Supporting Consistent and High-Quality SEL Practices with Assessment

xSEL Labs

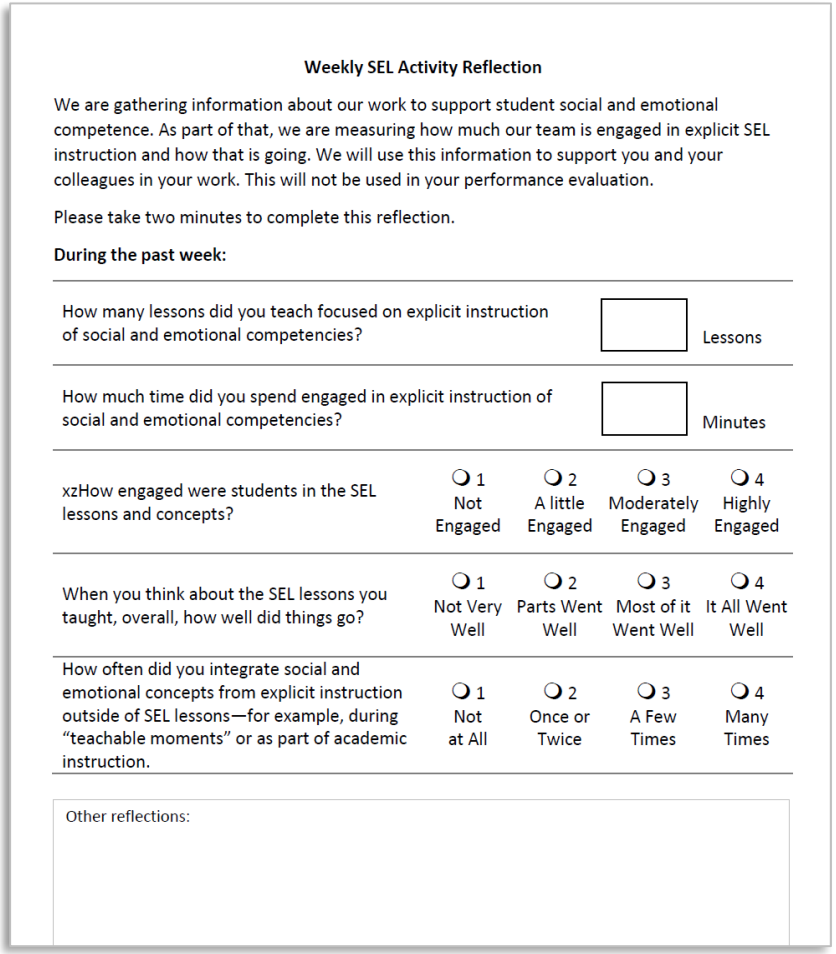
Why Invest in Assessment

- School districts invest a lot of time and money to implement SEL programs.
- Most of the time, implementation is inconsistent at best.
- Assessment can help focus support for consistent, high-quality implementation.

Assessing Implementation: Teacher Reflection Survey

Teacher Reflection Survey

- Five questions
- Teacher report
- Completed quarterly



Weekly SEL Activity Reflection

We are gathering information about our work to support student social and emotional competence. As part of that, we are measuring how much our team is engaged in explicit SEL instruction and how that is going. We will use this information to support you and your colleagues in your work. This will not be used in your performance evaluation.

Please take two minutes to complete this reflection.

During the past week:

How many lessons did you teach focused on explicit instruction of social and emotional competencies?	☐ Lessons			
How much time did you spend engaged in explicit instruction of social and emotional competencies?	☐ Minutes			
xzHow engaged were students in the SEL lessons and concepts?	❍ 1 Not Engaged	❍ 2 A little Engaged	❍ 3 Moderately Engaged	❍ 4 Highly Engaged
When you think about the SEL lessons you taught, overall, how well did things go?	❍ 1 Not Very Well	❍ 2 Parts Went Well	❍ 3 Most of it Went Well	❍ 4 It All Went Well
How often did you integrate social and emotional concepts from explicit instruction outside of SEL lessons—for example, during "teachable moments" or as part of academic instruction.	❍ 1 Not at All	❍ 2 Once or Twice	❍ 3 A Few Times	❍ 4 Many Times

Other reflections:

