

COUNSELORS IN THE CLASSROOM

USING SOCIAL EMOTIONAL LEARNING IN HIGH SCHOOLS



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Kahoot! Quiz

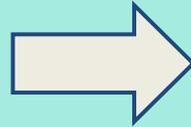
1. Log on to kahoot.it
2. Enter game pin
3. Enter a “nickname” for yourself

Agenda

1. Need for SEL curriculum in schools
2. Positive outcomes associated with EQ
3. Logistics of program
4. Benefits of role
5. Challenges of role

What is Social/Emotional Learning?

5 sets of *cognitive, affective and behavioral* competencies of SEL



Coincidentally, these are also the 5 major categories of Emotional Intelligence (EQ)



Why is social/emotional learning necessary in schools?

Wouldn't it be wonderful if all (or at least most) of YOUR students knew how to:

- ✓ Manage their emotions
- ✓ Demonstrate caring/concern for others
- ✓ Establish positive & healthy relationships
- ✓ Make responsible decisions
- ✓ Handle challenging situations constructively

As School Counselors, you can play a HUGE ROLE in making that happen!

The Nay Sayers may ask: **Why does it matter if students know how to do all of these things?**

HERE IS WHY:

Why is social/emotional learning necessary in schools?

Research conducted out of Loyola University Chicago and University of Illinois at Chicago states that students who participate in SEL programming:

- ✓ *Have better attendance records*
- ✓ *Are less disruptive in class*
- ✓ *Enjoy school more*

AND

- ✓ *Perform better in school than students who DO NOT participate in SEL programming*



Why is social/emotional learning necessary beyond the school years?

According to a research study of 5300 hiring managers, employees fail at their jobs because they

1. Are *unable* to accept feedback
2. Are *unable* to manage emotions
3. Lack motivation
4. Have poor interpersonal skills

Not because they lack the technical “Hard Skills” to get the job done.

Researchers have found that even more than IQ, your emotional awareness and ability to handle feelings will determine your **success and happiness** in all walks of life : workplace, family life, and social groups

Logistics of Implementing a S/E Program

- ✓ Counseling Dept underwent change to counselor role in 2006
- ✓ In order to incorporate the Formation program, we needed:
 - ✓ Support from administration, key school stakeholders, and community
 - ✓ Alignment with vision/mission of school (Jesuit, holistic)
 - ✓ Adjusting of master schedule (9 period day)
 - ✓ Restructuring of counseling department and additional hiring:
 - ✓ 14 counselors
 - ✓ Existing role (counselor and college counselor) versus current role (classroom teacher and counselor)
 - ✓ 5 College Counselors, Director of Health/Wellness, School Psychologist & Curriculum Coordinator
- ✓ Development of comprehensive curriculum

Logistics of S/E Program at Loyola

- ✓ Counselors teach four days/week, 3 classes/day
- ✓ Students see their counselor 2 days/week
- ✓ Approximately 25 students in each class
- ✓ Counselors caseloads are approximately 150 students in 2 grade levels
- ✓ Follow students all 4 years



Adaptations to the program...

✓ A/B days

- ✓ Split the class in half to cover more sensitive topics or to allow for small group discussions

✓ Partnerships

- ✓ Mental health professionals/organizations, guest speakers and college counselors to provide some lessons
- ✓ Elyssa's Mission, Erika's Lighthouse, Immerman's Angels, Erasing the Distance, Rosecrance, Self-Defense, Michael Pritchard on bullying, Chicago PD, Campus Safety from Local Colleges

Overview of Lesson Topics

Academic:

- Academic Habits of Success
- Organization and Time Management
- Self-Advocacy
- Goal-Setting
- Four-Year Academic Plans
- Course Registration/Academic Advising

Personal/Social:

- Stress Management
- Mental Health Awareness
- Drugs & Alcohol Education
- Positive School Climate (Bullying)
- Diversity and Inclusion
- Sex & Sexuality
- Communication Skills & Healthy Relationships
- Internet Safety
- Teens & the Law

College/Career:

- Career Interest Inventories
- MBTI-based Personality Inventory
- Naviance Exploration
- 7Ps College Search Criteria
- Exploration of College Majors
- College Night Preparation
- Financial Aid and Scholarships
- College Discernment
- Resume building
- Interview Skills/Networking
- Researching College MH Resources
- Personal Finances/College Life

Benefits of Counseling & Teaching

TO ADMINISTRATORS, TEACHERS, & FAMILIES:

- ✓ Curriculum aligns with school's mission
- ✓ Forum to communicate school-wide information
- ✓ Resource to school stakeholders
 - ✓ Primary point-of-contact for student concerns
 - ✓ Cultivate a team approach
- ✓ Assist with decision-making for at-risk students



Benefits of Counseling & Teaching

TO COUNSELOR:

