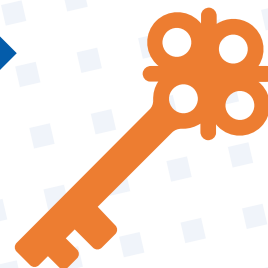




# Social Emotional Learning & Adult Practice

## SEL IS KEY

Equity in schools requires fostering the social and emotional competencies of adults in our communities. By prioritizing adult social and emotional learning (SEL), schools can create a more supportive environment where adults and young people can thrive.



## SELF-AWARENESS AND SELF-REFLECTION



Self-awareness is the foundation of adult SEL. It involves understanding emotions, thoughts, and values, and recognizing how they influence behavior. Self-reflection helps to develop a strong sense of identity and insight into strengths, challenges, and biases. By acknowledging and addressing biases, both implicit and explicit, adults can actively work towards creating a more equitable environment.

## RESPONDING WITH INTENTIONALITY

Adults that effectively direct their thoughts, emotions, and values towards intentional actions are better equipped to support their own well-being as well as their community's. They consider the consequences of actions and make choices that align with their values. Emotional regulation also plays a vital role in managing stress, controlling impulsive reactions, and fostering a positive climate.



## SOCIAL AWARENESS AND EMPATHY

Social awareness enables adults to understand and appreciate the perspectives of others, particularly those from diverse backgrounds and cultures. Empathy is the ability to recognize and feel the emotions of others. By actively seeking to understand different experiences and worldviews, adults encourage a community where everyone feels valued and respected.



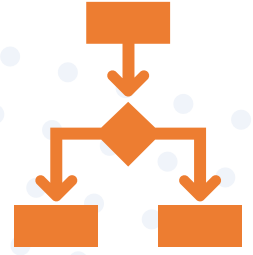
## RELATIONSHIP SKILLS AND COMMUNICATION

Adults with strong relationship skills communicate effectively, listen actively, and engage in cooperative problem-solving. They establish and maintain supportive relationships across lines of difference, fostering belonging and collective well-being. By navigating social and cultural contexts with cultural humility, adults can promote understanding and collaboration.

# Social Emotional Learning & Adult Practice

## RESPONSIBLE DECISIONS AND ETHICAL ACTIONS

Adults skilled in responsible decision-making assess the impact of their actions on themselves and others. They make choices that prioritize equity, justice, and collective well-being. Ethical actions involve considering the implications of decisions and acting with integrity. By modeling responsible decision-making, adults help young people to develop these critical competencies.



## KEY POINTS



- Developing adult SEL competencies is crucial for creating equitable and inclusive environments in schools and communities.
- Cultivating social emotional competencies empowers adults to be role models and advocates for positive change.
- Prioritizing adult development and well-being through these competencies supports both adults and young people in the school community.
- By collectively focusing on adult SEL, schools can build a more just, equitable, and thriving climate and culture.
- [New York's revised SEL Benchmarks](#) reflect this priority through the addition of Adult SEL indicators.

## RESOURCES

- Equity in the Center (2020) [Awake to Woke to Work: Building a Race Equity Culture](#)
- CASEL District Resource Center (2023). [Focus Area 2: Strengthen Adult SEL Competencies and Capacities](#)



## RESEARCH

- CASEL, 2019. [SEL Trends \(Volume 7\): Strengthening Adult SEL](#).