CIOST Reimagined Reflection Worksheet

Managing Change: An SEL Discussion

July 16, 2020 1:00 pm

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| **FOCUS** | * Prompt leaders to reflect and think through the effects of Covid-19 to cultivate adult SEL. * To share experiences and strategies for managing change through application of SEL core competencies. |
| **DEFINITIONS** | * **Social and emotional learning (SEL)** is the process through which children and adults understand and ***manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions****.* ([CASEL](https://casel.org/what-is-sel/),2020). * **Adult SEL** is the process of helping educators ***build their expertise*** and skills to lead social and emotional learning initiatives. It also involves ***cultivating* adults’ own social and emotional *competencies***. ([Woolf, (2020)](https://www.panoramaed.com/blog/comprehensive-guide-adult-sel)) |
|  | Take a moment to process through the questions assessing your thoughts and feelings. This is a tool to promote growth across areas of social competence along with encouraging shared experiences and strategies. |
| **REFLECTIONS** | Individual Reflections   * What have you found most challenging as an individual while navigating Covid? * What have you learned about yourself during this process? (As a leader, educator, person) * What are some things you have done to manage stress or emotions while navigating Covid? * How much commitment do you feel is required to take care of yourself? |
|  | My individual thoughts/feelings/self-reflection... |
|  | Organization and Program - Managing during Covid-19   * Looking at my program or organization, what SEL skills will be needed for success? * What are some things your program or organization has done well in response to Covid? What role have you played in this response? * How will you model vulnerability to foster safety, empathy, and inclusion in our programs, especially during adversity? |
|  | My individual thoughts/feelings/self-reflections... |
|  | Future Application -- Beyond the “So What?”  \*Think about the So What?, application, and your commitment.   * What are you doing to prepare (as both an individual and as part of your organization) to resume/continue programming and/or school this fall? * How can the OST Initiative better support you and the organization, especially in the context of emotional intelligence, facilitating conversations with youth, and dealing with change? * Reflecting on our discussions today, what are three ways you are going to incorporate SEL into your program? |
|  | My individual thoughts/feelings/self-reflections… |