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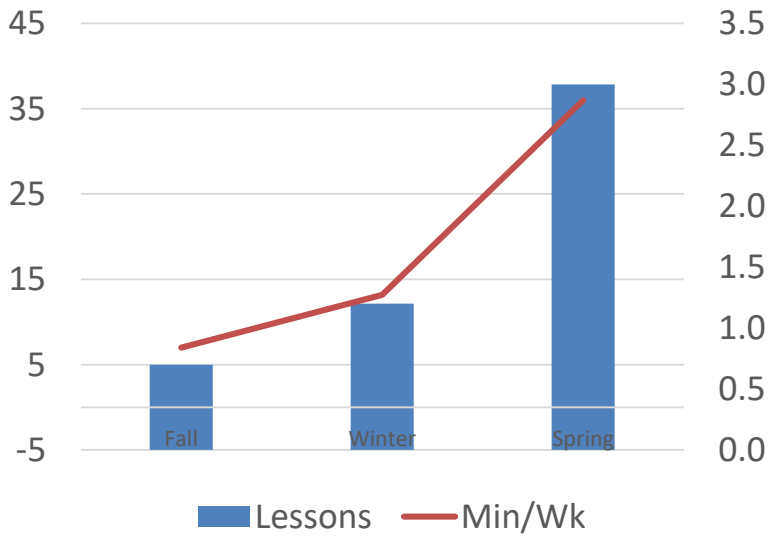
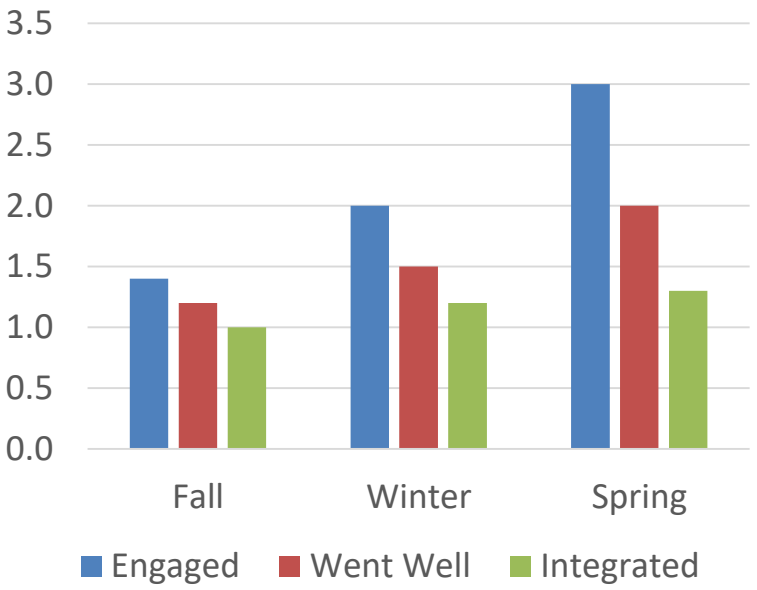
Teacher Reflection Reports



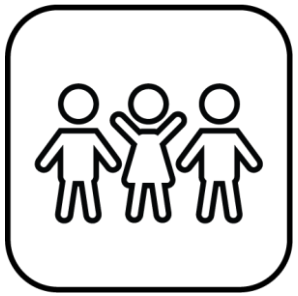


Assessing Competence: SELweb

What SELweb is Designed to Assess

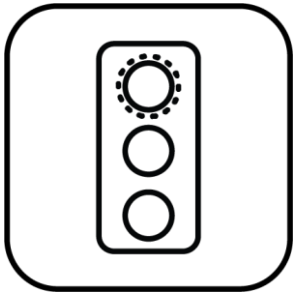
Emotion Recognition
Knowing what others feel

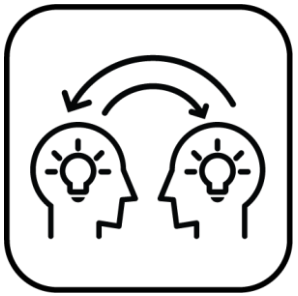
Self-Awareness
Understanding one's own strengths and weaknesses



Social Problem-Solving
Being able to solve challenging social problems

Self-Control
Being able to voluntarily modulate thoughts and feelings





Social Perspective-Taking
Knowing what others intend and believe

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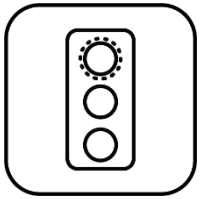
Relation to the CASEL Model

Self-Awareness

Self-Control



Emotion Recognition

Social Perspective-Taking

Social Problem-Solving

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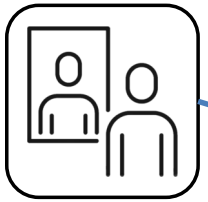
Relation to the CASEL Model

Self-Awareness



Self-Control

Emotion Recognition

Social Perspective-Taking

Social Problem-Solving

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Relation to the CASEL Model

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Relation to SEL Programs

Unit	RULER Lesson	SELweb Competence: Emotion Recognition	Perspective-Taking	Problem-Solving	Self-Control
	Second Grade				
I: Emotions Matter	1. How we experience emotions in bodies and minds	✓✓			
	2. Tracking emotions during an activity				✓
	3. Effects of emotions on decisions, learning, health, relationships		✓		✓
	4. Storybooks illustrating emotion --> Outcome		✓		
2: Community, Safety, and Climate	1. Introduce charter		✓	✓	
	2. Students have agency over their emotions				✓✓
	3. Story: How ones' actions affect others' emotions		✓✓		✓
	4. Story: How framing affects emotions		✓		✓✓
3. Self and Social Awareness	1. Introduction to the Mood Meter	✓			✓
	2. Introduction to five RULER skills	✓	✓	✓	✓
	3. Recognizing and labeling emotions	✓✓			
	4. Recognizing emotion cues, part 2	✓✓			
4-7	Feelings words				
8. Community, Safety, and Climate II	1. Evaluate effectiveness of charter			✓	
	2. Recognizing cues about unwanted emotions	✓✓	✓✓		
	3. What an emotion regulation strategy is				✓✓
	4. Designing emotion regulation stragegies				✓✓
9. Emotion regulation and personal values	1. Difficult decisions and acting according to values			✓✓	✓✓
	2. Introducing the meta-emotion steps			✓✓	✓✓
	3. Strategies for being your best self			✓✓	✓✓
	4. Choosing and enacting strategies for being best self			✓✓	✓✓
10-13	Feelings words				
14. Empathy, Perspective-Taking, and Communith Restoration	1. Defining conflict		✓	✓✓	✓
	2. Understanding empathy	✓✓	✓✓		
	3. Asking questions to cultivate empathy	✓✓	✓✓		
	4. Conducting an empathy interview	✓✓	✓✓		
15-18	Feelings words				

SELweb was developed at Rush University Medical Center, is distributed by xSEL Labs, and is not affiliated with the RULER approach developed at the Yale Center for Emotional Intelligence.

