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Social and Emotional Learning (SEL) for All Learners

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Introduction

Rethink Ed SEL is an evidence-based program developed for every educator and student. Delivered on a digital platform and designed for easy implementation, Rethink Ed SEL provides a flexible and scalable solution that empowers educators to successfully integrate and build a culture around SEL into their schools.

The Rethink Ed SEL program is comprised of **30 Educator Training Modules**, **120** lessons for students in **general education** (Tier 1) and **120** lessons for students in **special education** (Tier 3). The on-demand modules provide educators with the content and skill application knowledge needed to implement an effective SEL program. Informed by universal design, the lessons and resources are **student-centered** with accommodation and modification supports to meet the learning needs of **every** student.

What the Research Tells Us?

Every Teacher needs SEL

Social emotional learning is most productive when **all teachers** are invested in the program. Indeed, the most promising empirical evidence to support positive student outcomes across learners come from SEL interventions targeting the whole school. Moreover, educators working in special education report high stress and low efficacy, contributing to attrition rates that are nearly double that of general educators. Educators who participate in SEL programs are happier and have happier students. Teachers report being more responsive and organized, and having greater self-efficacy than their colleagues who did not participate.

Investing in teachers is not only investing in every student they teach, but every colleague and parent that they work with

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Every Student needs SEL

Despite the benefits of SEL programming, to date, the focus on all students in SEL design and implementation has been overlooked. For SEL programming to be effective for **every student**, the needs of **every student** must be considered in its design, including students who require Tier 2 and Tier 3 learning supports.

Classrooms serving students with **special education** needs report diminished student engagement, lower quality teacher-student relationships, and fewer instances of prosocial interactions than **general education** classrooms. Among the learners who are lowest performing and least likely to graduate, students with special learning needs are more likely to have anxiety than their peers without special learning needs, and students with hyperactivity and aggression have a higher placement in special education classrooms.

Over 11% of the public schools population requiring Tier 2 and Tier 3 supports have an average annual per-pupil expenditure nearly three times that for Tier 1 learners. With the right social and emotional learning program, the likelihood of measurable impact for all learners is high.

Data is needed to inform decision-making

A recent study looking at schools who have implemented social emotional learning programs found that few schools employ **data** to guide decision-making about the selection, implementation, or ongoing assessment of the programs and strategies they use despite a more general trend toward **data-driven** decision-making in schools. An important component needed to support effectiveness and address challenges in program implementation are tools to assess program outcomes and implementation. These tools should provide data to evaluate student progress and outcomes, including any relevant adult outcomes or changes in adult behavior, as well as evaluate fidelity of implementation and staff buy-in.

At Rethink Ed, we focus on social emotional learning (SEL) for all learners, including all students and all the educators who teach them

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How is Rethink Ed SEL Different?

At Rethink Ed, we focus on SEL for **all learners**, including **all students** and all the educators who teach them. Informed by empirical research and written by experts in the field of SEL, our comprehensive curriculum is accessible for all students, across all Tiers of learning, through targeted professional development training of all the teachers who educate them. Each Student Lesson Plan provides instructions for accommodations and modifications to meet all learning needs and each corresponding Teacher training module includes practical and targeted examples of applications of skills with different learners, peer groups, and parents. We also provide **implementation supports** for district and school leadership, and resources that facilitate greater collaboration between educators and **families** in developing students' SEL skills.

Rethink Ed SEL Professional Development

Rethink Ed SEL provides an on-demand training series focused on SEL for the educator. Investing in teachers is not only investing in every student they teach, but every colleague and parent that they work with. The best teachers are learners first, and act as role models for the SEL skills they want to see in their students.

The Series consists of:

• 30 Video-based Training Modules
• 5-8 minutes each
• Discussion guides
• Research library
• Instructional Guides
• Links to correlated student lessons

Each Module Includes:

• Content Delivery: Concept definitions, skill explanations, and definitions,
• Skill Assessment: Direct evaluation to demonstrate content knowledge
• Direct Applications: Practical examples of applications of skills with different learners

Developed by field experts and grounded in the five core competencies of the Center for Academic, Social, and Emotional Learning (CASEL, 2017), the teacher training series is designed to provide educators with efficient, targeted instruction of the elements and indicators of each CASEL competency. Our program draws from the applied learning and social psychology literature, and each module includes an introduction to promote teacher commitment, direct content instruction, direct skill assessment, and practical and targeted examples of applications of skills with different learners, peer groups, and parents.

