

The Importance of Social-Emotional Learning to Resilience and Academic Success

Stuyvesant High School 9th Grade Parent Workshop

March 1, 2022



Student Mental Health Concerns in Colleges

24,000

College Students attempt
suicide every year



Rising Rates of Anxiety and Depression

2017 at Columbia University - 7 students died by suicide
Harvard University - suicide attempt rate is 2x national average



Increased Isolation & Disconnection

The percentage of high school seniors who report that they often feel lonely increased to **40%** in 2017.³ **61%** of teens said that the pandemic had increased their feeling of loneliness.⁴



No One to Turn To

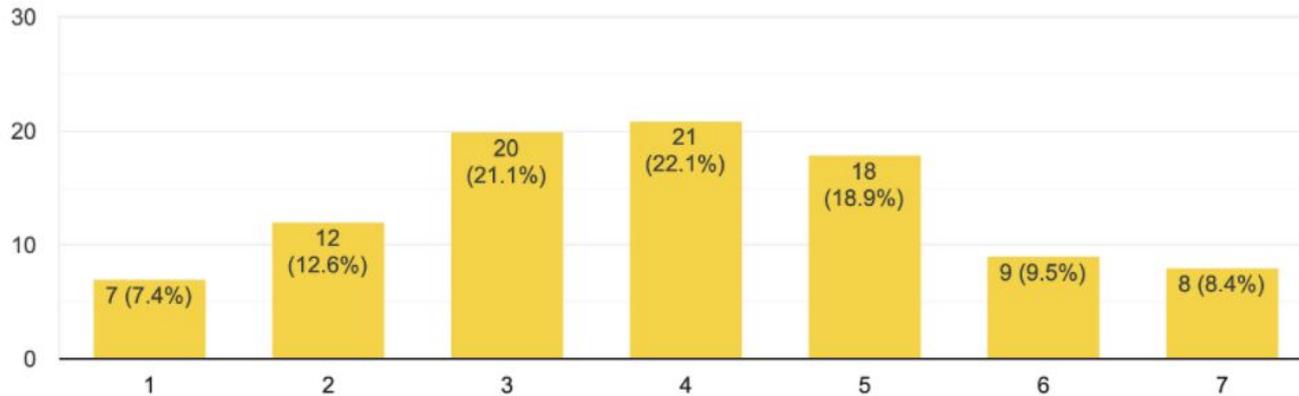
82% of teens want to talk more honestly and openly about mental health.³ But nearly **50%** of children said they're now more likely to turn to YouTube for advice instead of a parent.⁵

Stuyvesant High School, Results



1. I AM COMFORTABLE WITH THE AMOUNT OF PRESSURE I FEEL TO EXCEL

95 responses



Average
Score:
3.94

Connectedness Scale

Students are asked to indicate their agreement to each statement with 1 being strongly disagree and 7 being strongly agree.

Case Study: Outcomes of our 4-week Ninth Grade Discovery Program



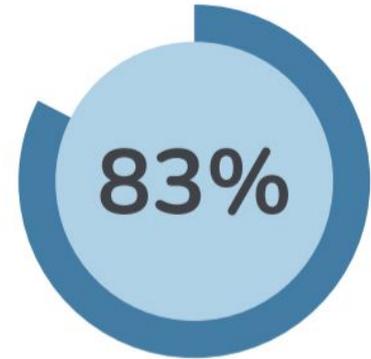
Three outcome areas of the Discovery Program



25% average increase
in scores on the
Connectedness Survey



Largest gains were
among children with the
lowest initial scores



83% of students were
“likely” or “very likely” to
use the skills taught

Employers value SEL

92%

Of surveyed executives say skills such as **problem-solving and communicating clearly** are equally or more important than technical skills.

National Bureau of Economic Research, 2015

The Top 10 skills identified by the World Economic Forum all **involve social and emotional competence.**



1. **Complex problem solving**
2. **Critical thinking**
3. **Creativity**
4. **People management**
5. **Coordinating with others**
6. **Emotional intelligence**
7. **Judgment and decision-making**
8. **Service orientation**
9. **Negotiation**
10. **Cognitive flexibility**



Employers value SEL



Of surveyed executives say they'd rather colleges build up students' life skills.

High Point University survey, 2018



7 top characteristics of success at the company are all SEL-related skills, such as communicating and listening well; possessing insights into others; and having empathy.