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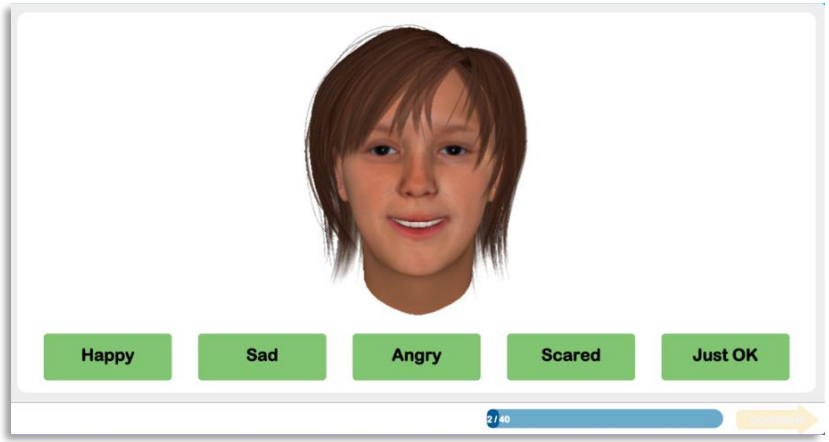
Emotion Recognition



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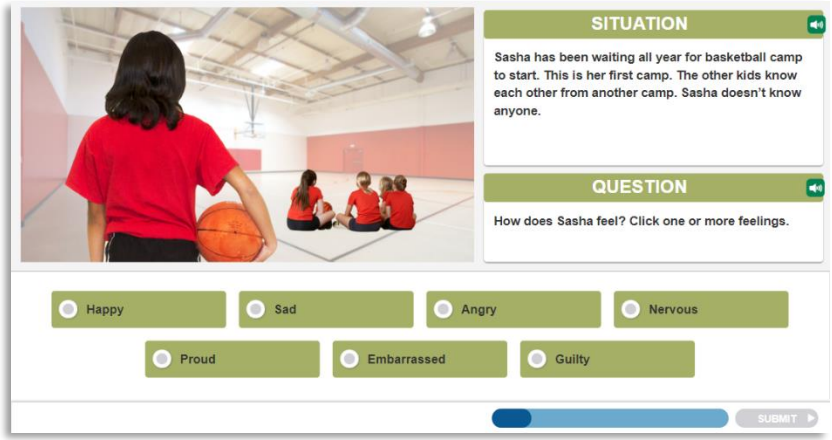

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SEL LABS

Social Perspective-Taking

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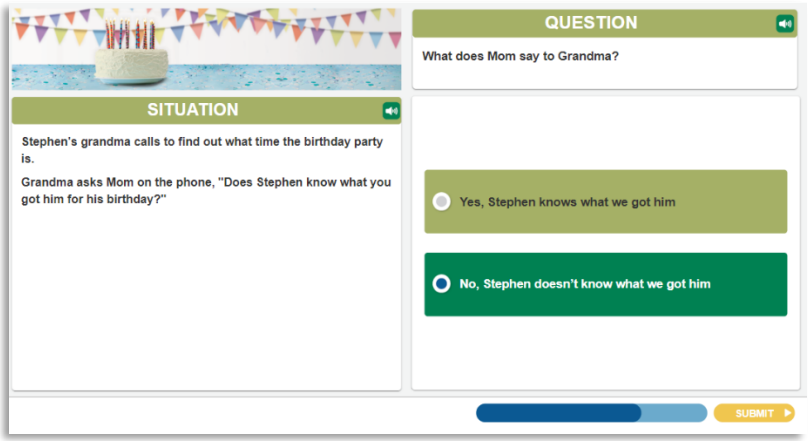

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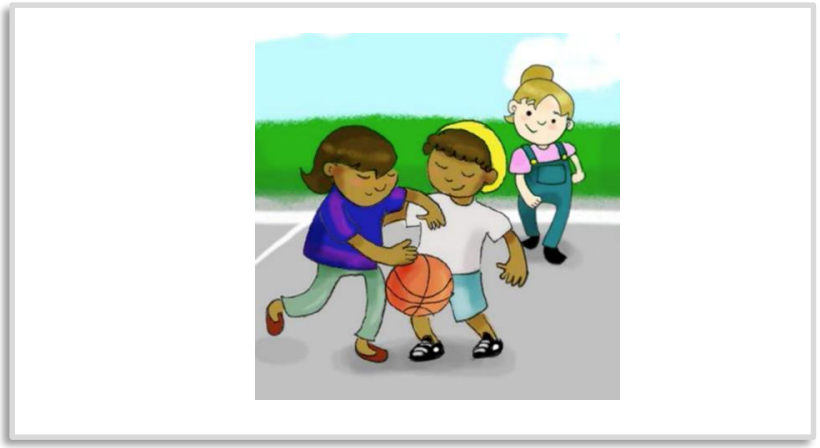
Social Problem-Solving



