

Understanding Your Student's SEL Survey Results

A presentation for parents.

Takeaways from today's presentation

What is SEL?

Why is it important?

What did the SEL survey measure?

What do my student's results mean?

What can I do to help my child develop SEL skills?

Who can I talk to about any concerns I have about my child's social-emotional development?

What is SEL?

“Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.” -Collaborative for Academic, Social, and Emotional Learning (CASEL)

SOCIAL AND EMOTIONAL LEARNING

SEPARATING FACT FROM FICTION

SEL **boosts academic** performance and deepens engagement with content.

It is **not** a distraction from academics.

SEL builds relationships and skills that promote **healthy well-being**.

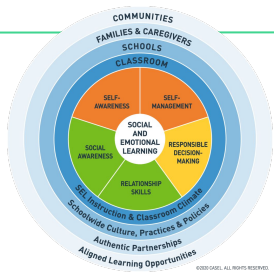
It is **not** therapy.

SEL helps students **understand different perspectives** and share ideas.

It is **not** a way to teach students a specific political agenda.

SEL is shaped by local priorities set by **schools, families, and communities**.

It is **not** one-size fits all.



THE CASEL 5

Five broad, interrelated areas of competence



self-awareness

Understand one's own emotions, thoughts, and values and how they influence behavior across contexts.



self-management

Manage one's emotions, thoughts, and behaviors in different situations and to achieve goals and aspirations.



social awareness

Understand the perspectives of and empathize with others, including those from diverse backgrounds.



relationship skills

Establish and maintain healthy, supportive relationships and effectively navigate settings with diverse individuals/groups.



responsible decision-making

Make caring and constructive choices about personal behavior and social interactions across diverse situations.

Why is SEL Important?



SEL leads to **improved academic outcomes** and behaviors



SEL benefits are **long-term** and global



SEL is a **wise financial investment**



Social and emotional skills **help improve lifetime outcomes**

The benefits of SEL are well-researched:



For more: <https://casel.org/fundamentals-of-sel/what-does-the-research-say/>

What did the Student SEL survey measure?

SEL Competency Area	Description
Growth Mindset*	Student perceptions of whether they have the potential to change those factors that are central to their performance in school
Self-Efficacy	How much students believe they can succeed in achieving academic outcomes.
Self-Management **Not in Spring 2022 Survey	How well students manage their emotions, thoughts and behaviors in different situations.
Social Awareness	How well students consider the perspectives of others and empathize with them.

*Growth mindset is not a CASEL competency area but is a subset of perceptions and beliefs within self-awareness and self-efficacy.

Where can you find your student's results?

A summary statement of how to interpret results and an overview of how your student answered in each area can be found in ParentVUE

- **Log in to ParentVue**
- **Go to "Documents" in menu**
- **Look for two "survey" documents**
 - "SEL Results Report Parent Guardian Letter.."
 - Document with your students ID & Name that is listed as "survey" under "Document Category"

The screenshot shows the ParentVue interface. On the left is a navigation menu with 'Documents' highlighted. The main area is titled 'DOCUMENTS' and contains a table with the following data:

Document	Document Category
SEL Results Report Parent Guardian letter English.	Survey
2022-2023 IPR 2	Report Card
[Redacted]	Survey
2022-2023 MP1 Report Card	Report Card
2022-23 BOY [Redacted]	Test Report
2022-23 VGA [Redacted]	Test Report
2022-2023 IPR 1	Report Card
SOL Parent Letter - Spring Non-Writing	Test Report
SOL 2021-22 Spring Non-WRT SE: [Redacted]	Test Report
SY23 R8th front [Redacted]	Test Report
2021-2022 MP4 Report Card	Report Card
2021 [Redacted]	Test Report
SEL Parent results report_guide.docx	Survey
[Redacted]	Survey
2021-2022 MP3 Report Card	Report Card
2021-22 MO [Redacted]	Test Report
2021-2022 MP2 Report Card	Report Card
2021 Fall Growth Ass [Redacted]	Test Report
20 [Redacted]	Test Report
2021-2022 MP1 Report Card	Report Card

What do my student's results mean?

