

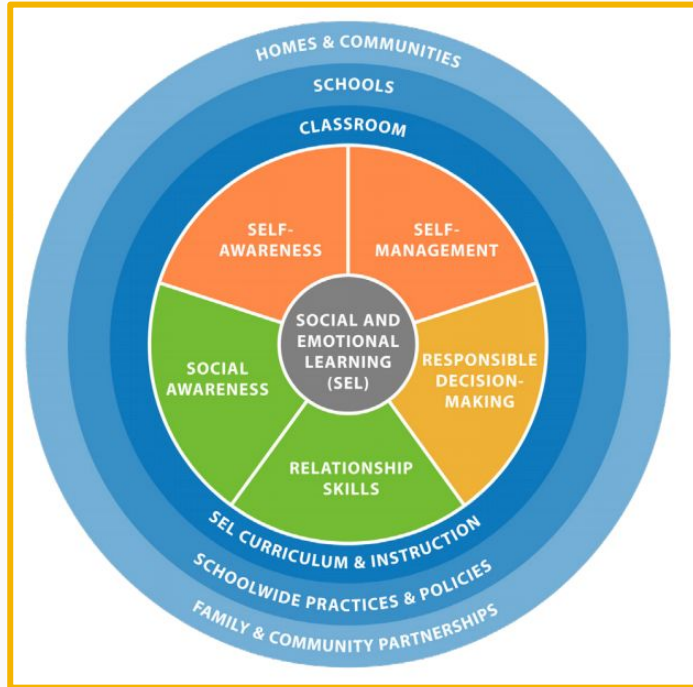


SAINT CECILIA CATHEDRAL SCHOOL

"Higher education starts here"

Social and Emotional Learning

What is Social and Emotional Learning?



Social and emotional learning (SEL) is the way for students to learn and practice the knowledge, attitudes, and skills necessary to:

- Understand and manage emotions,
- Set and achieve positive goals,
- Feel and show empathy for others,
- Establish and maintain positive relationships,
- and make responsible decisions.

Five Components of SEL

Self-Awareness: Identify one's thoughts, feelings, and strengths, and recognize how they influence one's choices and actions.

Self-Management: Establish and work toward short- and long-term goals, and handle emotions so that they facilitate rather than interfere with the task at hand.

Social Awareness: Identify and understand the thoughts and feelings of others, respect their rights, and appreciate diversity.

Relationship Skills: Establish and maintain healthy and rewarding connections with individuals and groups through communication, listening, and negotiation skills.

Responsible Decision Making: Generate, implement, and evaluate positive and informed solutions to problems, and assume responsibility for personal decisions and behaviors.

What is gained from SEL?

It develops the emotional literacy to provide a foundation for academic achievement, maintenance of good mental and physical health, quality relationships, and responsible participation in their community.

It supports educational equity for all students and by empowering students to use their voice to advocate for themselves and others.

Children who experience SEL demonstrate:

- 11% increase on students overall academic performance
- More positive connections with school and a greater enthusiasm for learning
- Increased self-esteem and responsibility toward others
- Fewer conduct problems and less emotional distress
- Good character and citizenship

Positive Behavior and Schoolwide Expectations

We set schoolwide expectations for all students.

- Be Safe
- Be Respectful
- Be Responsible

Students receive Cardinal Cards when expectations are being met. Weekly prize drawing and whole class goals.

We use SEL to teach students how to engage cooperatively with others and problem solve in a safe and supportive environment.

We believe in restorative practices to address student issues.

We seek to develop the whole child, who is equipped with social skills to be caring, confident, and capable to have reverence for life and respect for all of God's children.