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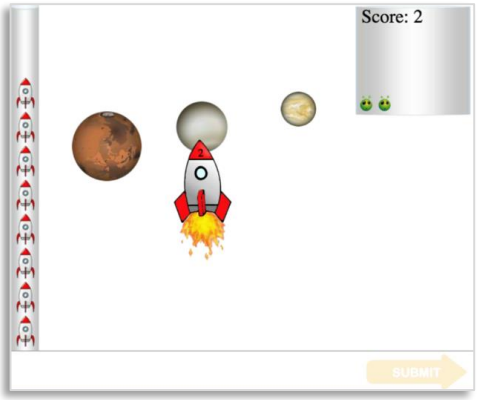
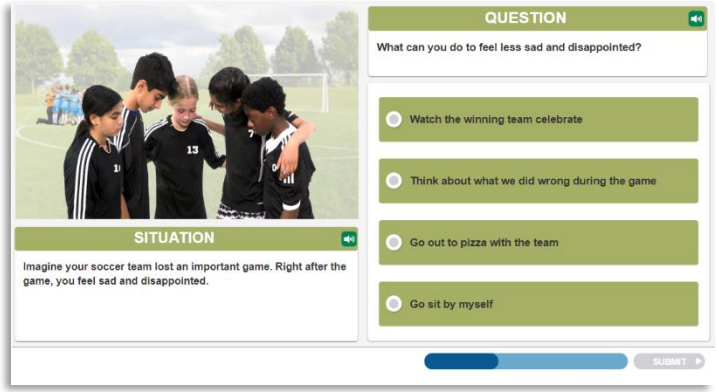
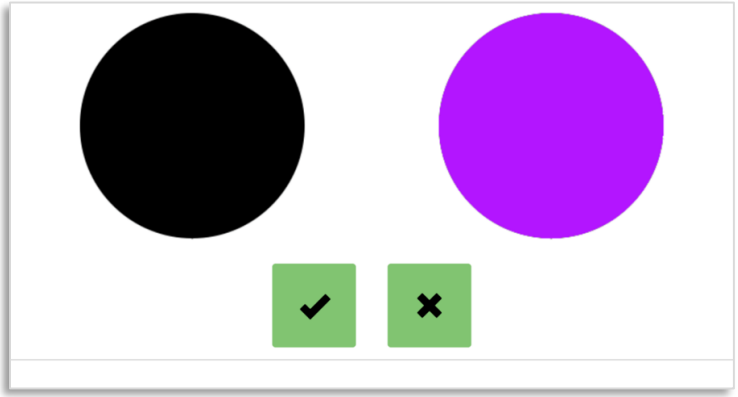
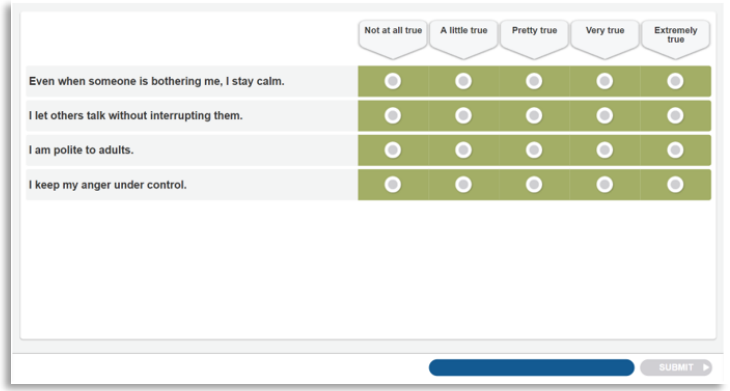
Self-Control









