

Digital Resources

Top 10 Tips for Social Emotional Learning (SEL)

Educators

ONE: The Nevada Department of Education's SEAD Center

The Nevada (Social, Emotional & Academic Development) SEAD Center is open to ALL educators. **The SEAD Center** is a **free** virtual support system and statewide community of educators developing social, emotional, and academic development skills that reinforce equitable environments and student success. The SEAD Center provides an array of support resources, professional development, and advising opportunities including:

- Professional Development modules (15 CEU/hours)
- On-going training & coaching
- [Live SEL/SEAD Office Hours](#)
- Guest Speaker Series
- Lunchbox Learning Sessions
- Statewide SEAD Community of Practice
- SELfCare Support Groups
- Online Resource Library
- Book Studies
- Discussion Threads
- Daily Wellness Videos & Resources

Enroll here: <https://nvdoe.instructure.com/enroll/AA98PN>

TWO: [SEL Online Learning Module: Creating a Well-Rounded Educational Experience](#) This is a free online course from American Institutes for Research (AIR) and is designed as an introduction to social and emotional learning (SEL) for educators. This introductory course is designed for all educators—teachers, counselors, principals, support staff, custodians, cafeteria staff, and afterschool providers—to ensure that the whole school community is engaged in the adoption and implementation of sustainable SEL practices.

THREE: [CASEL Guide to Schoolwide SEL](#) The Collaborative for Academic, Social, and Emotional Learning (CASEL) was formed in 1994 with the goal of establishing high-quality, evidence-based social and emotional learning (SEL) as an essential part of preschool through high school education. This guide helps schools coordinate and build upon SEL practices and programs to create an environment that infuses SEL into every part of students' educational experience and promotes equitable outcomes for all students.

FOUR: [Pursuing Social and Emotional Development Through a Racial Equity Lens: A Call to Action](#) This important document from the Aspen Institute identifies ways in which equity and social, emotional, and academic development can be implemented and mutually reinforcing.

FIVE: [Teaching Social-Emotional Competencies within a PBIS Framework](#) Positive behavioral interventions and supports (PBIS) provides an ideal framework for promoting social-emotional competencies to improve outcomes for the whole child. The purpose of this brief is to describe how school personnel can teach social-emotional competencies within a PBIS framework to support systematic, school-wide implementation through one system, rather than trying to improve student outcomes through separate, competing initiatives.

SIX: [Self-Care Strategies for Educators](#) This brief is addressed to educators who face the stresses of the coronavirus pandemic and the resulting school closures, online service provision, and quarantine conditions. The brief offers practical information and guidance on self-care in these challenging times.

SEVEN: [Trauma-Informed SEL Toolkit](#) Trauma-informed SEL is an approach to fostering youths' social-emotional development with practices that support all students, but is particularly inclusive and responsive to the needs of children and youth who have experienced trauma. This resource provides a workshop facilitator guide and includes a slide presentation and handouts.

EIGHT: [School Counseling and School Reentry During COVID-19](#) Organizations including ASCA, National Association of School Psychologists, CASEL, AASA (School Superintendents Association) and others have released detailed recommendations regarding school reentry. Among the issues addressed are multidisciplinary teams, addressing social emotional learning and academic needs, school safety protocols and equity and access considerations.

NINE: [Best Practices in Social and Emotional Learning](#) This Hanover Research report describes best practices for the design and implementation of a district-wide social-emotional learning program.

TEN: [Universal Evidence-Based Programs](#) This is a list of references that identifies universal evidence-based programs and guides for selecting programs and implementing systemic social and emotional learning (SEL) from The Collaborative for Academic, Social, and Emotional Learning (CASEL).

BONUS: [Discovery Education Social-Emotional Learning Center](#) Social-Emotional Learning is often described as the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. Discovery Education's Social-Emotional Learning Center presents a curated collection of hundreds of resources designed to help educators integrate SEL into core instruction and to help all students develop social and emotional competencies, cultivate self-confidence, manage stress, look at situations and issues from a variety of perspectives, and maintain their well-being so everyone can thrive. Content in the Center is aligned to SEL competencies and is organized into tabs that focus on educator professional development and school culture, ready-to-use instructional activities, and multimodal, student-facing digital content for all grade bands. The Center was created with support from The Allstate Foundation.

For more information and resources on Social, Emotional and Academic Development (SEAD), please go to: [Nevada Department of Education: SEAD](#)

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