

# HOW CAN PARENTS OF ELLs/MLLs PROVIDE SOCIAL EMOTIONAL LEARNING SUPPORT TO THEIR CHILDREN TO FACILITATE BOTH ACADEMIC AND LIFE SUCCESS?



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**NYSABE**

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*New York State Language Regional Bilingual Education Resource Network*

# GOALS

At the end of this workshop, you will:

- learn about the social emotional learning competencies
- know the benefits of using strategies that develop your social emotional growth, as well as your child's social emotional growth
- learn skills that promote a student's social emotional learning at home and at school
- obtain resources on how to provide social emotional learning supports at home

## NYS GRADUATION RATE AFTER 4 YEARS

NYS **high school graduation rate** for students who started **9<sup>th</sup> grade in 2014** and graduated in **4 years – June 2018**

STUDENT SUBGROUP	PERCENTAGE
All Students	80.4%
Students with Disabilities	55.9%
English Language Learners	29%

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In NYS, the **high school drop out rate** is **27.5% among ELLs/MLLs**, and **11.1% among Students with Disabilities**.

# EARLY WARNING SIGNS OF SCHOOL DISENGAGEMENT

Researchers have found that dropping out of school is related to risk factors in the following areas:

- Student Grades/Credit Accumulation
- Academic progress
- Family-related matters
- Personal challenges

Source: America's Promise Alliance, 2015; Chappell et al., 2015; Freeman & Simonsen, 2015



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## SOCIAL AND EMOTIONAL LEARNING (SEL) COMPETENCIES

### SELF-AWARENESS

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- ⇒ IDENTIFYING EMOTIONS
- ⇒ ACCURATE SELF-PERCEPTION
- ⇒ RECOGNIZING STRENGTHS
- ⇒ SELF-CONFIDENCE
- ⇒ SELF-EFFICACY

### SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- ⇒ IMPULSE CONTROL
- ⇒ STRESS MANAGEMENT
- ⇒ SELF-DISCIPLINE
- ⇒ SELF-MOTIVATION
- ⇒ GOAL SETTING
- ⇒ ORGANIZATIONAL SKILLS

### SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- ⇒ PERSPECTIVE-TAKING
- ⇒ EMPATHY
- ⇒ APPRECIATING DIVERSITY
- ⇒ RESPECT FOR OTHERS

### RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- ⇒ COMMUNICATION
- ⇒ SOCIAL ENGAGEMENT
- ⇒ RELATIONSHIP BUILDING
- ⇒ TEAMWORK

### RESPONSIBLE DECISION-MAKING

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- ⇒ IDENTIFYING PROBLEMS
- ⇒ ANALYZING SITUATIONS
- ⇒ SOLVING PROBLEMS
- ⇒ EVALUATING
- ⇒ REFLECTING
- ⇒ ETHICAL RESPONSIBILITY



## TAKING A CLOSE LOOK AT THE SEL COMPETENCIES

Look at the SEL Wheel and the explanations of each of the competencies and answer the following questions:

- What is the competency in which you feel most comfortable? Why?
- What is the competency in which you, personally, need more help? Why?



# GOALS OF SOCIAL EMOTIONAL LEARNING

1. Develop self-awareness and **Self-Management** skills essential to success in school and in life
2. Use **Social Awareness** and interpersonal skills to establish and maintain positive relationships
3. Demonstrate **ethical decision-making skills and responsible behaviors** in personal, school, and community situations

Source: The School Climate and Student Engagement Workgroup of the NYS Schools Task Force



# HOW DOES SOCIAL EMOTIONAL LEARNING BENEFIT A STUDENT?

Effective mastery of social emotional learning competencies results in:

- Improving academic performance when teachers include social emotional learning in the classrooms
- obtaining greater well-being
- Reducing emotional distress, improving student engagement, reducing disciplinary problems and suspensions
- Improving communication among family members, parents with their children, as well as with school staff members
- Improving teacher-student relationships, and relationships between students and their classmates

# IDENTIFY AND EXPLORE YOUR HOPES, DREAMS AND GOALS FOR YOUR CHILD

- What hopes, dreams and goals do you have for your child?
- What does your child need to learn from you to achieve his hopes, dreams and goals?
- How can you help your children achieve their hopes, dreams and goals?

# WHAT IS YOUR ROLE IN ENSURING SOCIAL EMOTIONAL LEARNING IN THE HOME?

You may explore ways to manage disagreements and anger by promoting social emotional learning at home.