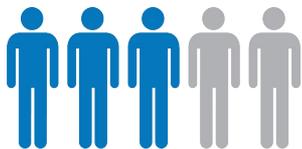
Priorities: Conflict resolution, leadership, and civic engagement



Wanted: Employees Who Can Shake Hands, Make Small Talk
Bank of America teaches empathy in-house; Subaru pays for soft-skills training (*Dec. 10, 2018*)



Parents value SEL

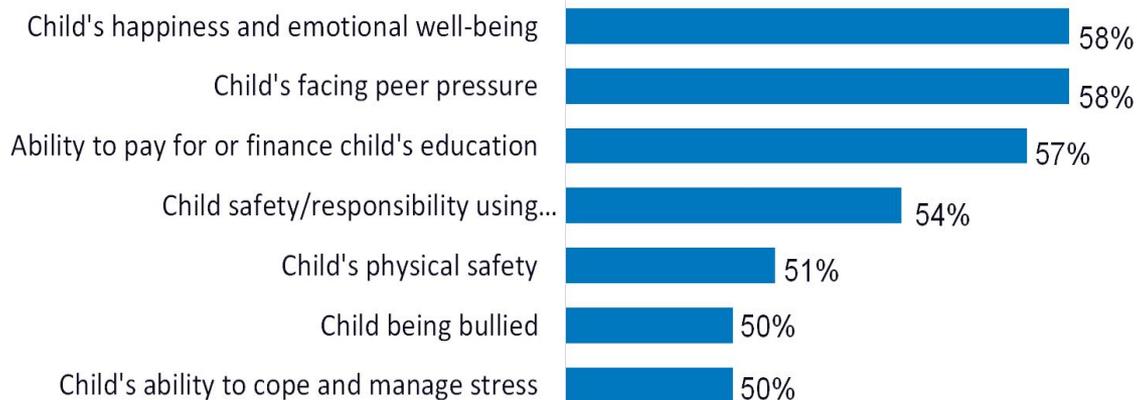


3 out of 5 parents

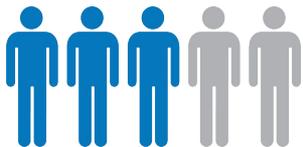
say “being happy/not overly stressed”
is more important than academics.

**The research says this is a false choice: social and emotional well-being contributes to academic success, among other benefits.*

Proportions saying they worry a lot or some about this aspect of raising their child



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- As previously referenced, according to a study by the Journal of Social and Personal Relationships, **82% of teens** want to **talk more honestly and openly about mental health**.
 - **92%** of surveyed executives say skills such as **problem-solving and communicating clearly** are equally or more important than technical skills (National Bureau of Economic Research).

