

SEL Workshops for K-12 Schools and Districts



Two Ways to Boost Social and Emotional Learning at Your School or District

Workshop 1: Social and Emotional Learning: Strengthen Your SEL Program for Greater Positive Impact

Full-day workshop for school or district leaders, administrators, counselors and SEL steering committees.

Students' well-being, academic achievement, and preparation for success in college and career can be positively impacted with effective social and emotional learning (SEL) programming as demonstrated in recent research. While many schools and districts have some SEL programming in place, often these programs are lacking in the coherence and comprehensiveness necessary to make the greatest impact and value. A recent survey of principals found that, although they were committed to enhancing SEL for their students, schools lacked the knowledge and resources to enable their faculty to succeed.

In this one-day workshop, ACT SEL experts will work with leadership teams to systematically evaluate the breadth of their SEL programs, identify areas of strength to leverage and gaps that need addressing, and then prepare comprehensive program plans. This workshop will draw upon an evidence-based 35-item SEL program diagnostic, provide planning templates, and will help program leaders identify resources including standards, curriculum, and assessments to develop their systematic approaches to this work.

Workshop 2: Social and Emotional Learning Instruction using the ACT Tessera Teacher Playbook

Half-day or full-day workshop for teachers and counselors

Recent surveys of school principals find a great need for more professional development for teachers about effective strategies for social and emotional learning. In this workshop, teachers and counselors will learn the value of SEL and the hallmarks of quality SEL programs, and then go through a series of exercises to explore how to structure classroom environments, how to infuse SEL into core academic instruction, and how to teach stand-alone SEL lessons. Participants will be provided access (for one year) to the ACT Tessera Teacher Playbook, a digital resource containing dozens of SEL lessons and videos and extensive guidance for integrating SEL into everyday classroom instruction. The workshop will train educators in how to use this resource. For schools using the ACT Tessera assessment system, training will also be provided in how to use Tessera reports to support student development of these skills.