

ADDRESSING THE SOCIAL EMOTIONAL LEARNING NEEDS OF ELLs/MLLs

英语学习生和多种语言学习生社会情绪认知和管理/掌控能力学习的需要



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NYSABE

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GOALS

At the end of this workshop, you will:

- Learn about the social emotional learning competencies
- Know the benefits of using strategies that develop the social emotional growth of parents and their children
- Learn skills that promote parents and their children's social-emotional health at home and at school
- Obtain resources on how to provide social emotional learning supports at home

讲座目的

在讲座最后你将：

- 学习掌握社会情绪认知和管理/掌控的能力
- 了解运用发展家长和子女学习社会情绪认知和管理/掌控能力的益处
- 学习推动家长和孩子在家和在学校中社会情绪认知和管理/掌控能力学习的健康发展
- 获得如何支持在家提供社会情绪认知和管理/掌控能力学习的资源

NYS GRADUATION RATE AFTER 4 YEARS

NYS **graduation rate** for students who started **9th grade in 2014** and graduated in **4 years – June 2018**

纽约州从2014年上9年级到2018年6月毕业的四年毕业率

STUDENT SUBGROUP	PERCENTAGE
All Students 所有的学生	80.4%
Students with Disabilities 残障学生	55.9%
English Language Learners 英语学习生	29%

However

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

在纽约州高中英语学习生/多种语言学习生的辍学率是27.5%，残障学生的辍学率是11.1%。

EARLY WARNING SIGNS OF SCHOOL DISENGAGEMENT

早期脱离学校的警示

Researchers have found that dropping out of school is related to risk factors in **four domains**:

研究发现学生辍学与四个方面的风险因素有关：

- **Academic**
- **School-related**
- **Family-related**
- **Individual**

学业
与学校有关
与家庭有关
个人因素

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

THINK – PAIR – SHARE

思考-组对-分享

Discuss with the person next to you:

与你旁边的人讨论：

- What is Social Emotional Learning?

什么是社会情绪认知和管理/掌控能力的学习？

- Why is it important?

它为什么重要？



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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



IDENTIFYING STUDENT BEHAVIORS IN THE FIVE COMPETENCY LEVELS

确定社会情绪认知和管理/掌控能力学习的五个方面

1. **Self Awareness**自我意识
2. **Self Management**自我管理
3. **Social Awareness**社会意识
4. **Relationship Skills**关系处理技巧
5. **Responsible Decision-Making** 负责任的决策

Self Awareness自我意识

具有能力来准确地认知自己的情绪，思想和价值，并且知道他们如何影响行为。具有能力以充分的信心，乐观主义和成长型思维模式准确地测试自己的能力和局限。

- 自知情绪
- 准确的自我感觉
- 认识自己的能力
- 有自信
- 有自我效能

Self Management自我管理

具有能力成功地在不同情况下调解自己的情绪，思想和行为-有效地处理压力，控制情绪和激励自己。具有能力树立并努力实现个人和学业的目标。

- 控制情绪
- 对待压力
- 自律
- 自我鼓励
- 树立目标
- 组织能力

Social Awareness社会意识

具有能力从别人的角度看问题并且同情别人，这些人包括来自不同的背景和文化。具有能力懂得社会和道德规范的行为并且认识 and 了解家庭，学校和社区的资源和支持。

- 换位思考的能力
- 同情心
- 欣赏多元化
- 尊重别人

Relationship Skills关系处理技巧

具有能力同不同的个人和团体建立和保持健康和有益的关系。具有能力同其他人清楚地沟通，有效地聆听，合作，有效地抵制不适当的社会压力，建设性地商量冲突并且在需要的时候寻求和提供帮助。

- 沟通
- 参与社交
- 建立发展关系
- 团队工作

Responsible Decision-Making 负责任的决策

具有能力根据道德标准，安全考虑和社会规范对个人的行为和社会交往作出建设性的选择。对各种行为的后果有切实的评估并且考虑自己和其他人的福祉（健康，幸福和快乐）。

- 发现问题
- 分析情况
- 解决问题
- 评估
- 反映
- 道德责任

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 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

社会情绪认知和管理/掌控能力学习基准的目的

1. 培养自我意识和自我管理能力，这对于帮助学生在学校和生活成功是攸关紧要的。
2. 用社会意识和人际交往能力建立和保持积极的关系。
3. 表现出道德决策技巧并且在个人，学校和社区中表现出负责任的行为。

BENEFITS OF SOCIAL-EMOTIONAL LEARNING

Effective mastery of social emotional learning competencies at home results in:

- Obtaining greater well-being and better academic performance
- Reducing emotional distress, improvement in student engagement, reducing disciplinary problems and suspensions
- Improving communication among parents and their children, as well as with school staff members
- Improving teacher-student and relationships with their classmates

社会情绪认知和管理/掌控能力学习的益处

有效的社会情绪认知和管理能力学习能够：

- 帮助学生身心更健康而且学习成绩更好。
- 减少精神上的压力，能够更好地同别人接触，减少纪律问题和暂令停学听证。
- 改善与家庭成员和学校工作人员的关系。
- 改善老师与学生之间，学生之间的关系。

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 are angry
- Avoid humiliating or mocking your children
- Ask questions that help children solve problems on their own
- Be willing to apologize
- Whenever possible, give children choices and respect their 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.)

