



## Helping Young People Thrive Through Emotional Intelligence

Six Seconds provides educators, counselors, coaches, consultants, and parents with powerful, research-based tools and exceptional training to integrate social and emotional learning.



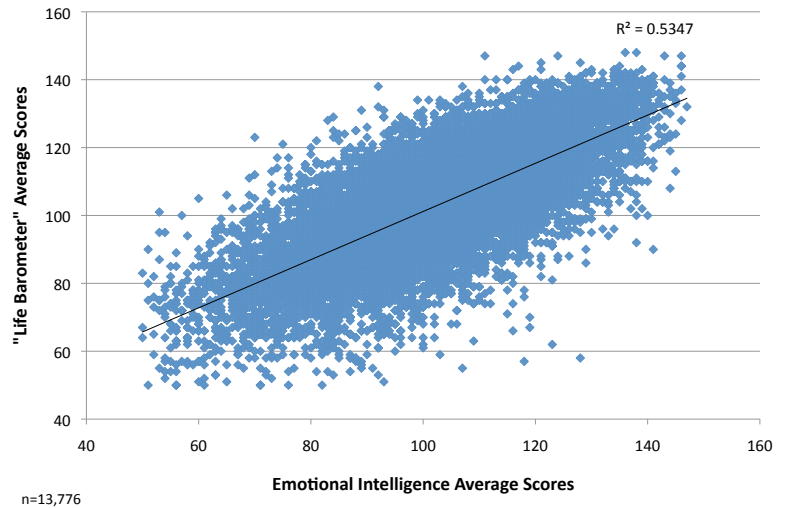
There is strong evidence that increased emotional awareness and skill improves academic achievement and creates a more productive and supportive classroom environment.

## Social Emotional Learning Improves Success

As shown in the graph below, emotional intelligence, or EQ, is strongly linked to critical outcomes for school and life success. EQ skills are measurable, learnable, and effective.



"Barometers of Life" are five key factors to create academic and life success.



In this global sample of 13,776 students, 53% of the variation in "Barometers of Life" success factors is predicted by EQ scores. Source: A Case for Emotional Intelligence in our Schools 2015 – [www.6seconds.org/case](http://www.6seconds.org/case)

# Emotional intelligence is being **smarter with feelings.**



An effective SEL program is customized and integrated in the structure and fabric of the school. Using assessment data to focus and improve implementation, this whole-school approach creates an optimal environment for learning, involvement, safety, thriving, and building community.



## Roadmap for SEL Implementation

	Students	Faculty and Staff	Parents and Community
<p><b>Year 1</b></p> <p><b>Pilot</b></p> <p>Develop plan, vision, and core group; begin pilot and raise awareness</p>	<p>Measure EQ competencies of students in pilot group</p> <p>Deliver SEL lessons to pilot group</p> <p>Students experience the EQ approach throughout the school day</p>	<p>Educational leaders commit to take a systematic approach to SEL, create a steering committee; discuss vision and create plan</p> <p>Selected teachers have intro SEL training + coaching</p> <p>Pilot teachers receive coaching to maintain focus</p>	<p>Leaders and school community develop shared vision</p> <p>Measure school climate</p> <p>Deliver introductory family workshops</p> <p>Annual review and reflect process</p>
<p><b>Year 2</b></p> <p><b>Extend</b></p> <p>Expand pilot to level (or division of school); grow teacher competence to integrate into classroom practices; integrate into whole school</p>	<p>Measure EQ competencies of students in more groups or levels</p> <p>All students have SEL lessons and activities</p>	<p>Coaching for leadership team to improve climate and integrate EQ concepts into school</p> <p>Selected teachers become certified in EQ to add depth</p> <p>Customize SEL scope and sequence; link to existing curriculum and initiatives</p>	<p>Re-measure school climate</p> <p>Deliver targeted, themed family workshops and update on climate and process</p> <p>Annual review and reflect process</p>
<p><b>Year 3</b></p> <p><b>Integrate</b></p> <p>Make SEL part of the fabric of the school for all students, teachers, parents, community members</p>	<p>Measure EQ competencies of all students.</p> <p>All students receive SEL lessons</p> <p>Integrate SEL scope &amp; sequence into related student programs such as advisory or peer mentoring</p>	<p>Selected teachers take advanced certification to begin to lead program within organization</p> <p>Continue coaching for principal and leadership to support integration of SEL into climate</p> <p>Teachers increase expertise in designing and implementing SEL lessons in the classroom</p>	<p>Re-measure school climate</p> <p>All families participate in family EQ workshops and raise community awareness</p> <p>Annual reflect and review process</p>

Six Seconds' Center for Social Emotional Learning delivers transformational training, validated measures, and extensive resources. These ingredients are key to any comprehensive, evidence-based approach to SEL.

## The Center for Social Emotional Learning

Six Seconds is a global network supporting people to create positive change – everywhere, all the time. Our vision is a billion people practicing the skills of emotional intelligence worldwide. Founded in 1997, Six Seconds is the first and largest organization 100% dedicated to the development of emotional intelligence. We teach the skills of emotional intelligence to enable individuals, teams, organizations, families, schools and communities to flourish. We have offices and representatives in over 25 countries. Our clients include global companies, schools, business leaders, and individuals. Find out more at [www.6seconds.org](http://www.6seconds.org)

To support educators around the world to adopt social and emotional learning programs in their schools, Six Seconds' Center for Social Emotional Learning (cSEL) offers: **Assessments** for students, teachers, and schools. **Training** and professional development including free online courses. **Grants** and research support. Proven **resources**. Powerful **data** to help make the case for social emotional learning. A **community** of SEL allies.

The Six Seconds faculty is connected to changing the world one person at a time. This work is the future.

- Sheryl E. Cohen, PhD., Director, Stephens S Wise Temple Early Childhood Center (Los Angeles, CA)

This was an excellent course. It helped me in many different ways, at a personal and professional level. This was inspiring. I would recommend it.

- Helen McVeigh, Chief Inspector of Schools (Cayman Islands)



If you would like to learn more or take one of our online or in person courses, become certified, or start teaching SEL in your school contact us.

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