- Create a plan of what each member of the family can do when they are upset, angry, or anxious and practice following the steps in the plan. In that way, your family will be prepared to act appropriately.

You could ask yourself:

- How do I know when I feel really angry?
- What strategies do I use to remain calm?
- How do I model for my child how to respond to anger?

# SEL STRATEGIES TO USE AT HOME

You may learn strategies for moving through disagreements in ways that help your family grow socially and emotionally, such as:

- Ask your children how they feel
- Find ways to stay calm when you or your child is angry
- Avoid humiliating or mocking your child
- Ask questions that help your child solve problems on his own
- Be willing to apologize when you feel you are wrong
- Whenever possible, give your child choices and respect his wishes

Source: CASEL and the Mid-Atlantic Regional Educational Laboratory for Student Success: *Schools, Families, and Social and Emotional Learning: Ideas and Tools for Working with Parents and Families – Ten Things You Can Do at Home* (Fredericks, L., Weissberg, R., Resnik, H., Patrikakou, E., and O'Brien, M. U.)

## SEL STRATEGIES TO USE AT HOME (Continued)

- Encourage your children to use words to express their emotions, such as “I feel sad” or “That made me really angry”
- Focus on strengths
- Follow up with consequences for misbehavior
- Encourage sharing and helping
- Read books and stories together, or tell them stories about your experiences when growing up

Source: CASEL and the Mid-Atlantic Regional Educational Laboratory for Student Success: *Schools, Families, and Social and Emotional Learning: Ideas and Tools for Working with Parents and Families – Ten Things You Can Do at Home* (Fredericks, L., Weissberg, R., Resnik, H., Patrikakou, E., and O’Brien, M. U.)

## STRATEGIES TO MANAGE STRESS

- When we are stressed, we cannot think clearly or see any situation clearly.
- When we are stressed, we may shift from a reactive and stressed mode to a more appropriate responsive mode by using the **STOP** acronym, as follows:

# STRATEGIES TO MANAGE STRESS (Continued)

## STOP:

**S – Stop.** Whenever you notice stress or imbalance, pause and be aware of how you feel.

**T – Take a breath.** Bring your awareness as to how you are breathing, focusing on the changes of your breathing to alert you as to your level of stress.

**O – Observe.** Just notice how breathing begins to naturally bring balance to the systems of the body. In addition, look at your surroundings. What is actually happening at the moment?

**P – Proceed.** Having shifted to a more responsive mode, take an action that is more appropriate, and best attuned to the situation.



## SHOWING GRATITUDE CAN IMPACT YOUR LIFE, AS WELL AS YOUR CHILD'S LIFE

Gratitude can become part of your family's daily routine through intentional practice.

- How can we teach our children to show and express more gratitude?
- How do you encourage your children to show more gratitude at home?
- What things can you do as a family to show gratitude?

# HELPING YOUR CHILD OVERCOME FEAR

One of the greatest challenges you face is helping your child overcome fear. Facilitating this process and preparing your child for life's challenges is a critical role. Some of the social emotional skills you can use to help your child manage fear are:

- Be patient
- Introduce role models
- Lead by example
- Give them control in managing their fear
- Encourage and praise
- Answer their questions
- Take small steps to overcome their fear
- Stay calm

# BE A PEACE MAKER IN YOUR FAMILY

Parents can learn strategies for resolving disagreements in ways that help all family members grow socially and emotionally. You may ask questions like the following:

- Who is the peace maker in your family?
- What skills does that person have?
- How are they able to create peace?

# RESOURCES

- CASEL: <https://casel.org/>
- Social Emotional Learning: Essential for Learning, Essential for Life, Essential for New York State: <http://www.p12.nysed.gov/sss/sel.html>
- 2015 CASEL Guide: Effective Social and Emotional Learning Programs – Middle and High School Edition: <http://secondaryguide.casel.org/casel-secondary-guide.pdf>
- Top 10 Books for Parents: <https://casel.org/in-the-home/books/>
- Websites on SEL for Parents: <https://casel.org/in-the-home/web/>
- Videos for Parents in English: <https://www.youtube.com/watch?v=y2d0da6BZWA&t=289s>
- Videos for Parents in Spanish: [https://www.youtube.com/watch?v=xz\\_aCbDI9uk&t=4s](https://www.youtube.com/watch?v=xz_aCbDI9uk&t=4s)

Thank You

Gracias

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Merci

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Grazie

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Obrigado!  
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