

## SEL PROFESSIONAL LEARNING TOPICS

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Because the best teachers are learners first, ERB's Social and Emotional Learning Suite (SEL) was produced in partnership with Rethink Ed to feature 38 on-demand professional learning modules that prepare adults to act as role models for the social and emotional skills they want to see in their students. Developed by field experts and grounded in CASEL's Five Core Competencies, the professional development series is designed to provide educators with efficient, targeted instruction on the elements and indicators of each CASEL competency. With the addition of "SEL and Equity" and "Mental Health" strands, SEL is the flexible and scalable solution to building healthy school climates and environments that support the wellbeing of all.

## Awareness of Self and Others

### Self-Knowledge

Increases knowledge and understanding of one's own strengths, feelings, needs, and weaknesses, to better solve problems, make decisions, and to grow and change in all areas of one's life.

### Emotions

Promotes the building of one's emotional intelligence, which is the application of a set of skills that help us identify, understand, and manage emotions to effectively achieve goals and to live satisfying lives.

### Wants and Needs

Shows how to distinguish between what we want versus what we need and provides strategies for identifying our needs and how to meet those needs.

### Values

Promotes greater understanding of the role one's values play in life and work outcomes, as well provides strategies on how to live a value-driven life to achieve greater success and happiness.

### Learning Skills

Provides strategies on how to learn effectively and addresses areas such as focus, motivation, and identifying and achieving one's learning goals.

### Growth Mindset

Explores the theory that one's underlying beliefs about learning and intelligence is impactful to one's learning experience, and provides strategies on how to adopt a positive growth mindset to maximize success in all areas of life.

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## Self-Management

### Self-Control

Discusses self-control and the ability to regulate one's feelings, thoughts, and behaviors in order to achieve one's goals. Explains the concept of delayed gratification and provides strategies on how to improve self-control.

### Stress Management

Looks at the biological effects of stress and how stress is inextricably tied to our feelings, thoughts, and emotions. Discusses the benefits of having an optimal level of stress and provides strategies for managing stress levels.

### Focus

Provides practical strategies for how to better manage both internal and external distractions, increase our level of focus and reap the benefits that come with the ability to stay focused in all areas of life.

### Goal Setting

Introduces the concept of implementation intentions and its effect on goal achievement. Provides strategies on how to set SMART goals effectively for both the individual and the team.

### Problem Solving

Details the steps to effective problem solving, such as identifying the problem, thinking of and evaluating solutions, and selecting a solution and implementing it.

### Resilience

Provides a greater understanding about resilience and how to better recover from setbacks and adversity by using and accessing resources that can help us respond to adversity and trauma in healthy ways.

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## Social Skills

### Fairness

Discusses the similarity and differences between fairness and equality as well as the factors that contribute to unfair treatment. Provides ways and suggestions on how we can enact fairness in all areas of our lives.

### Respect

Describes the roles that inclusiveness and status play in demonstrating respect and provides ways in which one can use social and communication skills, as well as our understanding of an organizational structure, to promote respectful behavior.

### Friendship

Talks about the characteristics of a quality friendship and the role friendship plays in our well-being and discusses different approaches for developing social skills to build and maintain friendships.

### Relationships

Introduces the “attraction theory” of how people are most attracted to others who share similar attitudes and provides strategies on how practicing self-awareness, balance, and effective communication can help build healthy and fulfilling relationships.

### Cooperation

Promotes greater understanding of one of the key aspects to cooperative behavior—creating positive interdependence—and provides nine effective ways to structure positive interdependence.

### Conflict Resolution

Describes the ways in which positive communication can be used to negotiate a solution to a conflict that allows everyone to feel good about the resolution.

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## Social Awareness

### Cultural Competence

Provides strategies for how we can recognize our own biases and learn to interact and engage with people from different cultures.

### Empathy

Designed to promote a greater understanding of what empathy is, the benefits of having empathy, and the four main threats to our ability to treat others with empathy. Provides strategies on how we can change our feelings, thoughts, and behavior to build our sense of empathy.

### Safe and Ethical Behavior

Focuses on the topic of bullying, in the context of safe and ethical behavior, and describes how to determine if bullying is taking place and effective ways to prevent and respond to bullying.

### Support Systems

Describes what a support system is, why it is important, and ways to identify and build an effective support system made up of people who we can turn to in times of need.

### Social Contributions

Defines social contribution as doing something directly to help your family, community, and world, and provides practical steps on how we can learn to make meaningful social contributions, as well as how to teach our children to do so.

### Actions and Consequences

Talks about the role emotions play in our actions, and how we can make conscious choices about our actions so we get the consequences that we want, rather than reacting with a flight-or-flight response.

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## Self-Care

### Mindfulness

Talks about how we can bring intentional and careful awareness to the present, with as little judgment as possible, and provides mindfulness-based practices that have positive effects on our psychological and physiological health.

### Self-Efficacy

Discusses how one's beliefs in one's ability to reach a goal can mean the difference between achieving success or failure and gives effective strategies for increasing one's level of self-efficacy.

### Optimism

Looks at how optimism is a mindset and a choice and provides eight simple tips for learning how to see ourselves, the people around us, and our situations in the most favorable way possible.

### Self-Compassion

Focuses on the intentional practice of bringing kindness, appreciation, and gratitude to ourselves and shows us how we can increase our level of self-compassion.

### Self-Advocacy

Talks about how one can stand up for oneself, speak up and communicate one's needs, and make informed decisions about the supports necessary to meet those needs.

### Healthy Boundaries

Provides a greater understanding of the importance of identifying, making, and evaluating choices about one's own safety as well as social, emotional, and physical health and offers ways to establish and maintain healthy boundaries.

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## SEL and Equity

### Culturally Responsive Teaching

Explores how social and emotional concepts are most effective when taught in a culturally responsive way and provides strategies for making any social and emotional lesson culturally relevant for your classroom.

### Addressing Injustice

Discusses teaching students how to recognize injustices in current and historical contexts and how to use social and emotional skills to effectively address inequities in their schools and communities.

### Leveraging SEL to Promote Equity

Identifies factors that impede educational equity such as implicit biases and inequitable practices and discusses how implementing SEL for both educators and students can promote inclusiveness and equity.

### The Impact of Implicit Biases on Educational Equity

Explores how the implicit biases of educators and students can affect equity and provides strategies for increasing awareness of and decreasing these biases.

## Mental Health

### Bullying Prevention

Provides strategies on how to prevent bullying, as well as how to recognize bullying when it happens and respond to it effectively. Identifies the social and emotional skills needed by each of the parties involved in the bullying incident—the bully, the target, and the bystander.

### Suicide Prevention

Examines the risk factors of suicidal behavior, ways to prevent suicidal behavior, common misconceptions about suicide as well as how to recognize warning signs associated with suicide and effectively respond to someone who may be showing those signs.

### Anxiety

Provides a description of the different types of anxiety disorders, their general symptoms, and how to spot and support someone who may have an anxiety disorder. Also looks at the social emotional skills that can help prevent and decrease anxiety.

### Depression

Provides an understanding of what depression is, how to spot the warning signs, and support someone who may be experiencing depression. It also looks at the social and emotional skills that can help prevent and decrease depression.