

AASB Support

What Are the Next Steps for Your District?

AASB/AK ICE offers a variety of support services for collaborating with districts to put SEL into action:

- Facilitating district/school conversation about SEL
- Planning guided by district and school data
- Creating a district SEL vision and common language
- Providing SEL training and professional development
- Applying district-specified and culturally relevant criteria to choosing an SEL curriculum
- Integrating SEL into existing district initiatives (Teaching Framework, PBS, RTI, etc)
- Infusing SEL into out of school time and with families

Lori Grassgreen, Director
Alaska ICE
lgrassgreen@aab.org
Tel: (907) 463-1660
1111 West 9th Street
Juneau, AK 99801
www.alaskaice.org



SEL is a Tool

Positive Behavior Support

SEL develops the foundational skills students need in order to meet the expectations in multi-tiered systems of support to address positive school climate and safety (PBIS, CHAMPS).

Teaching Frameworks

SEL teaching practices can be a resource for educators in meeting the expectations of the teacher evaluation framework adopted by their school district. SEL teaching practices focus on understanding students' interests and backgrounds and engaging students in the learning process.

Employability Skills

Alaskan employers are asking schools to prepare students with SEL skills. The "Alaskan Employers Expect" list of skills includes communication, teamwork, problem-solving, and managing stress.

SEL is making a difference for our students. We have happy learners - students who can focus on academics because they're not side-tracked by a lot of other issues. Because of that, our test scores are higher and we have fewer office referrals. - AK Elementary Principal



Social and Emotional Learning

A Guide for Alaskan School Districts

Now that we have a common SEL language, a conversation at lunch becomes a valuable brainstorming session. It has brought our staff closer together. We wanted SEL to help us change the culture in our school. We've realized that the change starts with us. - AK 5th Grade Teacher



Association of Alaska School Boards (AASB) /Alaska ICE

A Comprehensive SEL Approach

K-12 students learn SEL skills through comprehensive programming that includes:

- ✓ Safe, *respectful climate* and learning environment
- ✓ *Common language* and vocabulary (SEL standards)
- ✓ *Explicit skill instruction* from an evidence-based program*

Examples of Evidence-Based Elementary SEL Programs					
	Being Used in Alaska	Academic Performance ↑	Positive Social Behavior ↑	Conduct Problems ↓	Emotional Distress ↓
4Rs		✓	✓	✓	✓
Caring School Community		✓	✓	✓	✓
Mind Up	✓		✓	✓	✓
PATHS		✓	✓	✓	✓
Positive Action		✓		✓	
Raising Healthy Children		✓	✓	✓	
RCCP	✓			✓	✓
Second Step	✓		✓	✓	✓
Social Decision Making		✓	✓	✓	✓
Steps to Respect	✓		✓	✓	✓

* For a complete list of elementary and secondary SEL programs, visit the Collaborative for Academic, Social and Emotional Learning at casei.org

✓ *Instructional practices* that engage students in academic content and highlight the SEL skills practiced

✓ School and district-wide *policies, procedures, and routines* that support SEL throughout the school day

✓ *Adult modeling* of SEL skills

✓ Reinforcement in *out-of-school-time, home, and community*

Math is often a scary subject for students—one that many have a history of not succeeding in. With SEL we've created a safe environment in which students are willing to try and persevere. I've seen my students become brave learners who actually want to come to school and who strive towards academic achievement.

– AK High School Teacher



SEL Evidence Base

Social and emotional learning (SEL) supports children, youth and adults in developing skills for life and school. SEL reaches beyond classrooms. The five SEL competencies teach the skills we each need to successfully manage life tasks such as learning, developing positive relationships, solving everyday problems, and operating in the workplace.



SEL builds community in my classroom. I've noticed more participation and enthusiasm for learning. SEL is important at my school because so many students are dealing with absent parents and unsettled home lives. School might be the only place where they feel connected and that needs to remain constant.

– AK Kindergarten Teacher

Research indicates that students receiving quality SEL instruction demonstrated:



Better academic performance: 11 percentile points higher on achievement scores

Improved attitudes and behaviors: greater motivation to learn, deeper commitment to school, and better classroom behavior.



Fewer negative behaviors: decreased disruptive class behavior, aggression, and delinquency.

Reduced emotional distress: including depression anxiety, stress, and social withdrawal.

Durlak, et al. (2011) "The Impact of Enhancing Students' Social and Emotional Learning: A Meta-Analysis of School-Based Interventions." Child Development, Volume 82, Number 1, Pages 405-432.