



Office of
CHARTER SCHOOLS
NC Department of Public Instruction

Welcome, School Leaders!

Today, Ms. Anne Nixon will present on NC SEL resources available to support schools.

In the chat, answer the following questions:



If you had to delete all but three apps on your smartphone, which ones do you keep?



North Carolina Social and Emotional Learning (SEL) Resources

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Integrated Academic & Behavior Systems

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Gratitude . . .

- Reduce depression
- Lessen anxiety
- Support heart health
- Relieve stress
- Improve sleep



[Research Link](#)

Today's Objectives

- Define SEL
- Review NC's SEL Implementation
- Explore NC SEL Resources
- Review Questions

Defining Social and Emotional Learning (SEL)

Social and Emotional Learning

Social and emotional learning - a strengths-based, developmental process that begins at birth and evolves across the lifespan (Weissberg et al., 2015). It is the process through which children, adolescents, and adults learn skills to support healthy development and relationships. Adult and student social and emotional learning competencies include self awareness, self management, social awareness, relationship skills, and responsible decision-making (Weissberg et al., 2015).

The abilities to successfully manage one's emotions, thoughts, and behaviors in different situations and to achieve goals and aspirations. This include the capacities to delay gratification, manage stress, and feel motivation and agency to accomplish personal and collective goals.

Self-
Awareness

Relationship Skills

Responsible
Decision-Making

Self-Management

Social Awareness



The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacity to consider ethical standards and safety concerns and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.

Self-
Awareness

Relationship Skills

Responsible
Decision-Making

Self-Management

Social Awareness

The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts. This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports.

Self-
Awareness

Relationship Skills

Responsible
Decision-Making

Self-Management

Social Awareness

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose and includes having a growth mindset.

Self-
Awareness

Relationship Skills

Responsible
Decision-Making

Self-Management

Social Awareness

The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

Self-
Awareness

Relationship Skills

Responsible
Decision-Making

Self-Management

Social Awareness

North Carolina Social and Emotional Learning Implementation Team

North Carolina Social and Emotional Learning Implementation Team

2019-2022



North Carolina joined [CASEL's Collaborating States Initiative](#) and formed a cross-agency and cross-division **team**, the NC SEL Implementation Team



Reflected on current statewide implementation of SEL and created a **NC SEL Implementation Plan** with stakeholders using [CASEL's State Education Agency Theory of Action](#)



Completed a **State Resource Map for SEL and SMH**

Key Resources & Work



NC SEL Website
NC SEL & Educational Equity Project
[SEL Standards Mapping](#)
Core SEL Practices Course
SEL for Educators Course
[COVID-19 Practice Guide](#)
CASEL Centers ([State](#), [District](#), [School](#))



Department of Public Instruction

Academic Policy & Research
Academic Standards
Career and Technical Education
Center for Safer Schools
Exceptional Children
Federal Programs
Integrated Academic and Behavior Systems
North Carolina Virtual Public Schools
Office of Charter Schools
Office of Early Learning
Regional Support Team

Department of Health & Human Services

Mental Health, Developmental Disabilities and Substance Abuse Services
Public Health
Child Development & Early Education
Child & Family Well Being

Institutes of Higher Education

Duke University
University of North Carolina -Charlotte

District Representatives

Familv Representatives

2022-2025



Utilized [CASEL's State Education Agency Theory of Action](#) Rubric to reevaluate implementation and update the **NC SEL Implementation Plan**



Post-COVID school re-opening and state-level capacity forced the team to re-think the **NC SEL Implementation Plan** and its implementation timeline

Key Resources & Work



Educator Wellness Resources
Terms of Reference for Team Communication Plan
Proactive Communication Guide
NC SEL Website: Updated
NC SEL & Educational Equity Project: Reimagined
[SEL Standards Mapping](#): Updated
Core SEL Practices Course: Updated
SEL for Educators Course
Introducing SEL into Classroom Course
CASEL Centers ([State](#), [District](#), [School](#))



4 Focus Areas of NC SEL Implementation Plan



- 1. Build Foundational Support and Plan**
- 2. Strengthen Adult SEL Competencies and Capacity**
- 3. Promote SEL for Students**
- 4. Use Data for Continuous Improvement**

2023-2024 Key Work

Foundational Support/Plan

- Revisit Stages Action Plan
- Team with Continuous Improvement Work Group to work on Data Evaluation Plan & Annual SEL Implementation Report

Adult SEL

- Focus on Adult SEL within state agency
- Finalize initiative crosswalks
- Explore staff wellness initiatives across the state
- Continue to promote SEL 3 Signature Practices in meetings/classrooms across the state

SEL for Students

- Update SEL Standards Mapping & plan for professional development
- Crosswalk SEL Competencies and Portrait of a Graduate Durable Skills

Continuous Improvement

- Develop Annual SEL Implementation Report
- Develop an integrated SEL/SMH walkthrough tool
- Develop a data dashboard

NC SEL Resources

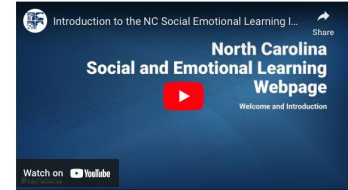


NCDPI SEL Webpage



NC Social and Emotional Learning

Welcome to the North Carolina Social and Emotional Learning (SEL) Webpage



A yellow starburst graphic with a black outline, containing the word "FREE" in red, bold, sans-serif capital letters.

FREE

PD Opportunities

- [Whole Health Sport Mental Health First Aid Training](#)
- [Youth Mental Health First Aid Training for Rural and Tribal Communities](#)
- [Restorative Justice, Mental Health, and Equity](#)

Questions



Intentional Close



*Charter School Reading Camp
Office Hour
with
Tonia Parrish
Thursday, March 21, 2024
3:00-4:00 pm*



*Thank you for
coming.
See you next
month!*



Office of
CHARTER SCHOOLS
NC Department of Public Instruction

PRESENTS

MTSS-Addressing Misconceptions

April 18 at 10 am



RSVP: <https://forms.gle/MhCERPLrKAuXcDKF6>



North Carolina Department of
PUBLIC INSTRUCTION