



Promoting Social Emotional Learning in Synchronous Environments

Overview

Online learning offers many unique challenges to educators and students. One of these challenges is discovering how educators can continue to support Social and Emotional Learning (SEL) when students are learning from home. How can an online classroom promote the 5 core competencies of SEL (self-awareness, self-management, social awareness, relationship skills and responsible decision making)? This session will showcase ideas that help educators address each SEL competency and support their learners.

Webinar Agenda

0:00 – 0:05 **Welcome:** Introductions, Meeting Controls, Objectives
(5-minute duration)

0:05-0:15 **Introduction to SEL competencies as defined by CASEL**

- The CASEL 5
 - Self-Awareness
 - Self-Management
 - Social Awareness
 - Relationship Skills
 - Responsible Decision Making

(10-minute duration)

0:15-0:20 **Self-Awareness:**

- Promoting growth mindset

(5-minute duration)

0:20-0:25 **Self-Management:**

- Teaching students to manage work and time

(5-minute duration)

0:25-0:35 **Social Awareness:**

- Recognize the strengths in others and understand and express gratitude

(10-minute duration)

0:35-0:40 **Relationship Skills:**

- Creating spaces for group projects and collaboration in Teams

(5-minute duration)

0:40-0:45 **Responsible Decision Making:**

- Promote reflection

(5-minute duration)

0:45-0:50 **Final Thoughts**

(5-minute duration)

0:50-0:60 **Closing Questions and Answers**

(10-minute duration)

Resources

- <https://education.microsoft.com/en-us>
- <https://casel.org/sel-framework/>
- <https://education.microsoft.com/en-us/course/0936fec0/overview>