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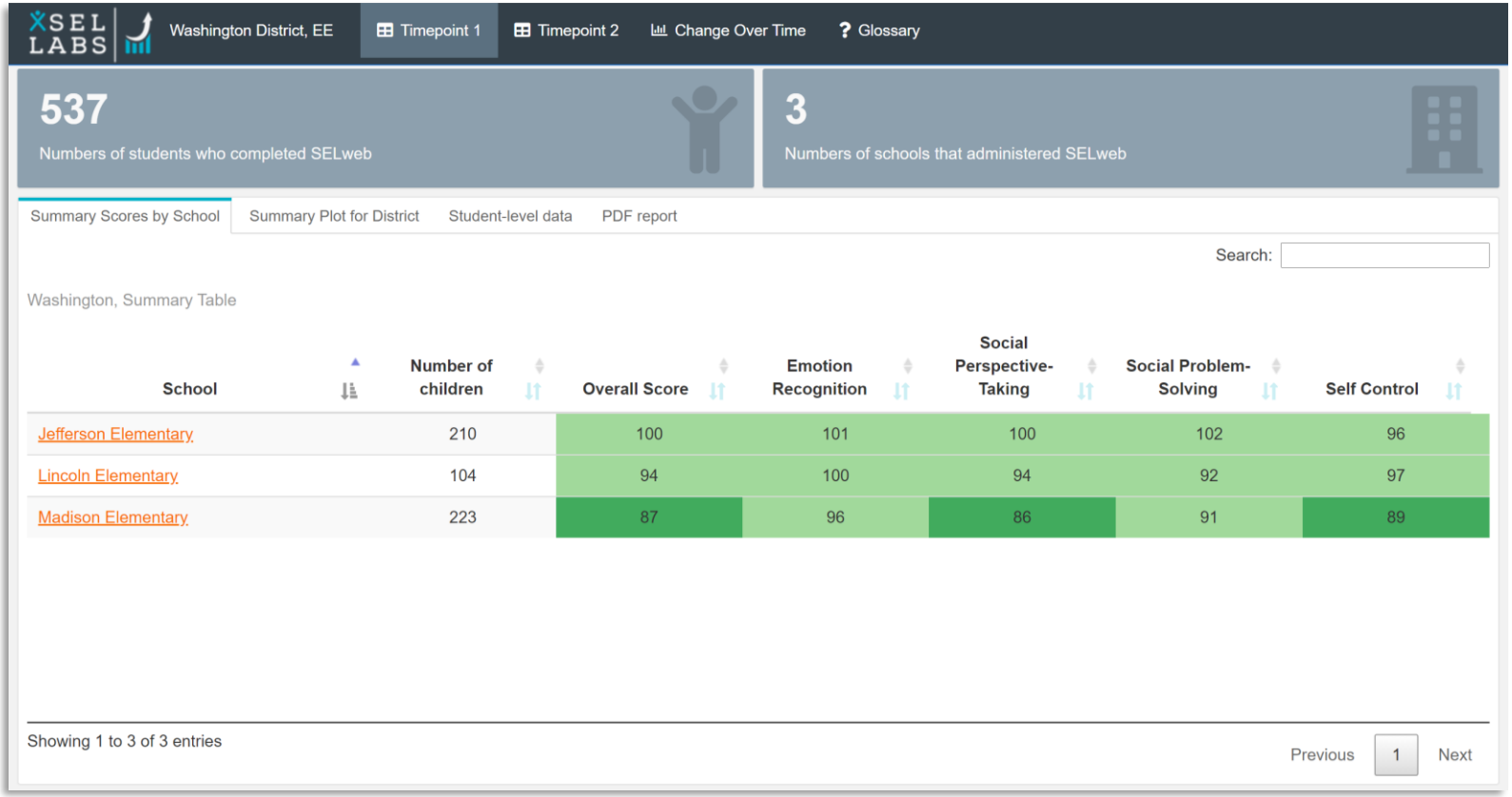
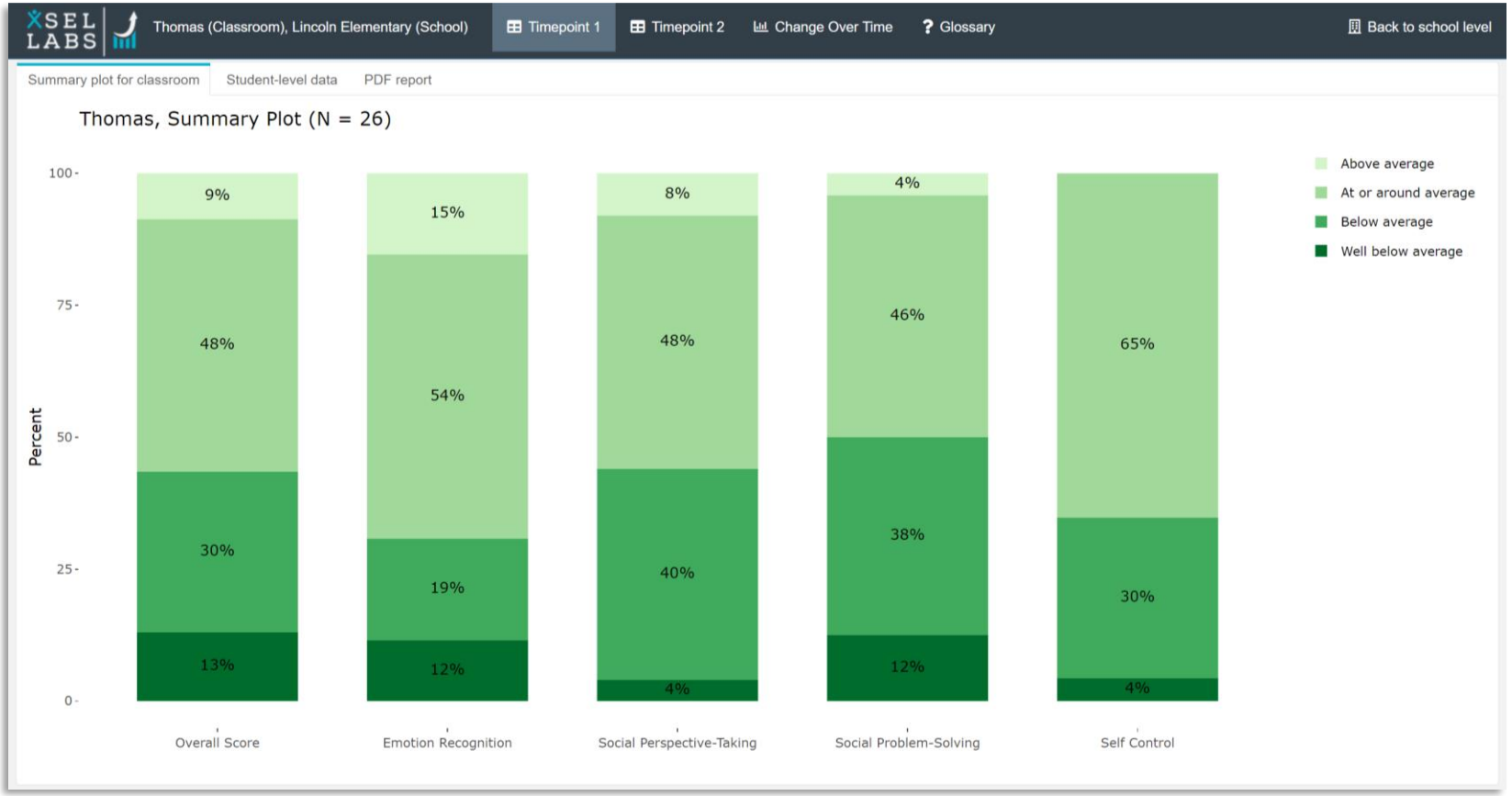
Grades 7 to 12