Results fall from 1 to 5, with 5 representing strengths.

Results are useful to APS for overall SEL programming and monitoring general SEL needs.

Results are useful to parents as an additional indication of their child's SEL skills, along with their own observations and those of teachers over time.

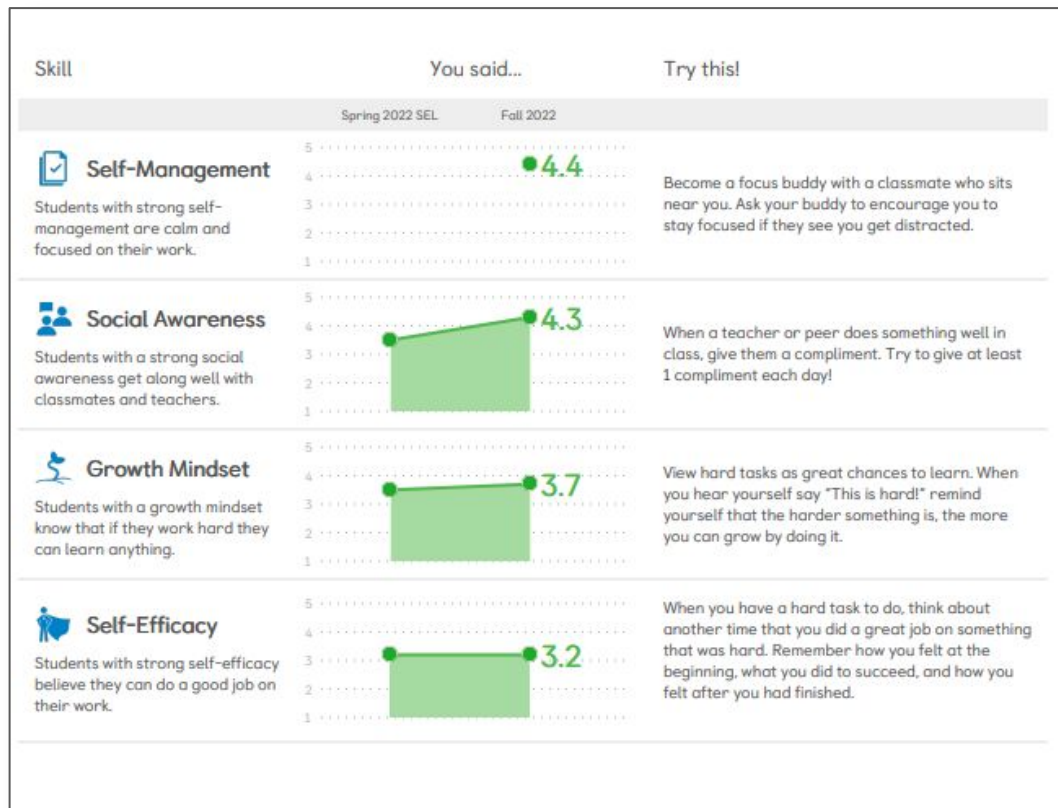
Ratings (1.0-5.0)	Category
4.3-5.0	High Strength
3.5-4.29	Strength
2.0-3.49	Medium Strength
Less than 2.0	Low Strength
"No rating"	No responses recorded

Caution:

These results come from a "moment in time" and a relatively small number of responses in each area.

Responses will vary from day-to-day depending on the student's feelings on the day of the survey.

