

The Power of Social Wellness on Positive Student Outcomes: A Social-Emotional Learning Perspective

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Chiaki Konishi, Yanghua Huang, Tracy Wong, Xuedi Liu, & Chloe St. Onge-Shank
Social-Emotional Development Research Group (SED-RG), McGill University

What is social-emotional learning (SEL)?

- 5 core components:
 - o Self-awareness,
 - o Self-management,
 - o Responsible decision-making,
 - o Relationship skills, and
 - o Social awareness (CASEL, 2019)
- According to research (e.g., Durlak et al., 2011), these components have social, emotional, behavioural, and academic implications.

Schools can support students' SEL skills by implementing SEL programs

- E.g., RULER approach (The Yale Center for Emotional Intelligence)
- Other SEL programs

We can promote SEL skills by forming a partnership with parents (School-family partnership, SFP)

- Important to promote SFP because it has social-emotional and academic implications
- Involves 3 major domains:
 - o Two-way home-school communication,
 - o Family involvement at home, and
 - o Family involvement at school (Albright & Weissberg, 2010)
- For effective SFP to occur, educators and teachers must:
 1. Share responsibility
 2. Be clear and specific about what needs to be done
 3. Focus on enhancing student outcomes
 4. Provide opportunities for students to practice at home and school
 5. Have ongoing communication that is child-centered, constructive, clear and concrete (Garbacz, Swanger-Gagne, & Sheridan, 2015)

*Relevant activity will be held.

Examples of SFP within the SEL context

- Two-way home school communication
 - o Introduce parents to SEL curriculum, inform them of program goals and lessons
- Family involvement at home
 - o Provide parents with activities, materials, or strategies that are aimed to reinforce students' learning at school

- Family involvement at school
 - o Involve parents at the classroom, school, or community-based level

Importance of belonging in SEL

- Trying to belong
- Group fit

Roles of teachers' communications in SEL

- Productive communication:
 - Recognizing and accepting
 - Social responsibility
 - Problem solving
 - Inviting
 - Addressing the situation
 - Active listening

*Relevant activity will be held.

SEL resources

- CASEL website
- SEL resource finder

Contact info: Chiaki Konishi, PhD, RCC (chiaki.konishi@mcgill.ca)