Drive SEL folder to record their current class grades and set goals for what grades they would realistically like to achieve by the end of the semester. They were then asked to brainstorm concrete steps to take to meet these goals. Please ask to see these goals and discuss them with your student. According to research, this type of activity helps students in the following ways (Hellriegel, Slocum, and Woodman & Martens, 1992 & 1987):

- Goals guide and direct students' behavior.
- Goals provide clarity for students.
- Goals help improve performance.
- Goals increase the motivation to achieve.
- Goals improve self-confidence.
- Goals help decrease negative attitudes.
- Goals-setting decreases stress, increases concentration, and seems to improve happiness.

Please see http://www.mentoring.org/downloads/mentoring_429.pdf for more information.\

The SEL Committee is currently relaunching our SEL program with a projected student roll-out of 2018-2019. We would love to hear your feedback on our current program and have you get involved as a part of the SEL Advisory Board. Please click here to give feedback or to learn more about the advisory board:
<https://goo.gl/forms/kZwsmDs35caGBhu23>