**Strategies for Incorporating Social and Emotional Learning into Your Teaching**

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| **SEL Competency** | **General Ideas** | **Specific Strategies** |
| Self-awareness | * Implement mindfulness exercises and reflective writing prompts.
* Encourage students to identify their strengths and areas for growth.
* Facilitate self-assessments and self-reflection on learning progress
 | * Incorporate check-in poll questions like, “On a scale of 1–5, how are you emotionally coping with your school-life balance?”
* Use existing surveys (e.g., Dweck’s mindset survey, self-efficacy surveys) that can assist students with self-reflection.
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| Self-management | * Teach time management and organization skills.
* Provide opportunities for setting and tracking goals.
* Foster strategies for stress management and emotional regulation.
 | * Provide students with a clear checklist of assignments and their corresponding due dates.
* Have students set goals and encourage them to reflect on their progress.
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| Relationship skills | * Facilitate collaborative group work and team-building exercises.
* Promote effective communication and conflict resolution strategies.
* Create opportunities for peer mentoring and community engagement.
 | * Use icebreakers and community-building activities.
* Incorporate online tools such as Google Jamboard, Padlet, and Flip to enhance collaboration.
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| Social awareness | * Encourage active listening and empathy-building activities.
* Create safe spaces and activities such as introductions, discussions and projects that allow students to express themselves authentically.
 | * Incorporate diverse perspectives through guest speakers, literature, or multimedia.
* Discuss social issues and global challenges to foster understanding.
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| Responsible decision making | * Promote analysis of consequences and consideration of diverse perspectives.
* Engage students in ethical discussions and case studies.
* Teach and model decision-making models.
 | * Present real-world scenarios for problem solving and critical thinking.
* Facilitate role-playing exercises to simulate decision-making skills in a safe environment.
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