

WONDER

SEEK

DISCOVER

SHARE

Don't SEL Yourself Short

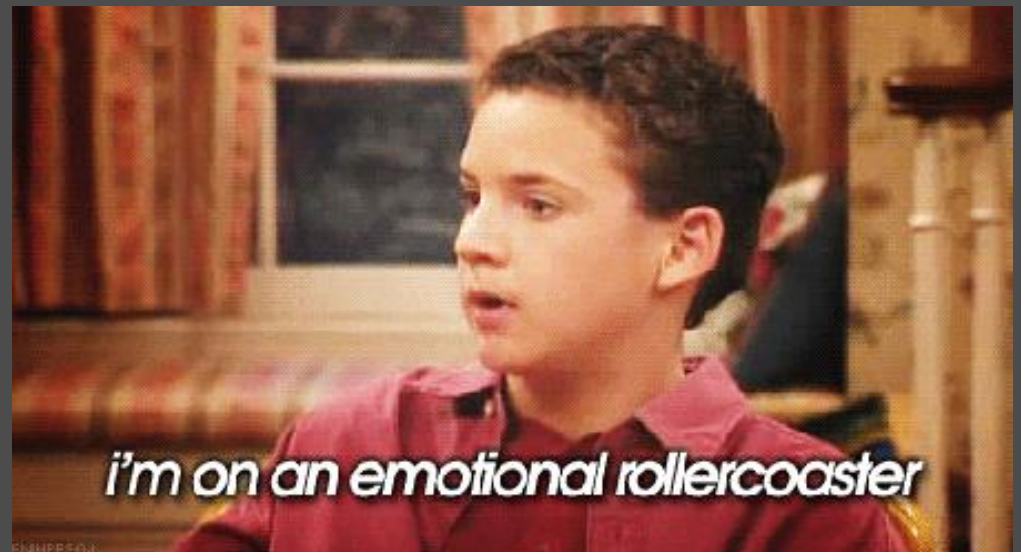
How to Build Social-Emotional Learning into Any Teen Program

Brin Bugo, Teen and Young Adult Services Librarian
Calgary Public Library

What is SEL?

CASEL (Collaborative for Academic, Social, and Emotional Learning)

- “The process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.”



Search Institute's 40 Assets

The more assets a young person has, the more likely they are to do well in school, be civically engaged, and value diversity. The more assets they have, the less likely they are to experience problems with alcohol and drug use, violence, and sexual activity.

External Assets:

- Support (includes Caring Neighbourhood and Other Adult Relationships)
- Empowerment (includes Community Values Youth and Service to Others)
- Boundaries and Expectations (includes Neighbourhood Boundaries)
- Constructive Use of Time (includes Youth Programs and Creative Activities)

Internal Assets:

- Commitment to Learning (includes Reading for Pleasure and Homework)
- Positive Values (includes Responsibility and Integrity)
- Social Competencies (includes Interpersonal Competence)
- Positive Identity (includes Self-esteem and Sense of Purpose)

High Five



A Caring Adult



Friends



Play



Mastery



Participation



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CASEL

SELF-AWARENESS

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- IDENTIFYING EMOTIONS
- ACCURATE SELF-PERCEPTION
- RECOGNIZING STRENGTHS
- SELF-CONFIDENCE
- SELF-EFFICACY

SELF-MANAGEMENT

The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- IMPULSE CONTROL
- STRESS MANAGEMENT
- SELF-DISCIPLINE
- SELF-MOTIVATION
- GOAL SETTING
- ORGANIZATIONAL SKILLS

SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- PERSPECTIVE-TAKING
- EMPATHY
- APPRECIATING DIVERSITY
- RESPECT FOR OTHERS

RELATIONSHIP SKILLS

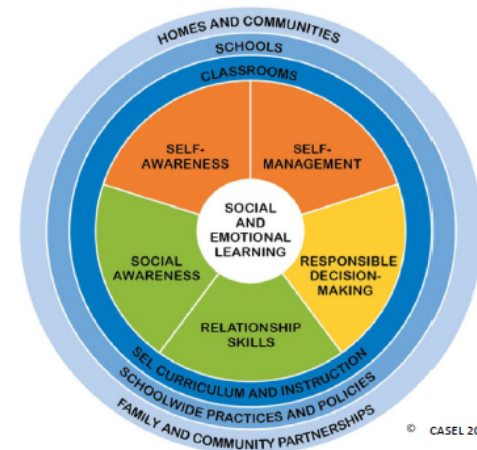
The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- COMMUNICATION
- SOCIAL ENGAGEMENT
- RELATIONSHIP BUILDING
- TEAMWORK

RESPONSIBLE DECISION-MAKING

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- IDENTIFYING PROBLEMS
- ANALYZING SITUATIONS
- SOLVING PROBLEMS
- EVALUATING
- REFLECTING
- ETHICAL RESPONSIBILITY



How CPL Uses SEL



Example Program

Origami

You will need:

- *Origami Paper*
- *Scissors*
- *Origami books or printed instructions*

Program instructions:

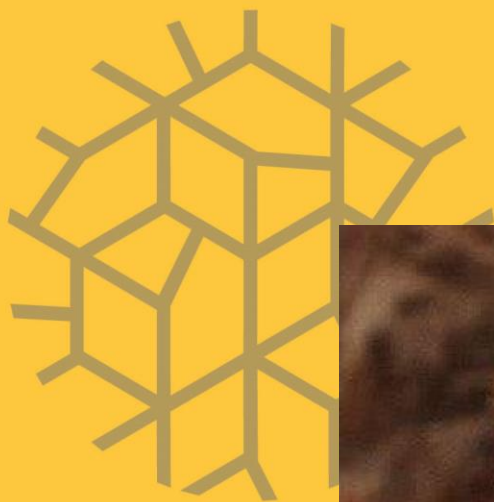
- *Can be self-directed or directed.*
- *Lay out supplies and instructions.*

Social and Emotional Learning Core Competencies:

- *Self-Awareness:* By engaging in creative activities, youth are learning about their own abilities and gaining confidence.
- *Self-Management:* Creative activities can help lower stress and help youth stay motivated to finish what they have started.

Developmental Assets:

- *Empowerment – Community Values Youth:* If you give youth the opportunity to display their work in the Library, you are showing that the Library values their contributions.
- *Constructive Use of Time – Creative Activities:* Creative activities give youth increased confidence and allow them to explore new interests.



Source: <http://www.quickmeme.com/meme/3ocqa6>



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Questions?



Source: <https://giphy.com/gifs/yosub-beyonce-question-queen-bey-3o85xlbhWbrwLvFO8>

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