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EDU392S: Seminar: Third Year Field Experience

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<div align="center">Journal Article: Socio-Emotional Learning</div>

1. In your own words explain Social-Emotional Learning (SEL)

    a. Social- Emotional Learning is a term that is needed to be utilized more in the classroom today. It means the process of developing the self-awareness, self-control, and interpersonal skills that are necessary for school, work, and life successfully.

2. Describe five interrelated sets of cognitive, affective, and behavioral competencies at the heart of SEL.

    a. The five interrelated sets are self-awareness, self-management, social awareness, relationship skills, and responsible decision. Social awareness means the ability to accurately recognize one's emotions and thoughts and their influence on behavior. Self-management is the ability to regulate one's emotions, thoughts, and behaviors effectively in different situations, and to set and work toward personal and academic goals. Social awareness is the ability to take the perspective of and empathize with others from diverse backgrounds and cultures and to recognize family, school, and community resources and supports. The relationship skills mean the ability to create and maintain healthy and rewarding relationships (with diverse individuals). Lastly Responsible decision making is the ability to make

constructive and respectful choices about personal behavior and social

interactions based on consideration of ethical standards.

3. Have you observed Social Emotional strategies in the classroom where you are doing

field hours.

a. During my observation Mrs. Romanitch told me that these 2nd graders had their

first few years of school online. They had gone through preschool and first grade

virtual and or hybrid. This means their social skills were lacking and she said she

had to reteach how to interact with other students their age. While I was observing

the student's partner reading, I saw how the students were very patient with each

other. All students read at different speeds, and they had waited for each other

rather than rush one another to get it done. I liked how Mrs. Romanitch partnered

each of the students with. It was pairing based on the 'best readers' and the 'worst

readers. Rather, she paired the students with complimenting qualities. One

partnership this boy was able to retell the stories very well but had trouble

pronouncing the harder words. Where his partner was nervous to explain what

happened in the story but was excellent with chunking the page while reading.

Also, with the design of the classroom the students were in pods. With this set up

the students were able to interact with one another to collaborate ideas.

My Opinion of SEL

- After watching this video, it opened my eyes to why my teachers really stressed on

making connections with my classmates. I believe creating relationships and learning

about what others are going through can help us gain a better perspective of life. School

should be a safe space for all students and teachers are here to make sure the students are

wanting to come to school. I believe that with social media, beauty standards, technology, etc. have a great impact on the students. Students need to learn how to love themselves and support others.

- Loving oneself is something I believe students are afraid to do because it's not the 'cool thing to do'. For students to forge relationships with others they need to first learn about themselves. In the video the teachers and speakers had done different activities to have the students to connect. I believe that can be beneficial for the students to create relationships and become more socially aware. You never know what another student is going through until you learn how to sit and listen. Social emotional learning helps to improve kids' academic performance, diminish bullying, reduce dropout rates, and build character. This is something I look forward to using in my classroom because this will help to create better relationships for all students.

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