SEL + School Counseling = Thriving Students

Webinar Presenter: Dr. Teri Wood, Pam Martin, and Kristina Kern
Webinar Date: September 21, 2018

Introductions

Dr. Teri Wood
Trust-Based Relational Intervention Coordinator for AISD

Pam Martin
Elementary School Counseling Coordinator for AISD

Kristina Kern
School Counselor for Mills Elementary in AISD
Materials Needed (Optional)

- Pencil
- Colored pencils
- Post-it notes
- Paper
- Positive attitude
Norms

• Stick Together
• No Hurts
• Have Fun

Learning outcomes

• Today you will be able to:
  – Describe the core competencies of social/emotional learning.
  – Implement presented SEL activities with students.
  – Reflect on how to best integrate SEL principles into daily counseling practice.
History of SEL

“SEL isn’t what we do; it’s who we are.”

### Category 1: Mindset Standards (M)
School counselors encourage the following mindsets for all students.

- **M1.** Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
- **M2.** Self-confidence in ability to succeed
- **M3.** Sense of belonging in the school environment
- **M4.** Understanding that postsecondary education and lifelong learning are necessary for long-term career success
- **M5.** Belief in using abilities to their fullest to achieve high-quality results and outcomes
- **M6.** Positive attitude toward work and learning

### Category 2: Behavior Standards (B)
Students will demonstrate the following standards through classroom lessons, activities and/or individual/small group counseling.

<table>
<thead>
<tr>
<th>Learning Strategies (LS)</th>
<th>Self-Management Skills (SMS)</th>
<th>Social Skills (SS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>B-LS 2.</td>
<td>B-SS 2.</td>
<td></td>
</tr>
<tr>
<td>B-LS 5.</td>
<td>B-SS 5.</td>
<td></td>
</tr>
</tbody>
</table>

**KEY**
- Executive Functions and Responsible Decision Making
- Self-Awareness and Self-Management
- Social Awareness and Relationship Skills

---

### Three Signature SEL Practices

**Welcoming Rituals**

**Engaging Practices**

**Optimistic Closure**
How do I put the wheel in motion in my counseling practice?
Activity
Activity
Let’s Do a Check In!
(Get your colored pencils and paper!)

Breathing Sticks
Let’s Do a Check In!
(Get your colored pencils and paper!)
Optimistic Closure
(Get your pencil and post-it note!)

- Write one/two strategies/tools/takeaways on your post-it note.

Q & A

What questions do you have for us?
Thank you!

Contact us. We love supporting fellow counselors and counselor advocates!

• Dr. Teri Wood: teri.wood@austinisd.org
• Pam Martin: pam.martin@austinisd.org
• Kristina Kern: kristina.kern@austinisd.org