WELCOME!
Incorporating Social and Emotional Learning in Afterschool

February 28, 2017 • Springfield, IL
March 2, 2017 • Chicago, IL
What Is Social and Emotional Learning?
Social and emotional learning is the process through which individuals acquire and effectively apply the knowledge, attitudes, and skills necessary to—

- Understand and manage emotions
- Set and achieve positive goals
- Feel and show empathy for others
- Establish and maintain positive relationships
- Make responsible decisions

Five Core Social and Emotional Learning Competencies

• Self-Awareness
• Self-Management
• Social Awareness
• Relationship Skills
• Responsible Decision-Making

Self-Awareness

- Identifying one’s own emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy; growth mindset

Self-Management

- Regulating one’s own emotions
- Managing stress
- Self-discipline
- Self-motivation
- Organizational skills

Social Awareness

• Ability to see other’s perspectives
• Empathy
• Appreciating diversity
• Respect for others

Relationship Skills

- Ability to establish and maintain healthy, rewarding relationships with diverse individuals and groups
- Communicating clearly; ability to listen
- Cooperation with others
- Resisting inappropriate social pressure
- Ability to negotiate conflict
- Seeking help when needed

Responsible Decision-Making

• Ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms

• Realistic evaluation of consequences of one’s own actions, and consideration of the well-being of self and others

• How does social and emotional learning encourage awareness of cultural differences?

• How can the afterschool program promote cultural sensitivity using social and emotional learning?
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