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Social and Emotional Learning & Teacher Wellness

PANELISTS' RECOMMENDED RESOURCES

Building Connections Webinar: <https://casel.org/weekly-webinars/>

From CASEL

- [Promote Trust, Community, and Collective Efficacy](#) - CASEL names this as a key activity for districtwide SEL, and summarizes key studies and strategies here.
- [Strengthen Adult SEL](#) - To promote students' social and emotional competence, it's important for schools to simultaneously foster a supportive staff environment. This section of the CASEL Guide to Schoolwide SEL shares more information and resources.
- [How do Principals Influence Student Achievement?](#) - This research brief from the University of Chicago Consortium on School Research shows that administrators who move the needle on student achievement most often do so through the lever of school climate and staff collaboration.
- [Consultancy Protocol](#) - This small group consultancy protocol can help individuals think more deeply about a concrete dilemma and can strengthen collaboration and collective efficacy.
- [How Can You Speak Up for SEL?](#) - CASEL

From *Dr. Doris Santoro* and *Dr. Olga Costa Price*

[Structural Supports To Promote Teacher Well-Being](#) - What does the research say about structural supports that enable teacher well-being?

Distinguishing demoralization and burnout:

- [Teacher Demoralization Isn't the Same as Teacher Burnout](#)
- [Educating in a Pandemic: Burnout and Demoralization](#)
- [The Problem with Stories About Teacher Burnout](#)
- [The Schools Teachers Choose](#)
- [Demoralized Teachers and What Local Leaders Might Do](#)



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Examples of strategies from other districts/states:

NYSUT's [Future Forward Report](#) identifies some of the greatest challenges facing students, educators and families and brings forward recommendations for how to tackle those issues on the federal, state and local levels. <https://nysut.docsend.com/view/3kficv2esqgswpwn>

Other online articles:

- [To Address Educator Well-Being, We Need a Historical and Holistic Approach](#)
- [Teachers Are Not OK, Even Though We Need Them to Be](#)
- [Teachers Need Therapy. Their Schools Should Pay for It](#)
- [To Keep Teachers From Quitting, Address These 5 Key Issues](#)
- [4 Changes Schools Can Make to Recruit Teachers of Color and Keep Them Around](#)
- [What Teachers Value Most in Their Principals](#)
- [What Teachers Who Might Quit Are Really Thinking](#)
- [Respecting Educator Activists of Color: The Anti-Racist Guide to Teacher Retention](#)

Recent articles on teacher wellbeing:

Hascher, T., & Waber, J. (2021). Teacher well-being: A systematic review of the research literature from the year 2000–2019. *Educational Research Review*, 100411.

Kangas-Dick, K., & O'Shaughnessy, E. (2020). Interventions that promote resilience among teachers: A systematic review of the literature. *International Journal of School & Educational Psychology*, 8(2), 131-146.