



Social and Emotional Learning (SEL)

PURPOSE

The Smithtown Central School District is committed to creating a learning environment that supports and promotes the social, emotional and intellectual well-being of all students. Social and emotional learning is a pathway to achieve this goal.

WHAT IS SEL?

According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), social-emotional learning “is the process through which children, youth and adults acquire and effectively apply the knowledge, attitudes and skills necessary to understand and manage emotions; set and achieve positive goals; feel and show empathy for others; establish and maintain positive relationships; and make responsible decisions.”

5

CASEL: FIVE CORE COMPETENCIES

1

SELF-AWARENESS

The ability to understand one’s own emotions, thoughts and values and how they influence behavior across contexts.

2

SELF-MANAGEMENT

The ability to manage one’s emotions, thoughts and behaviors effectively in different situations and to achieve goals and aspirations.

3

SOCIAL AWARENESS

The ability to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures and contexts.

4

RELATIONSHIP SKILLS

The ability to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

5

RESPONSIBLE DECISION-MAKING

The ability to make caring and constructive choices about personal behavior and social interactions across diverse situations.

TIERED SYSTEMS OF SUPPORT

Our varied systems of support allow us to proactively provide various universal as well as customized interventions for students, such as:

- Service-learning opportunities
- Extracurricular activities
- After-school programs
- Expanded learning opportunities
- Peer tutoring
- Mentoring
- Mental/physical well-being workshops
- Team sports
- Student government
- Student clubs

GOALS

The inclusion of social-emotional learning practices within the Smithtown Central School District increases the opportunity for students:

- To strengthen their belief in themselves, enhance academic performance and manage potential anxieties in a healthy manner.
- To increase college, career and civic readiness by acquiring these skills.
- To benefit through improved attitudes about others, their school and academic achievement.