社会情绪认知和管理/掌控能力学习在家里运用的方法

在帮助你的家庭在社会情绪认知和管理/掌控能力学习中，你将在不同意见中学到方法，例如：

- 了解你的孩子感觉如何
- 当你生气的时候想出方法使自己镇静下来
- 避免羞辱或者嘲笑你的孩子
- 给你的孩子提问帮助他们自己解决问题
- 愿意道歉
- 在任何可能的情况下给孩子们选择并尊重他们的选择

来源：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.)

社会情绪认知和管理/掌控能力学习在家里运用的方法 (续)

- 鼓励你的孩子们用语言表达他们的情绪，例如“我感到难过”或者“那使我很生气”
- 强调能力和潜力
- 为错误行为采取纠正的后续工作
- 鼓励互相分享和帮助
- 和孩子们一起读书和故事，或者给他们讲有关你成长经验的故事。

来源：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.)

IDENTIFY AND EXPLORE OUR CHILDREN'S HOPES AND DREAMS

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

认知并探讨我们孩子的希望和梦想/理想

- 你对你的孩子抱有什么样的期望和理想？
- 为了帮助你的孩子实现这些期望和理想，他们需要向你学习什么？
- 你需要做什么帮助他们实现这些期望和理想？

SHOWING GRATITUDE CAN IMPACT OUR LIVES AS WELL AS THE LIVES OF OUR CHILDREN

Gratitude can become part of your family 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 other things can you do as a family to practice gratitude?

感恩的行为影响我们自己和孩子的生活

- 感恩的行为可以通过实践成为你家庭的常规。
- 我们如何教育我们的孩子感受和表示更多的感恩？
- 你如何鼓励你的孩子在家表现出感恩的态度？你可以想到其他方法可以在家里教育孩子感恩吗？

PARENTS' ROLE IN FAMILY EMOTIONAL SAFETY

Parents may explore ways to manage disagreements and anger by promoting social-emotional safety 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.
- How do you know when you are getting really angry?
- What are some strategies you use to keep calm?

家长在实施家庭情绪安全中的角色

家长可以探讨处理不同意见和控制气愤情绪的各种方法来促进家庭情绪安全。

- 为每一位家庭成员制定一个计划以便他们在烦乱，生气或者害怕的时候能够按照计划的步骤来对待。
- 你如何知道你何时真的生气了？
- 你用什么方法使你自己保持冷静？

MANAGING STRESS WITH MINDFULNESS

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

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

T – Take a deep breath..

O – Observe. Just notice how breathing begins to naturally bring balance to the systems of the body.

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

用正能量对待压力

- 当我们遇到压力时，我们可以用**Stop**的解释 从被动的感到有压力的情绪转到一个有正能量的反应积极的情绪。
- **S-停**. 每当你感觉到有压力或失调时， 停下来并认知你自己的情绪。
- **T- 深深吸一口气。**
- **O-观察**。你会注意到呼吸如何自然地调节身体各系统的平衡。
- **P-继续进行**。把情绪转到更具有正能量的反应积极的情绪。并采取更有技巧的，适当的和最适用于你情况的行为。

Engage in Parent-Teacher Conversations

- Identify which SEL competency you feel strongest in when speaking with your child's teacher. Why?
- Identify which SEL competency you personally need the most help with when speaking with your child's teacher. Why?
- During parent-teacher conversations, what have you tried that has worked well?
- Are there ways that your child's school could improve parent-teacher conferences that would help all caregivers?

参与家长-教师的对话

- 识别在当你同你孩子的老师谈话时哪一项社会情绪认知和管理/掌控能力学习的技能你认为最有用？为什么？
- 识别在当你同你孩子的老师谈话时哪一项社会情绪认知和管理/掌控能力学习的技能你个人认为对你最有帮助？为什么？
- 在家长和老师会谈时，你尝试了什么最有效？
- 你建议你孩子的学校用什么方法改进家长-老师会议从而可以帮助所有的学生保护者？

HELPING CHILDREN TO DEAL WITH FEAR

One of the greatest challenges you face is helping your children 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 examples
- Give them control
- Encourage and praise
- Answer their questions
- Little steps
- Stay calm

帮助孩子对待惧怕

- 我们作为孩子们的保护者面对的最大的挑战是看到我们的孩子们受苦，不管是由于恐惧还是疼痛。由于家长在此期间起着关键性的作用，为你的孩子接受生活的任何挑战做准备。

你需要用什么社会情绪认知和管理/掌控能力学习的技能来帮助你的孩子对待恐惧？

- 要耐心
- 介绍榜样
- 自己以身作则
- 教育孩子如何控制和处理生活中的情况
- 鼓励和表扬
- 回答他们的问题
- 保持镇静
- 在克服惧怕中逐渐进步/小步前进

BE A PEACE MAKER IN YOUR FAMILY

Parents may learn strategies for moving through disagreements in ways that help all parties 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?

促进家庭的团结和睦

家长可以学习各种方法来帮助所有的家庭成员在社会情绪认知和管理/掌控能力学习中发展。你可以问以下的问题：

- 谁是你们家庭团结和睦的促进者？
- 那位成员有什么技巧？
- 他/她如何能够促进家庭的团结和睦？

QUESTIONS



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

Thank You

Gracias

ありがとう

Merci

धन्यवाद

شكراً

謝謝

Hvala

ขอบคุณ

Mesi

Grazie

Bedankt

감사합니다
[kamsahamnida]

Obrigado!
Ευχαριστώ