- 37-item self-report survey
- Aligned to CASEL 5

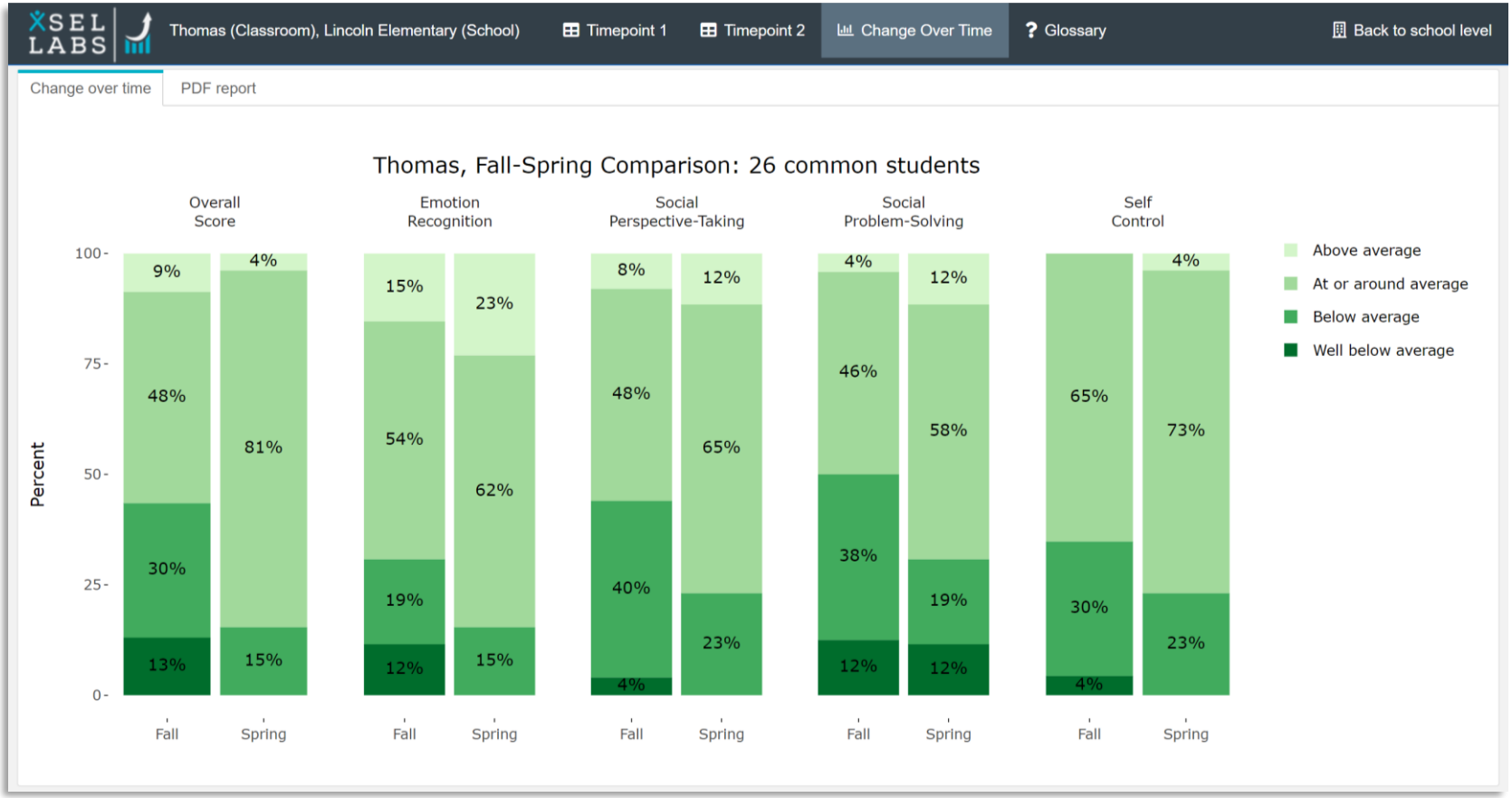
Interactive Reports



Interactive Reports



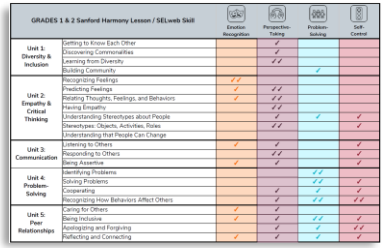
Measuring Progress



Most Common Practice Model

1. Assess SEL Skills

Measure social-emotional strengths & needs



GRADES 1 & 2 Sanford Harmony Lesson / SELweb Skill		Emotion Recognition	Perspective-Taking	Problem-Solving	Self-Control
Unit 1: Diversity & Inclusion	Getting to Know Each Other		✓		
	Discovering Commonalities		✓		
	Learning from Diversity		✓✓		
	Building Community			✓	
Unit 2: Empathy & Critical Thinking	Recognizing Feelings	✓✓			
	Predicting Feelings	✓	✓✓		
	Relating Thoughts, Feelings, and Behaviors	✓	✓✓		
	Having Empathy		✓✓		
	Understanding Stereotypes about People		✓	✓	✓
	Stereotypes: Objects, Activities, Roles		✓✓		✓
	Understanding that People Can Change				
Unit 3: Communication	Listening to Others	✓	✓		✓
	Responding to Others		✓✓		✓