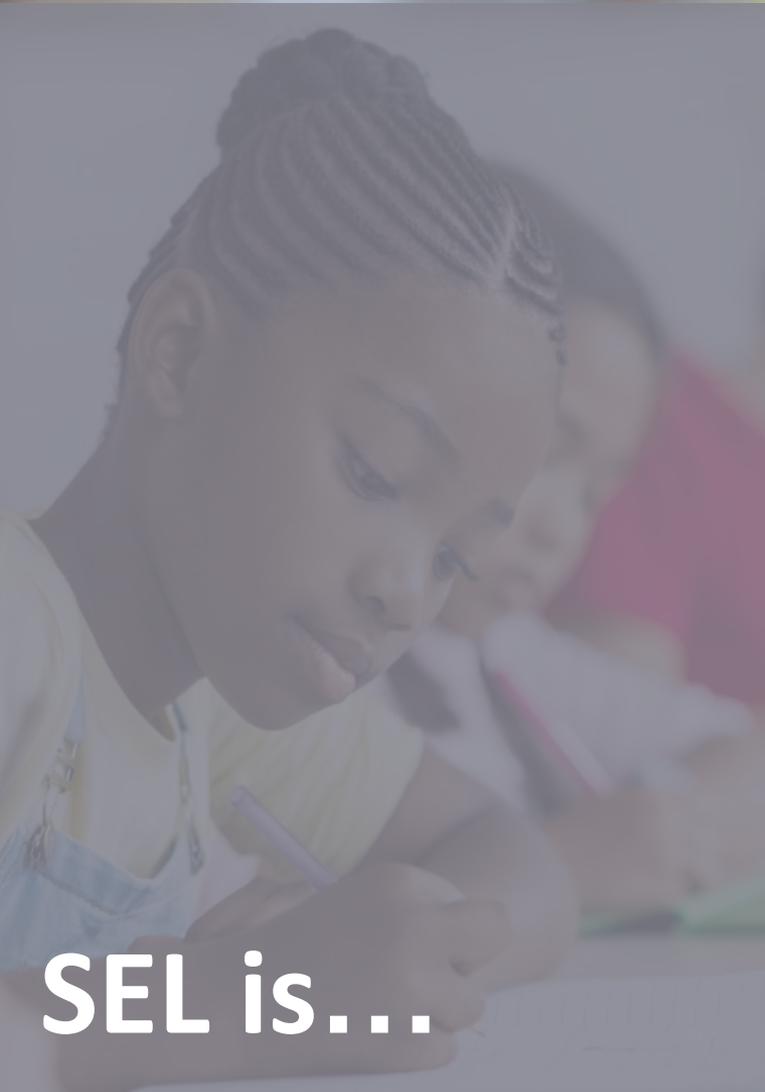


Is “being happy/not overly stressed”
as important as academics?

**We want to hear from
you.**

**What are your thoughts
about the importance of
providing students with
SEL programs?**

POLL



SEL is....

What is SEL?*

Social and emotional learning (SEL) is the process of

- developing healthy identities
- achieving personal and collective goals
- feeling and show empathy for others
- establish and maintain supportive relationships
- make responsible and caring decisions

*CASEL organization

The benefits of SEL are well-researched:



SEL leads to **improved academic outcomes** and behaviors



SEL benefits are **long-term** and global



Social and emotional skills **help improve lifetime outcomes**



For more: <https://casel.org/fundamentals-of-sel/what-does-the-research-say/>

Robin is Student-Centered

Robin's Core Coaching Pillars align with nationally recommended programs



TRADITIONAL SEL PRACTICE IN THE CLASSROOM

- Self reflection
- Perspective-taking
- Effective listening
- Group academic discussion
- Respectful responding
- Cooperation/ appreciating differences

Robin elevates traditional SEL practice addressing students' REAL-LIFE CHALLENGES.

- Connecting with others
- Friendships / bullying
- Personal wellness/body image
- Finding purpose/setting goals
- Resilience/problem solving
- Peer pressure/responsible choices
- Test anxiety/academic pressure
- Finding focus/mindfulness
- Healing from stress, trauma, grief
- Family challenges



Stuyvesant High School
9th Grade Student Empowerment Program
Fall 2021 Semester Review

COACHING AND CURRICULUM - Skills

Six-week coaching sequence with 15 coordinated lessons and activities

- WEEK 1 - Transform Stress into Success and Master Test Anxiety with Scott Farber.
- WEEK 2 - Self-empowerment with Amy Flower.
- WEEK 3 - Keeping Your Cool with Marshall Jones.
- WEEK 4 - Emotional Motion Sickness with John Avritt.
- WEEK 5 - Social Media Overload with Sara Kaviar.
- WEEK 6 - Thought Traps with Dr. Colleen Jacobson.

- 73% of students on avg will use what they learned
- 92% of students on avg will attend another session

RESILIENCE CHALLENGE - Practice

- 100+ active users on digital challenge, 500+ moments of gratitude



Coaches inspire students to empower emotional strength.

Spark Conversation.

Build Healthy Habits, Skills and Mindsets.



Dr. Colleen Jacobson.

Mindful Decision-Making.



Nyeesha Williams.

Connecting for Success.



Rachel Handler.

Confident Conversations.



Scott Farber.

Managing Anxiety.

What can you do at home?

Research suggests that SEL programs are more effective when they extend into the home. Families are also far more likely to form partnerships with schools when their schools' norms, values, and cultural representations reflect their own experiences.

Strategies to Use at Home

- Model SEL behaviors at home (spend time with friends, employ mindful practices, embrace mistakes as learning experiences).
- Encourage mindfulness. Practice gratitude.
- Provide space for conversation. Talk about more than academics (your culture, your social relationships, etc.).
- Ask your kids how they are feeling, and then ask follow-up questions.
- Encourage extra-curricular activities.

Thank you so much for having us.

What questions do you have for us?