



Importance of SEL Competencies for Adults

Objectives	<ul style="list-style-type: none"> • Define “Adult SEL” • Explore how Adult SEL can be cultivated
Slide Deck	<ul style="list-style-type: none"> • Importance of SEL Competencies for Adults: Slide Deck
Video	<ul style="list-style-type: none"> • Importance of SEL Competencies for Adults: Video • Importance of SEL Competencies for Adults: Video Transcript
Resources	<ul style="list-style-type: none"> • California Multi-Tiered System of Support (CA MTSS) • CASEL Guide to Schoolwide SEL - Focus Area 2: Strengthen Adult SEL • Report: To Reach the Students, Teach the Teachers: A National Scan of Teacher Preparation and Social and Emotional Learning. • Strategies for Adult SEL Facilitation: Professional Development Reflection • Professional Learning Rubric • Video: Improving the Well-Being of Teachers and Students • Mindful teacher articles • Personal Reflection and Assessment (English and Spanish) • Personal Reflection and Assessment [Google Form-still a draft but may be a useful resource] (English) • Examining Biases for Cultural Competence • Strategies • Self-care Infographic