The On-Demand Teacher Training Series

Awareness of Self & Others	Self-Management	Self-Care	Social Awareness	Social Skills
Self-Knowledge	Stress Management	Mindfulness	Cultural Competence	Fairness
Emotions	Self-Control	Self-Efficacy	Empathy	Respect
Values	Focus	Optimism	Safe & Ethical Behavior	Friendship
Wants & Needs	Problem Solving	Self-Compassion	Support Systems	Relationships
Attention Skills	Goal Setting	Self-Advocacy	Social Contributions	Cooperation
Growth Mindset	Resilience	Good Choices	Actions & Consequences	Conflict Resolution

Rethink Ed SEL Assessments

Rethink Ed SEL provides assessments designed to better understand and support development of student SEL skills. Developed by industry leaders, each assessment uses positively phrased items to protect against discouraging students, and measures concrete, observable, and malleable behaviors that can be impacted by instruction and practice. The assessment items emphasize proactive academic, career, and citizenship behaviors.

Rethink Ed SEL Assessment features include:

- o Available to students in grades 3-8
- o Pre and Post student surveys completed within fifteen minutes
- o Items will be administered/collected online
- o Provides three types of reports with actionable feedback to align with Rethink Ed Student Lessons and Professional Development Series:
  - ➢ Individual (Student)
  - ➢ Aggregate (Group Summaries)
  - ➢ Roster (List of Student Results)
- o Reports will include an overall social and emotional learning (SEL) competency scale score and norm-reference statistics
- o A featured individual/ aggregate growth report will be available for students who take the inventory more than once

Rethink Ed SEL Student Lessons

Every Student Lesson Plan also provides instructions for accommodations and modifications to meet every students' need. Differentiated teaching materials and resources such as worksheets and visual aids, accompany every lesson plan.

Written by experts in the field, every lesson plan breaks down the target skill to enable developmentally appropriate **scaffolding** of student learning. This tiered approach moves a beginner student through a skill incrementally, or allows the teacher quick access to higher level processing and integration of a skill. Lessons come with **engaging videos** as well as teacher resources. **Scope and sequence** guides will be provided for each level and grade band. In addition, students can access online SEL activities in the **Student Center** including assessments, self-monitoring exercises, and personal journals. There are **120** lessons for students in **general education** (Tier 1), **accommodation and modification** strategies (Tier 2) and **120** lessons for students in **special education** (Tier 3).

Let's Learn!

In these lessons, the student is introduced to basic con-tent-terms, ideas, and conceptual definitions in their simplest form.

Let's Practice!

In these lessons, the student is provided with an opportunity to directly engage with skill content through practice with classroom peers.

Dive Deeper!

These lessons move the student to apply the most sophisticated application of the skills through targeted transference of knowledge.

• Simple assessment of learning objectives
• Student Reflection and Teacher Reflection

The Awareness of Self and Others Series

Topic	PK-2	3-5	6-8	9-12
Self-Knowledge	Likes & Dislikes	Strengths	Learning Styles	Personality Traits
Emotions	Emotions	Emotions & Behavior	Emotions & the Body	Emotions vs. Feelings
Values	Family Values	Values & Choices	Peers & Values (Differences)	Values & Decision
Wants & Needs	Wants & Needs	I-Message	Wants & Needs of Self & Others (Conflicting Needs)	Wants & Needs of Self & Others (Making Choices)
Attention Skills	Whole Body Listening	Memory Skills	Sustained Attention	Reflective Listening
Growth Mindset	Personal Accomplishments & Growth	Practice & Hard Work	Learning Strategies	Process over Outcome

This series aligns with CASEL competencies: Self-Awareness, Social Awareness, Relationship Skills

The Self-Management Series

Topic	PK-2	3-5	6-8	9-12
Self-Control	Pause	Strengths	Learning Styles	Personality Traits
Stress Management	Feelings, Thoughts, & Behaviors I (Relationship Between)	Feelings, Thoughts, & Behaviors II (Changing)	Stress Management I (Identifying Triggers)	Stress Management II (Strategies)
Focus	Focus Skills	Strategies for Dealing with Distractions	Visualization	Staying Focused
Problem Solving	Cause & Effects of Problems	Problems & Solutions	Problems, Solutions, & Others	Choosing an Effective Solution
Goal Setting	Set a Goal	Develop a Plan	Long-Term/ Short-Term Goals	Restructuring the Plan
Resilience	Overcoming Obstacles	Persistence	Positive Reframing	Facing Adversity

This series aligns with CASEL competencies: Self-Awareness, Self-Management, Responsible Decision-Making

The Self-Care Series

Topic	PK-2	3-5	6-8	9-12
Mindfulness	Big Breath	Sitting Quietly	Self-Expression	Self-Reflection
Self-Efficacy	Success	Accepting Feedback from Adults	Accepting Feedback from Peers	Attributions for Success
Optimism	Reframe Negative Thoughts	Gratitude	Challenging Negative Thoughts	Strategies for Optimism
Self-Compassion	Positive Self-Talk	Compassionate Friend to Self	Reframe Critical Self-Talk	Adversity & Compassion for Self
Self-Advocacy	Asking for Help	Assertive Communication	Owning One's Needs	Taking Care of One's Own Needs
Good Choices	Comfortable & Uncomfortable Feelings	Hurting Others & Self is Not Okay	Safe Boundaries	Good Choices (Health and Body)