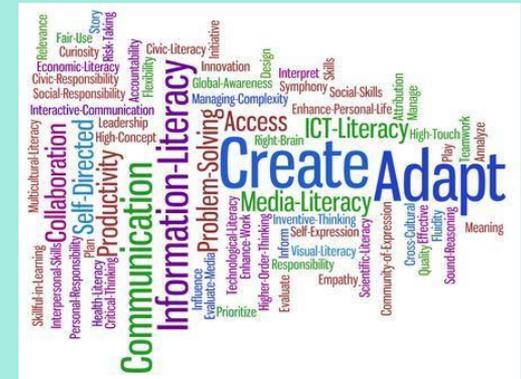
- ✓ Proactive/preventative (vs reactive)
- ✓ Increased visibility
 - ✓ Better identify concerns
 - ✓ Greater empathy for teacher's role
- ✓ Develop more personal relationship
 - ✓ Track growth over 4 years
 - ✓ Enhances letters of recommendation



Benefits of Counseling & Teaching

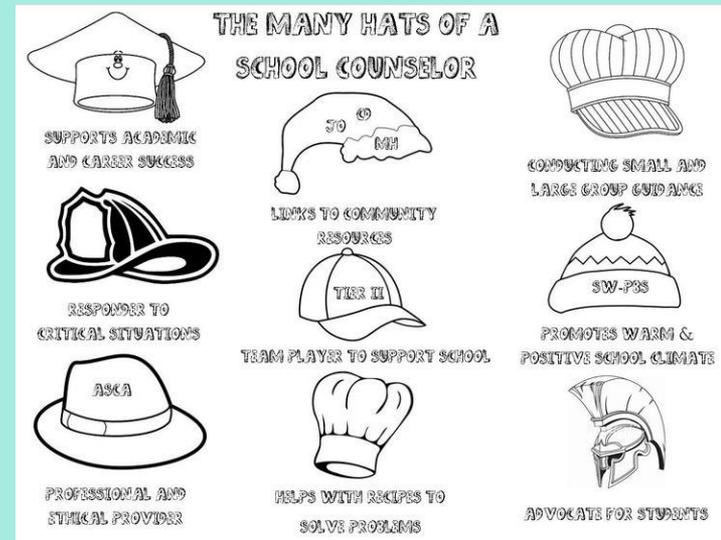
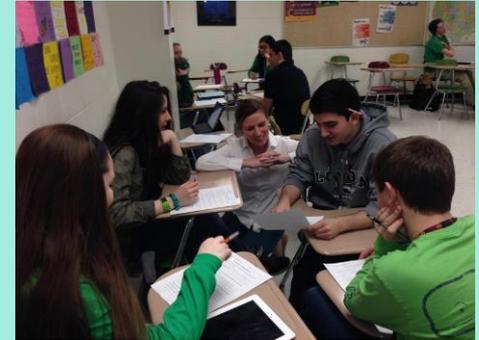
TO STUDENTS:

- ✓ Prepares students for 21st century challenges
- ✓ Promotes equitable learning
- ✓ Contributes to a more positive school climate
- ✓ Fosters holistic student development
 - ✓ Academic
 - ✓ Personal
 - ✓ Career
- ✓ Reduces stigma around MH topics
- ✓ Improved future outcomes
 - ✓ EQ
 - ✓ Life & job satisfaction/success



The Challenges of Counseling & Teaching

- ✓ Dual Role
 - ✓ Classroom management
 - ✓ Grading system (pass/fail)
 - ✓ 33% of weekly schedule is in the classroom in addition to prep time
 - ✓ Crisis Management



Future Focus

- ✓ Invest in more evidence based curriculum
- ✓ Initiate methods for evaluation
- ✓ Collect data (focus on perception data and outcome data)
- ✓ Assess Formation program to determine effectiveness
 - ✓ RE-RAMP 2017
 - ✓ Yearly review and modification of curriculum
- ✓ Work on closing the achievement gap



Lessons Learned

- ✓ Collect data before implementing program
- ✓ Administer a needs-assessment to stakeholders
- ✓ Establish a clear vision, mission and goals for the program from the start
- ✓ Improve communication of mission/goals of your program to stakeholders in the school (everyone should know what you do/don't do)
- ✓ Provide professional development for classroom management and social-emotional learning
- ✓ Create comprehensive curriculum that is developmentally appropriate

Sample Lessons

- Accessible via the following link:

https://drive.google.com/folderview?id=0B_aJiPODWb6vfjJoSEVSTkdSZHJaNFMwUWI1SjQwSFR6RHRjUIJyR0QwQjBMdEM5TGVZOTQ&usp=sharing

- Freshman
 - Self Advocacy
- Sophomore
 - Healthy Relationships
- Junior
 - Building a Positive Climate
- Senior
 - Stress Management



Any questions? 😊

Feel free to email us:

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