

Demystifying Systemic Social and Emotional Learning Adult SEL

PANELISTS' RECOMMENDED RESOURCES

From CASEL

- [Schoolwide SEL: Focus on Adult SEL \(video\)](#) - Learn ways to cultivate a community of adults who engage in their own social and emotional learning and model SEL throughout the school.
- [Strengthen Adult SEL Competencies and Capacity](#) - In order to create conditions for students to engage in SEL, adults need to feel empowered, supported, and valued. This calls on districts to foster a supportive staff community that promotes adults' own SEL. Read more about how school districts have taken action to support SEL for adults on CASEL's District Resource Center.
- [3 Signature Practices Playbook](#) - A tool that supports systemic SEL by providing practical ways to introduce and broaden the use of SEL practices in classrooms, schools, and workplaces

During the webinar, we shared three components for adult SEL: Learn, Collaborate, and Model. Below we share 3 tools from the [CASEL Guide to Schoolwide SEL](#) that support those components:

- **LEARN**
[Personal SEL Reflection](#) - Principals, administrators, SEL team members, staff members, out-of-school time staff, and other adults can use this tool to assess personal strengths, think about how to model those strengths when interacting with others, and plan strategies to promote growth across areas of social competence. Also available in [Spanish](#).
- **COLLABORATE**
[Using Grade Level and Content Area Team Meetings to Support SEL](#) - provides discussion prompts to strengthen classroom SEL practices, to include as an agenda item in a regularly scheduled team meeting
- **MODEL**
[Modeling SEL for Students](#) - This tool provides an activity and examples to engage staff in reflection about how they will intentionally model SEL in their interactions as part of schoolwide implementation.

From Dr. Mark Greenberg, Co-founder, CASEL and Founder, CREATE

- [CARE for Teachers Program 2022](#) - CARE (Cultivating Awareness and Resilience in Education) is a unique professional development program that helps teachers handle the stresses and rediscover the joys of teaching.
- [How To Grow Teacher Wellbeing in Your Schools](#) - Social and emotional learning (SEL) activities for teachers provide a framework that school administrators can use to promote overall teacher wellbeing.
- [Adult Social Emotional Learning Blog | CREATE for Education](#) - Learn more about adult social emotional learning (SEL) to support teacher success & improve student outcomes and wellbeing.

From Dr. Rose Prejean-Harris, SEL Director, Atlanta Public Schools (APS)

- **Atlanta Public Schools SEL Twitter Account:** [@SEL_APS](#)
- [APS SEL Website](#): Through a comprehensive focus on SEL, Atlanta Public Schools is committed to the social, emotional, and academic development of students by connecting "hearts and smarts" as part of a systemic whole child framework. APS also recognizes that building the capacity of adults to model SEL skills is at the core of teacher and leader excellence.
- [APS AtEquity Website](#): The mission of the APS CESJ is to positively impact the lives of our learners and learning communities so that every single one of our students thrives — not by accident, but by design.