UD

UPPER DARBY
SCHOOL DISTRICT

Opportunity · Unity · Excellence

Social and Emotional Learning (SEL) in Upper Darby School District

The purpose of this document is to provide a list of the social and emotional programming available in Upper Darby School District schools.

Core Competency #1 Self-Awareness

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism and a growth mindset.

Examples of UDSD programming that address the core competency of Self-Awareness
1. Social Skills Programming
2. Administrative Summer Retreat
3. Weekly PBIS Lessons
4. Tier 2 and 3 groups

Examples of programming that address the core competency of Self-Awareness

5. SEC Lessons
6. Trauma-informed care https://lakesidelink.com/training/neurologic/about/
7. Health classes https://www.upperdarbysd.org/Page/2915
8. Meditation Learning Community

Examples of programming that address the core competency of Self-Awareness

9. Kindness Learning Community

10. Learning Walks

11. Supportive Relationships https://www.upperdarbysd.org/Page/4526

12. Mindfulness programming

13. Yoga programming

Examples of programming that address the core competency of Self-Awareness

14. Danielson Framework https://danielsongroup.org/framework/framework-teaching

15. Growth Mindset (Mindsembly)

16. Turn It Around Program

17. PREPaRE

https://www.nasponline.org/professional-development/prepare-training-curriculum

Core Competency #2 Self-Management

The ability to successfully regulate one's emotions, thoughts and behaviors in different situations - effectively managing stress, controlling impulses and motivating oneself. The ability to set and work toward personal and academic goals.

Examples of programming that address the core competency of Self-Management
1. Social Skills Programming
2. Trauma-informed care https://lakesidelink.com/training/neurologic/about/
3. Royal Revolution
4. Weekly PBIS Lessons

Examples of programming that address the core competency of Self-Management
    5. Tier 2 and 3 groups
    6. Growth mindset
    7. Social media importance
    8. Life goals

Examples of programming that address the core competency of Self-Management

    9. Create a win/win

    10. Reflect on a decision

    11. Health classes

    12. Meditation Learning Community

    13. Book Study - Lost at School   http://www.lostatschool.org/

Examples of programming that address the core competency of Self-Management
    14. Cool Down Centers
    15. Buddy Classroom Videos
    16. Mindfulness
    17. Whole Brain Instruction

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Examples of programming that address the core competency of Self-Management

18. Turn It Around Program
19. PREPaRE
https://www.nasponline.org/professional-development/prepare-training-curriculum

Core Competency #3 Social Awareness
The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school and community resources and supports.

Examples of programming in Upper Darby School District that address the core competency of Social Awareness
1. Social Skills Programming
2. Trauma-informed care
3. Royal Revolution
4. Weekly PBIS Lessons
5. Tier 2 and 3 groups

Examples of programming in Upper Darby School District that address the core competency of Social Awareness

6. Empathy
7. Conflict strategies
8. Non-verbal communication
9. Dr. McGarry's Student Groups
10. Multicultural Events

Examples of programming in Upper Darby School District that address the core competency of Social Awareness

11. Comprehensive Equity Plan https://www.upperdarbysd.org/Page/5576

12. SAP

13. Health classes

14. Stay Woke

15. Restorative Practices

Examples of programming in Upper Darby
School District that address the core competency
of Social Awareness
    16. Supportive Relationships https://www.upperdarbysd.org/Page/4526
    17. Mindfulness programming
    18. Yoga programming
    19. Danielson Framework

Examples of programming that address the core competency of Social Awareness

20. Turn It Around Program
21. PREPaRE
https://www.nasponline.org/professional-development/prepare-training-curriculum

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Core Competency #4 Relationship Skills

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively and seek and offer help when needed.

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Examples of programming in Upper Darby
School District that address the core competency
of Relationship Skills
1. Social Skills Programming
2. Royal Revolution
3. Weekly PBIS Lessons
4. Tier 2 and 3 Groups
5. Social skills lessons

Examples of programming in Upper Darby School District that address the core competency of Relationship Skills
  6. Reflect on a decision
  7. Conflict definition
  8. Conflict strategies
  9. Adult roles and relationships
  10. Healthy relationship groups

Examples of programming in Upper Darby
School District that address the core competency
of Relationship Skills
   11. Supportive Relationships https://www.upperdarbysd.org/Page/4526
   12. SAP
   13. Trauma-informed care
   14. Mediations and meetings with staff
   15. Health classes https://www.upperdarbysd.org/Page/2915

Examples of programming in Upper Darby
School District that address the core competency
of Relationship Skills
   16. Adult Relationships - UDHS course
   17. Book Study - Lost at School
   18. Wawa Big Brothers and Big Sisters
   19. Learning walks
   20. Mindfulness training

Examples of programming in Upper Darby
School District that address the core competency
of Relationship Skills
21. Yoga training
22. Danielson Framework
23. Turn It Around Program
24. PREPaRE
https://www.nasponline.org/professional-development/prepare-training-curriculum

Core Competency #5 Responsible Decision-Making

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns and social norms. The realistic evaluation of consequences of various actions, and the consideration of the wellbeing of oneself and others.

Examples of programming that address the core competency of Responsible Decision-Making
1. Social Skills Programming
2. Administrative Summer Retreat
3. Weekly PBIS Lessons
4. Social skills lessons
5. Tier 2 and 3 groups

Examples of programming that address the core competency of Responsible Decision-Making
6. Growth mindset
7. Conflict definition
8. Life Goals
9. Social media importance
10. Restorative justice adjustment

Examples of programming that address the core competency of Responsible Decision-Making
    11. Course selection
    12. Counseling lessons
    13. College and decision-making
    14. Trauma-informed care
    15. Mediations and meetings with staff

Examples of programming that address the core competency of Responsible Decision-Making
16. Health classes https://www.upperdarbysd.org/Page/2915
17. Youth Court
18. Reflections Program
19. Comprehensive Equity Plan https://www.upperdarbysd.org/Page/5576
20. Turn it Around Program