This series aligns with CASEL competencies: Self-Awareness, Self-Management, Responsible Decision-Making

The Social Awareness Series

Topic	PK-2	3-5	6-8	9-12
Cultural Competence	Similarities & Differences Between Oneself & Others	Respecting Diversity	Stereotyping & Prejudices	Strategies for Opposing Stereotypes & Prejudices
Empathy	Empathizing through Role-playing	Accepting Feedback from Adults	Accepting Feedback from Peers	Attributions for Success
Safe & Ethical Behavior	Rules	Gratitude	Challenging Negative Thoughts	Strategies for Optimism
Actions & Consequences	Actions & Consequences I (Identifying)	Actions & Consequences II (Applying & Evaluating)	Constructive Choices for Self & Peers	Constructive Choices for School & Community
Support Systems	Resources within the Family	Resources within the School	Resources within the Community	Role Models and Support Systems
Social Contributions	Contributing to the Family	Contributing to School or Learning Environment	Contributing to Community	Contributing to the World

This series aligns with CASEL competencies: Social Awareness, Self-Awareness and Responsible Decision-Making

The Social Skills Series

Topic	PK-2	3-5	6-8	9-12
Fairness	Fairness in Play	Rights of Self & Others	Human Rights	Self-Reflection
Respect	Kindness	Honesty & Integrity	Authenticity	Attributions for Success
Friendship	Friends Have Fun	Traits of a Friend	Peer Pressure	Strategies for Optimism
Relationships	Being a Good Classmate	Being a Good Neighbor	Being a Good Team Player	Adversity & Compassion for Self
Cooperation	Being Helpful	Accepting Others' Opinions & Ideas in Group Work	Accepting Others' Opinions & Ideas in Group Work	Taking Care of One's Own Needs
Conflict Resolution	Identifying the Problem	Steps to Solving a Problem (among peers)	Safe Boundaries	Good Choices (Health and Body)

This series aligns with CASEL competencies: Social Awareness, Relationship Skills and Responsible Decision-Making

Rethink Ed SEL Data Recording Tools

Rethink Ed SEL offers an intuitive suite of data collection tools that enables administrators to monitor staff participation and training outcomes, and teachers to evaluate student participation and progress. Dashboards, detailed graphs and progress reports facilitate the use of meaningful data to inform effective decision-making.

Administrators can:

- Evaluate staff engagement and utilization
- Track staff training progress
- Monitor student outcomes

Teachers can:

- Evaluate student participation
- Track student progress
- Monitor behavioral outcomes

Data can be recorded on:

Behavior Outcomes:

- Number of occurrences of specific challenging behaviors
- Number of suspensions and expulsions
- Number of restraints
- Number of office referrals
- Number of detentions

Self-Monitoring:

- Self-reflection logs
- Self-evaluation inventories
- Surveys

Learning Outcomes:

- Short quiz on lesson objectives
- Student logs
- Homework assignments

Rethink Ed SEL Implementation Supports

In order to implement social emotional learning (SEL) effectively, a strategic and systematic approach that involves all stakeholders is needed. District and school administrators, and the leadership and structure that they provide, are key to the success of any SEL program. To that end, Rethink SEL offers a suite of practical tools and resources for implementing and assessing districtwide implementation of SEL.

Implementation Tools and Resources include:

- Video: Effective Strategies for Implementing SEL
- Guides that show how Rethink SEL works within an existing program structure such as PBIS and MTSS
- Sample implementation plans that can be customized for any district
- Implementation guidelines and checklists
- Facilitator Guides
- Administrative dashboard to monitor program fidelity and outcomes

Rethink Ed SEL Family Toolkit

Social and emotional learning starts at home. Parents and families play critical roles in helping their children develop social and emotional know-how. Educators can support and partner with parents and families to help them become life-long promoters of their children's SEL abilities. The most effective social and emotional learning (SEL) requires a collaborative approach that involves everyone from district leadership to educators to families working together to ensure students receive the support they need.

Rethink Family Toolkit includes:

- Informational guides
- Strategies for families to promote SEL at home
- Family-School collaboration
- School and home communication notes.
- Blogs and newsletters

The Rethink Ed SEL Difference

Combining the **power of technology** and **research**, Rethink Ed SEL provides an innovative and scalable solution to meet the needs of every school district. In addition to a comprehensive curriculum mapped to the Center for Academic, Social, and Emotional Learning competencies (CASEL, 2017), Rethink Ed SEL provides:

- Scalable **professional development** for educators
- **Assessment tools** to support student development in SEL
- Lesson plans designed to meet the needs of **every student**, including **students** in **special education**
- **Integrated Series Design** that make connections across CASEL skills
- **Implementation guides** and supports for district and school leaders **Family Toolkit** to promote **collaboration** between school and home
- Access to **behavior tools** for students who need more intensive support
- **Data recording** and **analysis tools**