

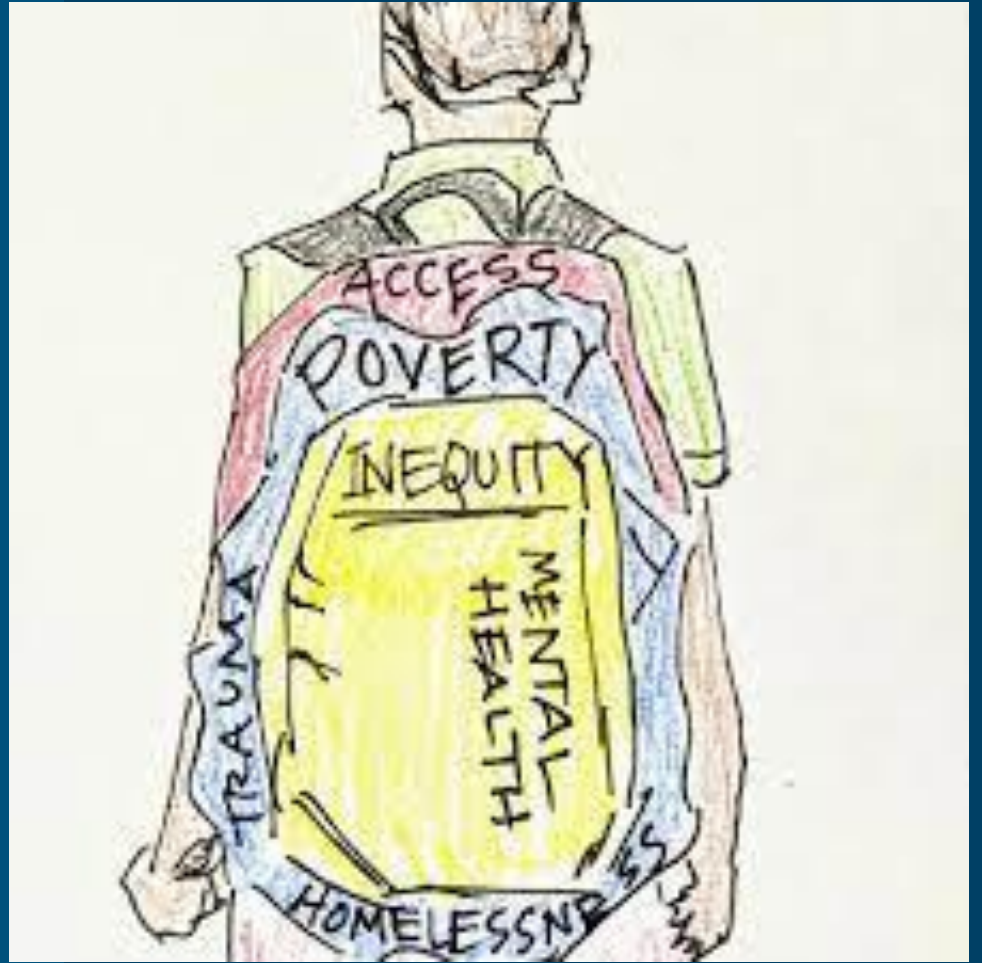
# Social Emotional Learning Geneseo High School



Brooke Emmerson, GHS Assistant Principal  
Board Meeting  
March 9, 2023



# The Invisible Backpack





# WHAT IS SEL...



# What is Social Emotional Learning (SEL)?

It's the process through which young people and adults acquire and apply the knowledge, skills, and attitudes to:

- Develop Healthy Identities
- Manage Emotions
- Achieve Personal Goals
- Feel and Show Empathy to Others
- Establish and Maintain Supportive Relationships
- Make Responsible and Caring Decisions

## The benefits of SEL are well-researched:



SEL leads to **improved academic outcomes** and behaviors



SEL benefits are **long-term** and global



SEL is a **wise financial investment**



Social and emotional skills **help improve lifetime outcomes**



For more: <https://casel.org/fundamentals-of-sel/what-does-the-research-say/>

# Recent SEL Work at GHS



# Parent SEL Night

## September 22, 2021

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- Alyx DeReu (counselor with Robert Young) presented on stress and anxiety in children and adolescents.
- Presentation was recorded and posted on the GHS Counseling webpage for parents to view.
- All GHS Counselors and social workers were in attendance to meet with parents and ask follow-up questions.



**UnityPoint Health**  
Robert Young Center

# *The Gray Matters* —GHS Chapter

## Purpose

- Raise awareness of mental health
- Normalize typical adolescent emotions and experiences
- Build a supportive student community

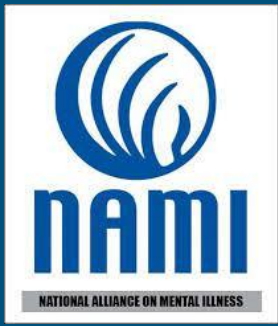
Students meet monthly to talk/learn about student-generated topics. Recent topics have included stress management, the benefits of exercise, a therapy dog visit from QC Can, and guest speakers (Haley DeGreve, Augustana Gray Matters)

Group Established February 2022









# Mental Health Academy

## February 8, 2023



- Collaboration with Geneseo Police IMPACT Team, Bridgeway, Nami (National Alliance on Mental Illness), and the GHS Gray Matters Chapter

### Purpose

- Raise awareness of mental health (statistics; early warning signs; risk factors)
- Share resources available within the community
- All students, families, and community members were invited
- Presented on FB Live and later posted on District Website



*Freedom House*  
SEL Instruction Pilot  
Freshmen Health (One Section)  
March 2023

Topics:

- Healthy Relationships
- Conflict Resolution
- Empathy
- Relationship Boundaries





## District-level SEL Committee

- Assessing the Needs of the District as a Whole
- Using Strategic Data to build a multi-year plan to bring SEL to the forefront of our student-focused conversations
- Using student voice to highlight the strengths of current SEL programs and where students are needing additional support