

Creating welcoming, caring, respectful and safe learning environments: A conversation guide for the video....

Building a Shared Understanding: Social-Emotional Learning

Social-emotional learning is a process for learning life skills, including how to manage emotions, develop healthy relationships and make wise decisions.



Key Understandings

According to the Collaborative for Academic, Social and Emotional Learning (CASEL), students gain vital skills through social-emotional learning, including the ability to:

- set and achieve goals;
- recognize and manage emotions;
- form and maintain relationships;
- show concern and care for others;
- make responsible decisions; and
- prepare for, handle and recover from challenging situations.

Social-emotional learning:

- enhances academic performance;
- strengthens healthy relationships;
- can help schools address important challenges, such as reducing bullying behaviour, social isolation and peer aggression; and
- can build protective factors and enhance the mental health of all students.

Research

The CASEL website (www.casel.org) highlights current social-emotional learning research and offers an online library of related resources.

“ Developing the capacity for healthy relationships is essential to health development. Building this capacity depends upon positive relationship experiences which create positive expectations, and in turn, skills, competencies and abilities. ”

Dr. Danielle Quigley, PREVnet

Questions for discussion

- What do you consider the most important skills needed to form healthy relationships?
- How can school staff create a common language for talking about and teaching social-emotional skills? Why is this important?
- What opportunities are there for explicitly teaching social-emotional competencies in the program of studies at your grade level?
- What are some untapped opportunities throughout the school day that could be used to promote social-emotional learning?
- What school-wide approaches are currently being implemented that could be leveraged to better support social-emotional learning?

Taking the Pulse

at the school and authority level.....

Assessing system readiness

- How is data being used to help inform planning for social-emotional learning at the classroom, school and jurisdictional level?
- What expertise and resources are available to support implementation of social-emotional learning at the school and jurisdictional level? What expertise and resources are available in the community?
- How is your school authority supporting professional development related to social-emotional learning?

(Adapted from *A Guide to Support Implementation: Essential Conditions*, www.essentialconditions.ca)

Ministerial Order on Student Learning

The *Ministerial Order on Student Learning* supports the development of skills students develop through social-emotional learning.

<https://open.alberta.ca/dataset/270e1a34-3338-461d-b761-c761f943fa2d/resource/5a510797-645e-419f-acbd-6a9dfdb41cd0/download/edc-mo-28-2020-student-learning.pdf>

Curriculum Links

The current **K-9 Health and Life Skills** and senior high **Career and Life Management (CALM)** programs of study directly address many aspects of social-emotional learning.

For more information

- *Issue Brief: Social and Emotional Learning in Canada*—Commissioned by two Canadian non-profit foundations, this 2013 monograph provides an overview of social-emotional learning and issues related to school-based programming.
<https://www.suicideinfo.ca/resource/issue-brief-social-and-emotional-learning-in-canada/>
- *Broader Measures of Success: Social/Emotional Learning*—This 2014 monograph by Dr. Stuart Shanker of York University focuses on the importance of and methods for measuring social-emotional learning.
<https://peopleforeducation.ca/wp-content/uploads/2017/06/MWM-Social-Emotional-Learning.pdf>

“ Learning how to get along with others and maintain healthy relationships is as critical as learning how to read and do math. It is only through strong, healthy relationships that children and youth will be prepared to be the partners, parents, employees, and leaders of tomorrow. ”

Dr. Debra Peplar, Scientific Director, PREVnet

Additional Resources

The **Supporting Every Student Learning Series** is intended to support professional learning for schools, school authority leaders, youth supporting agencies and parents around creating or enhancing welcoming, caring, respectful and safe learning environments that support student success and well-being.

- Check out this three part video series on how social-emotional learning can decrease bullying and the positive benefits for students, families and communities—<https://policywise.com/resource/social-emotional-learning/>.