	Being Assertive	✓	✓		✓
Unit 4: Problem-Solving	Identifying Problems			✓✓	
	Solving Problems			✓✓	✓
	Cooperating		✓	✓	✓
	Recognizing How Behaviors Affect Others		✓	✓✓	✓✓
Unit 5: Peer Relationships	Caring for Others	✓	✓		
	Being Inclusive	✓	✓	✓✓	✓
	Apologizing and Forgiving	✓	✓	✓	✓✓
	Reflecting and Connecting	✓	✓	✓	✓

3. Teach SEL

Support skill development

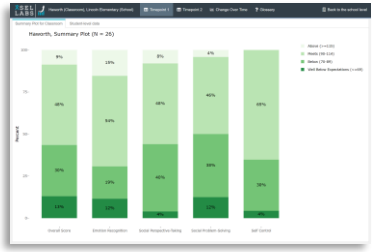
4. Re-Assess SEL Skills

Measure progress

Fall → Spring

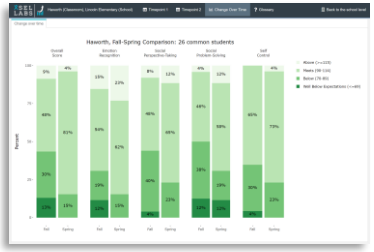
2. Review data

Review and reflect on assessment data to focus use of SEL program resources



5. Review data

Review and reflect on student growth and plan for the fall



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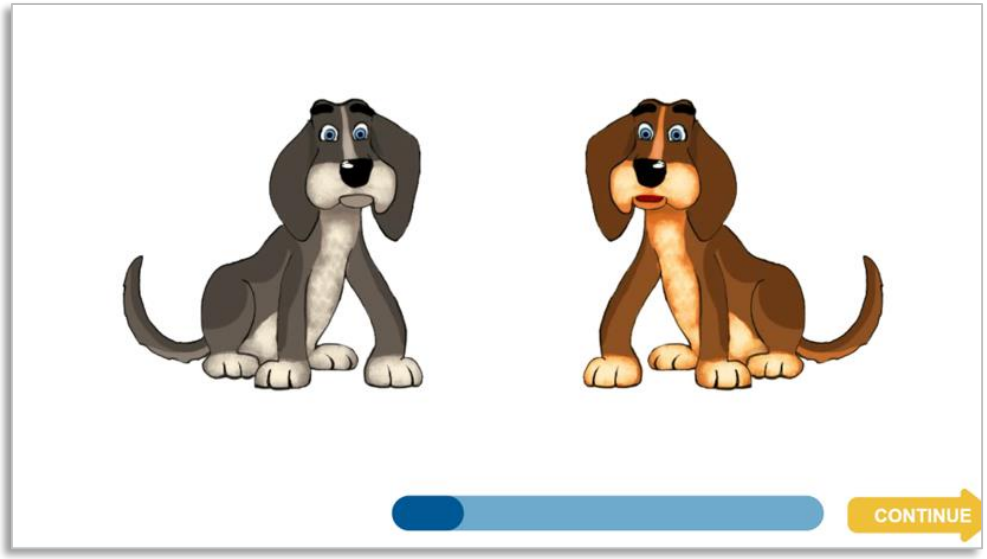
Assessing Climate

Climate Assessment

- Climate survey—K to 6; 6 items; 5 minutes

  - Three domains:
    - Sense of safety
    - Sense of belonging
    - Instructional support