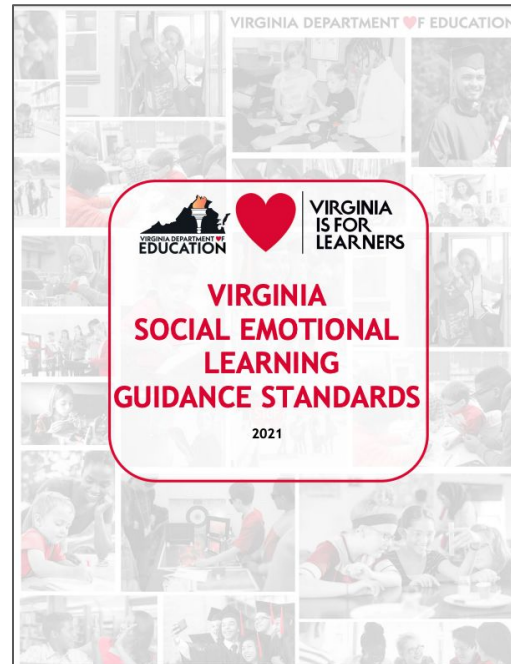
Example Student Report



What Can I do to help my child develop SEL skills?

Learn more about what social-emotional skills and competencies are for grades K-12.

<https://www.doe.virginia.gov/programs-services/student-services/integrated-student-supports/social-emotional-learning-sel>



Strengthening in Different Areas

Activities that strengthen Self-Management

- Visual Feelings Wheel
- Building a Coping Skills area or toolbox at home together
 - Quiet place
 - Activities that your child enjoys: music, drawing, crafts, etc.
 - Stress fidgets
- Model and monologue when you are using self-management skills. Ex: “I can feel myself getting frustrated, I’m going to take 10 minutes to calm down”
- CRF Framework:
 - CONCERN: My concern is...
 - FEELING: My feeling is...
 - REQUEST: My request is...

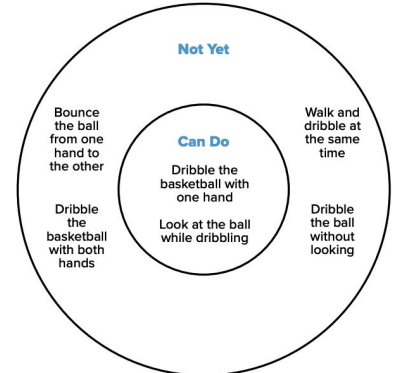
Example: *“My concern is that you have asked me to clean my room five times today. My feeling is annoyed because I’m trying to finish my schoolwork first. My request is that you give me a deadline to finish cleaning my room so that I can manage my own time.”*

Activities that strengthen Growth Mindset?

- Reflective Journaling: Look back at times when things were difficult or a new skill and reflecting on how far you have come. People who practice reflection and gratitude feel more positive emotions, improve their physical health, develop strong relationships, and are better equipped to overcome adversity.
- Growth Circles: include a Goal Statement (something that you hope to be able to do or improve at), a “Can Do” circle (all the things you can do related to the goal), a “Not Yet” circle (all the things you cannot yet do related to the goal), and a Strategy Statement (one or two things that you can do in the short-term to expand or grow your Can-Do Circle).

Example

Goal Statement: I want to be able to dribble a basketball between my legs.



Strategy Statement: This week I will try walking back and forth down the block while dribbling at the same time.

Activities that strengthen Social Awareness

- Model active listening when having conversations with your student
- Making dinner time a screen free time
- Either sharing or journaling daily three things you are grateful for
- Support perspective taking: this can happen while watching a show or movie together or when your student is sharing about their day
 - Ex: “Wow that sound like it was really hard for your friend, how do you think you would react if that happened to you?”

Activities that strengthen Self-Efficacy

- If-Then Plans: help students shift their focus to the specific actions that will lead to meeting their goals vs. being fixated on the goal itself.
 - Ex: You may want to see your student study more for a test. Their “If-Then” statement could be: If it’s 2:30pm, then I’ll spend time reviewing practice problems for 30 minutes.
- Support mindfulness practices
- Help your student reframe negative thoughts. Talking about what else our child can say in calm moments will help when they have negative self-talk in the future. What is a more “helpful” thought?
- Best case scenario, worst case scenario and most likely scenario
- Investigating unhelpful thoughts

Who can I talk to if I have concerns about my child's social-emotional development?

There's no right or wrong person to ask! We work together to help all students.



Thank You