

Practical Tools for Implementing Social Emotional Learning

While most educators see the value in social-emotional learning, most schools do not have a systematic, comprehensive, developmental approach to these essential skills.



A social-emotional learning (SEL) program supports students to be more effective in navigating the complexities of their daily lives by teaching and modeling a learnable set of skills proven to increase academic and life success.

Social Emotional Learning

Teachers who include SEL in their classrooms report a more effective learning environment, better problem-solving skills, and stronger interpersonal connections – and they end up having more time to pursue all their instructional goals.

While most teachers see the value in teaching their students to effectively understand and manage emotions, few teachers have experienced this kind of learning themselves. As a result, even very experienced teachers have a limited number of strategies and techniques to systematically teach social and emotional skills.

An effective SEL program includes:

- A developmental, research-based curriculum for teaching the skills
- Processes for integrating the skills and concepts into the classroom
- Methods for making the SEL vocabulary and skills part of the school culture

“Research indicates that well-planned and well-implemented SEL programming can positively affect a broad range of student social, health, behavioral, and academic outcomes.”

Greenberg, M.T., Weissberg, R.P., O'Brien, M.U., Zins J.E., Fredericks, L., Resnick, H., & Elias, M.J. (2003)



Self-Science is one of the preeminent social-emotional learning programs, first published in 1978, and used by thousands of educators world wide; it was featured in Daniel Goleman's 1995 book, *Emotional Intelligence*, as a pioneering program: "...the Self Science curriculum stands as a model for the teaching of emotional intelligence."

EQ Educator Benefits

This intensive 2-day-plus certification equips educators to be more effective in teaching SEL. By attending, you will be better able to:

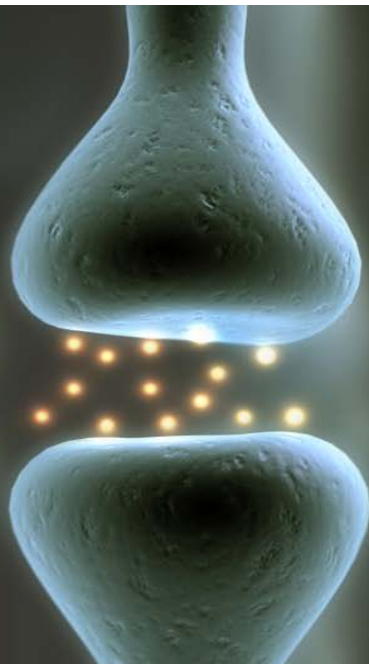
- Confidently implement Self-Science lessons in the classroom
- Apply the Self-Science process and model in your day-to-day interactions with students and in your current curriculum and lessons
- Effectively communicate the value of SEL to parents and other educators
- Continue to develop your own social and emotional intelligence



This course offers practical strategies to teach key social and emotional skills and to strengthen the learning context based on trust, respect, and integrity.

Topics Include...

- **Neuroscience of Learning and Emotion** – a basic understanding of the current science supports teachers to ensure that their implementation will be effective.
 - **The Six Seconds Model of Emotional Intelligence** – an action-oriented process for using emotional intelligence, this learnable, measurable set of competencies is at the core of the program.
 - **Principles of Self-Science** – an understanding of the program’s curriculum design, lesson structure, and scope and sequence creates a framework for implementation.
 - **The EQ Classroom** – tools for classroom management, social problem-solving, and facilitation supports educators to create an optimal learning environment.
 - **Measuring EQ** – a review of methods and tools for assessing program and individual success.
 - **SEL Implementation** – practical experience with key skills demonstrates participants’ competence, and supports them to take next steps.
 - **Post-program Coaching & Practicum** – small groups follow up on the training through coaching pods to track their progress and increase the transfer from training to action. To earn certification, participants complete a “practicum” project implementing the tools from the course and evaluating their effectiveness.
- On completion, participants earn certification to use the Self-Science curriculum, a highly effective process for facilitating social-emotional learning.



Six Seconds integrates the latest neuroscience into practical, engaging content. A research-based organization, Six Seconds’ materials blend data and emotional experience to build both understanding and wisdom.

Emotional intelligence (“EQ”) is the ability to be smart with feelings, and it’s the foundation for healthy, sustainable relationships.

Model



The Six Seconds Model of EQ-in-Action begins with three important pursuits: to become more aware (noticing what you do), more intentional (doing what you mean), and more purposeful (doing it for a reason).

This model is both simple and substantive. It’s easy to learn, practical, and action-oriented providing a process framework for putting the science of emotional intelligence into practice.

Established in 1997, Six Seconds is nonprofit organization with offices in six countries. It is the most extensive global resource for emotional intelligence.

There are many EQ training programs but Six Seconds and its phenomenal trainers are the real thing. You will be personally and professionally transformed.

Kathleen Ruby, PhD., Dir Wellness and Leadership Development
WSU College of Veterinary Medicine

The Six Seconds EQ Model

- **Know Yourself:** Clearly understanding what you feel and do. Emotions are data, and these competencies allow you to accurately collect that information.
- **Choose Yourself:** Doing what you mean to do. Instead of reacting “on autopilot,” these competencies allow you to proactively respond.
- **Give Yourself:** Doing it for a reason. These competencies help you put your vision and mission into action so you lead on purpose and with full integrity.

Within these three “pursuits” are eight specific, measurable, learnable competencies that drive performance at work, at home, at school, and in life.



EQ Educator is for all teachers who want to be even more effective delivering social emotional learning, as well as counselors, administrators, and parent volunteers who are supporting SEL implementation.

Logistics

Who: Teachers, counselors, parent volunteers, administrators

What: 2-day-plus certification to use the Self-Science SEL process

Where, When: See calendar online: www.6seconds.org/training

How: Register online <http://www.6seconds.org/reg>

Registration: \$995, including attendance, materials, the latest Self-Science program (*Self-Science: Getting Started with Social-Emotional Learning*), 20 credits to purchase additional lessons, and 2 hours of post-training coaching to earn certification

Early discount: \$795 if you register over 30 days before the course start date

Group discount: For each additional participant you bring, you each get a 10% discount

For more information contact:

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www.6seconds.org/education



Six Seconds is a global organization supporting people to make a positive difference -- everywhere, all the time. The members of our network serve in every sector of society engaging leaders to develop and use emotional intelligence to create places where people can truly excel.

Six Seconds

Six Seconds is a 501(c)3 not-for-profit organization with offices around the world. With extensive experience in training and education, Six Seconds' programs are hands-on, engaging, and transformational.

Six Seconds developed the EQ-in-Action model in 1997 to help people put the theory of emotional intelligence into practice. The model draws on the work of Peter Salovey, Ph.D. (one of Six Seconds' advisory board members), and John Mayer, Ph.D. who first defined EQ as a scientific concept. It also builds on the five components of EQ popularized by Daniel Goleman in his 1995 book, *Emotional Intelligence*, which endorses Six Seconds' EQ curriculum, *Self-Science*. The model integrates leading thinking on this emerging science into a practical, usable, memorable structure.

The first global organization providing certification to recognize professionals who work in emotional intelligence development, Six Seconds has certified over 2500 trainers, teachers, counselors, and HR professionals to put EQ in action. Members of the network serve in over 80 countries, and the organization has offices in six nations.

Six Seconds' experts apply the science of emotional intelligence to improve almost every aspect of human endeavor. From schools where children love to learn, to corporations where people thrive, to prevention programs saving lives. Six Seconds' tools are life-changing and invite people to take ownership of a positive future.