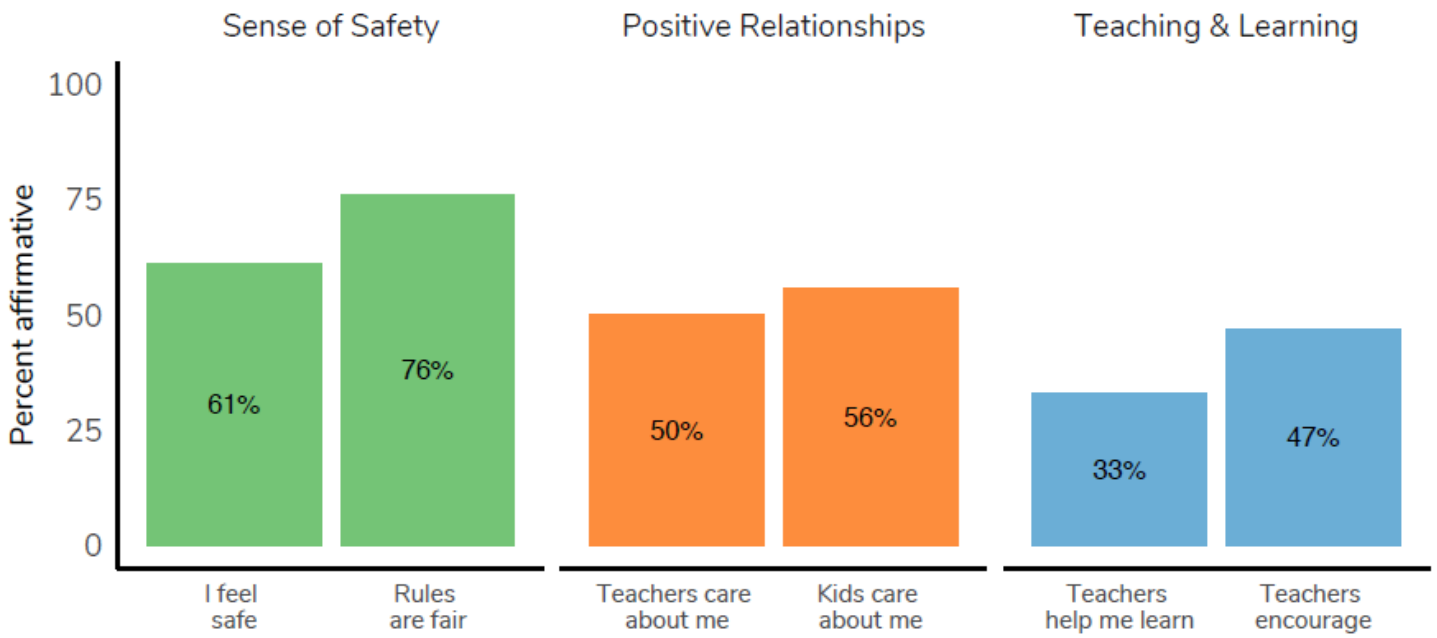


Climate Assessment

School climate report for Jefferson Elementary, Timepoint 1

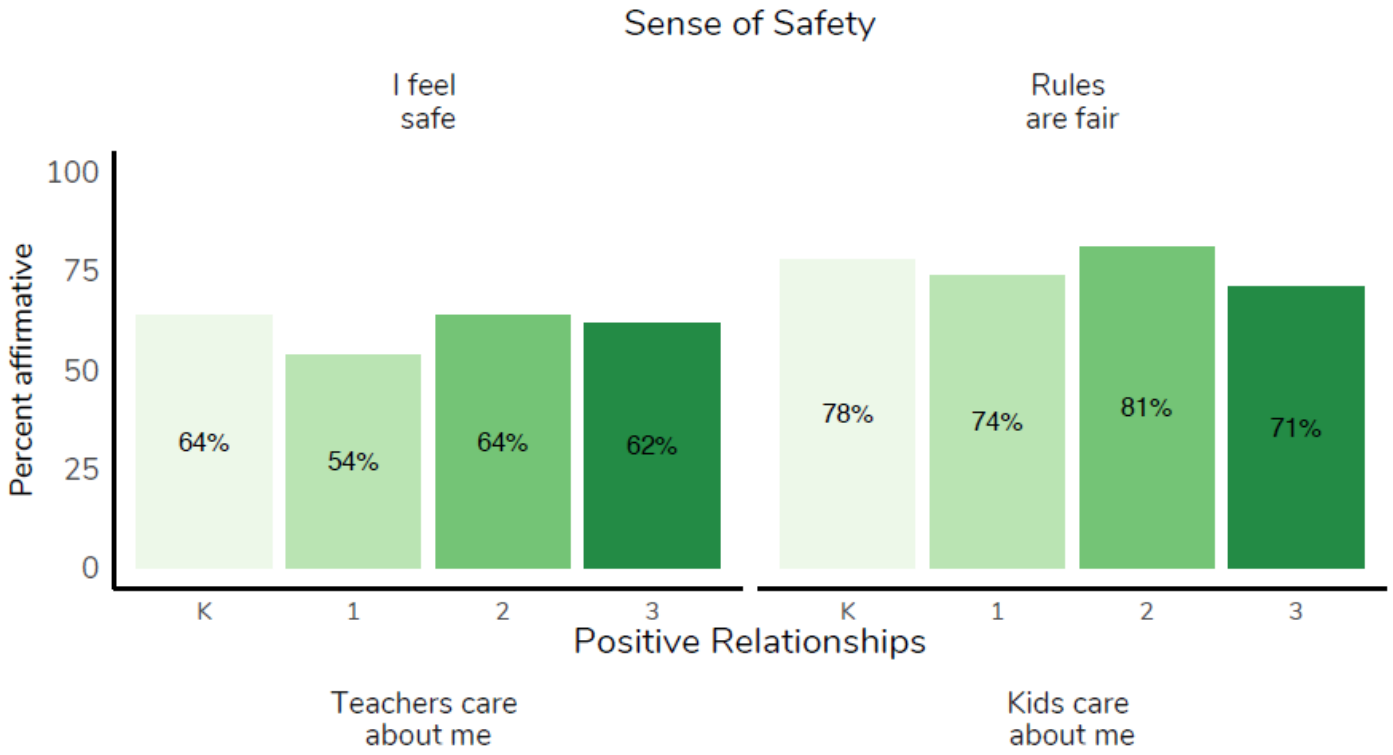
Description goes here

All indicators



Climate Assessment

By Grade Level



Contact Information

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