



# The New York Center for Teacher Development, Inc.

*In affiliation with the University of Massachusetts Global (Extended Education)*

## **Course Syllabus**

**Course:** EDZU 9114 (The Heart Of The Classroom: Implementing SEL strategies K-12)

**Credit Hours:** 3.0 credits / 45 hours

**Instructor:** Vanesa Pizzo & Marcella Biordi

## **Course Description**

This course is designed for educators, administrators and others looking to expand their Social Emotional Learning (SEL) practices. Participants will explore the five components of SEL: self-awareness, self-management, social awareness, relationships, and decision making. Participants will explore, create and implement various strategies to improve SEL practices in the school and home setting. Participants will utilize and reflect on these strategies with fellow peers through interactive online discussions.

## **Course Objectives**

### **Teachers Enrolled in This Class Will...**

#### **Know**

1. Defining the term Social Emotional Learning
2. History of how SEL was formed in the educational setting
3. The benefits of SEL in the classroom
4. External factors that impact the need for SEL in the classroom
5. How to adjust our lessons/building procedures to incorporate SEL components

#### **Understand**

1. The 5 SEL competencies
2. How to incorporate different SEL strategies to meet individual student needs
3. How to create a classroom/school that is inclusive to SEL needs
4. The cultural differences and special needs of Student Home Life
5. The importance of self-practic

#### **and To Be Able To**

1. Connect with parents and bridge SEL from the school to home
2. Establish a classroom/building culture that supports SEL
3. Collaborate with fellow peers on challenges and opportunities
4. Motivate students in their learning, improve behavior and academic performance
5. Create content specific activities that support SEL

## Course Outline

### **Module 1: Introduction**

1. Icebreaker
  - a. Work involvement/experience with Social Emotional Learning.
  - b. Discussion board.
2. History of Social Emotional Learning
  - a. PowerPoint-How did it begin and how has it evolved?
  - b. Self-Reflection

### **Module 2: Self Awareness**

1. Self-Awareness-Slides-What may it look like?
  - a. Powerpoint with different scenarios to consider.
  - b. Discussion board.
2. Self-Awareness Choice Board
  - a. Strengths and Challenges Choice Board.
  - b. Reflection
3. Incorporating Self-Awareness in the Classroom
  - a. Self-Awareness Clips
  - b. Discussion board.
  - c. Rose, Blossom & Thorn Journaling through Padlet.

### **Module 3: Self-Management**

1. What is Self-Management?
  - a. PowerPoint with different scenarios to consider.
2. Managing our Emotions with Music
  - a. Music playlist
3. Emotional Management Canva (Discussion Forum)
  - a. Positive Vision Boards.

### **Module 4: Social Awareness**

1. What is Social Awareness?
  - a. Read PowerPoint
  - b. Discussion Forum-Being socially aware and not being socially aware
2. Social Awareness with Books
  - a. Discussion board. Book/resources recognizing different emotions.
3. Kindness Bingo Board
  - a. Acts of kindness in the workplace, at home, or around the neighborhood.

### **Module 5: Relationships**

1. Why are Relationships Important when Discussing SEL?
  - a. PowerPoint
  - b. Discussion Board: Cultural Differences

2. Morning Meeting
  - a. Classroom Circles for K-12
  - b. Morning Meeting Slides
3. Greeting
  - a. Breathing exercise
  - b. Community Building Activity
4. Share
  - a. Classroom Goal (weekly, daily, or monthly)
5. Action Plan
  - a. Lesson/activity that promotes relationship skills.

### **Module 6: Decision Making**

1. Positive decision- What does it look like?
  - a. PowerPoint
  - b. Discussion Post
2. Affirmation Word Cloud
  - a. “Jessica’s Daily Affirmations.”
  - b. Word Cloud Generator
3. SEL Practices in and out of the Classroom
  - a. Self-reflection on current SEL practices in the classroom and school community

### **Methods of Instruction**

Educators and Administrators enrolled in this course will be prepared to expand their Social Emotional Learning (SEL) practices. Participants will explore the five components of SEL: self-awareness, self-management, social awareness, relationships, and decision making. Participants will explore, create and implement various strategies to improve SEL practices in the school and home setting. Participants will utilize and reflect on these strategies with fellow peers through interactive online discussions.

### **Methods of Assessment**

In order to earn an A in our course, a student must complete all of the assigned readings and assignments, participate in all discussion forums, and complete all of the practicum tasks.

In order to earn a B in our course, a student must complete all of the assigned readings and assignments, participate in all discussion forums, and complete at least 4 out of 5 of the assignments.

## Time Validation

1	<b>Assignment</b>	<b>Time (in hours)</b>
2	Module 1 Assignment 1 Icebreaker Discussion Forum (Where you work, your role in the school, and your involvement/experience with Social Emotional Learning.)	1.00
3	Module 1 Assignment 2: History of SEL Powerpoint & Self Reflection (Turn-In Assignment-Participants will self-reflect on their current SEL practices in the classroom and school community)	4.00
4	Module 2 Assignment 1: What is Self Awareness-Slides & Discussion Forum (Discussion Forum: Answer questions about scenario, and reflect upon the situation.)	3.00
5	Module 2 Assignment 2: Self-Awareness Choice Board (Turn-In Assignment-Participants will choose one activity from the Strengths and Challenges Choice Board.)	4.00
6	Module 2 Assignment 3a: Incorporating Self-Awareness in the Classroom (TikTok video & Reflection questions)	1.00
7	Module 2 Assignment 3b: Incorporating Self-Awareness in the Classroom (Padlet-post Rose, Blossom & Thorn of their week)	1.00
8	Module 3 Assignment 1: What is Self-Management Powerpoint	2.00
9	Module 3 Assignment 2: Managing our Emotions with Music (Turn-In Assignment-Create own playlist)	2.00
10	Module 3 Assignment 3: Emotional Management Canva & Discussion Forum (Create Postivie Vision Board)	4.00
11	Module 4 Assignment 1: What is Social Awareness? Powerpoint & Discussion Forum (1 example of being socially aware and 1 example of not being socially aware)	3.00
12	Module 4 Assignment 2: Social Awareness with Books (Discussion Forum)	2.00
13	Module 4 Assignment 3: Kindness Bingo Board (Turn-In Assignment create acts of kindness in the workplace, at home, or around the neighborhood.)	2.00
14	Module 5 Assignment 1: Why are Relationships Important when Discussing SEL? Powerpoint & Discussion Forum (Cultural Differences (How have you made your students feel safe in the classroom?))	3.00
15	Module 5 Assignment 2: Morning Meeting (Turn-In Assignment-create own morning meeting slides)	4.00
16	Module 5 Assignment 3: Action Plan (Turn-In Assignment lesson/activity promote relationship skills)	3.00
17	Module 6 Assignment 1: What does positive decision making look like? How can you be reflective? Powerpoint & Discussion Forum	3.00
18	Module 6 Assignment 2: Affirmation Word Cloud-create own	1.00
19	Module 6 Assignment 3: Reflecting on our SEL Practices in and out of the Classroom (FlipGrid/Turn-In Assignment self reflection)	2.00
20	<b>Total Time</b>	<b>45.00</b>