



# Social Emotional Learning Course Syllabus

## Course Description

Social-emotional learning (SEL) is a course that determines the importance of five core skills that promote self-awareness, self-management, social development, and overall individual growth. This course integrates the Collaborative for Academic, Social, and Emotional Learning (CASEL) foundation for SEL education which involves the five core competencies intrinsic to personal knowledge and achievement. CASEL is acknowledged as a preeminent institution in the SEL development of knowledge.

The purpose of this course is for one to develop specific social and emotional skills that are vital in everyday life. Students will understand the competencies throughout the course and apply the knowledge to their education and all areas of life. The course will allow students to recognize their strengths and limitations through understanding their emotions and thought processes. The world is diverse and ever-changing, with people from various backgrounds, distinct beliefs, and unique abilities. Students taking this course will gain a parallel standing to succeed academically, professionally, and socially. This SEL program aims for students to develop more empathic competence towards themselves and others.

SEL programs generate successful advantages for overall professional development. Benefits include the improvement of self-concept and social awareness, a better academic standing, a more positive demeanor within oneself and towards others, diminished emotional problems, and an expanded network in various areas of life.

## Course Purpose

Social-emotional learning (SEL) helps students strengthen their relationships, manage stress, and cope with difficult emotions. This professional development course aims to help participants of all ages comprehend their feelings better, feel those emotions fully, and demonstrate empathy for those around them. A participant of this course may have heard of SEL, but perhaps in the context of the importance it provides to children or adolescents. It may not be in the mindset that it is necessary to oneself, but it will benefit all individuals by providing essential life skills. Research shows that those who engage in social-emotional learning practices actively improve their well-being and others around them, such as students for educators or children for parents or caretakers. SEL is key to being a successful human on the ground floor of learning. Through developing or refreshing SEL skills, individuals can unlock their full potential and truly understand the whole social-emotional self. By the end of this professional development course, individuals should regulate emotions, thoughts, and behaviors while considering the situation and working towards personal, academic, and professional goals.



## Course Objectives

At the end of this course you should be able to:

1. Analyze and define SEL while understanding the importance of development.
2. Develop and present an authentic sense of self while understanding the significance of the development.
3. Apply skills towards adapting, achieving, and evaluating goals in all areas of life while understanding the value of the development.
4. Exhibit and empathize with others from all diverse backgrounds while understanding the pertinence of the development.
5. Analyze approaches to address cultural humility, interpersonal conflict, and cultivating relationships while understanding the relevance of the development.
6. Apply and assess decision-making skills to engage in diverging experiences while understanding the emphasis of the development.
7. Implement and discover the connection between all five core competencies while understanding the magnitude of the development.
8. Identify areas of strength and growth to implement an action plan for improvement while understanding the achievement of the development.
  - Module 1: Introduction to Social Emotional Learning, Quiz 1
  - Module 2: Self-Awareness, Quiz 2
  - Module 3: Self-Management, Quiz 3
  - Module 4: Social Awareness, Quiz 4
  - Module 5: Relationship Skills, Quiz 5
  - Module 6: Responsible Decision-Making, Quiz 6
  - Module 7: Connect the Dots, Quiz 7
  - Module 8: Reflecting & Integrating Personal SEL Skills, Quiz 7

## Grading

Each quiz must be passed at an 80% or higher (retakes allowed).

## Format

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find reflection assessments that are not graded but will help in your journey of the social-emotional learning process.