



About the Discussion Guides

Use these discussion guides to generate awareness, understanding, and potential solutions to critical issues in college access.

They can be used with a wide variety of stakeholders ranging from students to educators to parents to community leaders.

This slide is intended primarily for the discussion leader. You may want to **delete** this slide before presenting to the discussion group.



This guide is designed to facilitate a two-part discussion. Be sure to schedule ample time between parts one and two so that participants can do independent reading and research.

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How to Use This Discussion Guide

Part 1:

1. Use this slide deck to present a basic overview of the issue for discussion.
2. As a team or group, work through the discussion questions provided in the deck. If you have a large group, you may want to utilize breakout groups.
3. Review the homework assignments participants should complete prior to attending the meeting for Part 2.

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How to Use This Discussion Guide

Part 2:

1. Reconvene the group that participated in Part 1 of this discussion.
2. Use the Part 2 Discussion Questions to continue exploring this issue and possible solutions.
3. Identify next steps.

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Social and Emotional Learning (SEL)

Discussion Guide



Goals

- Gain a foundational understanding of this issue.
- Explore possible solutions for our community.



Part 1



What is SEL?

From CASEL:

Social and Emotional Learning or SEL is the process through which [people] acquire and apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

Why Does This Matter?

SEL provides students with skills that will help them succeed in school, in their careers, and in life. Learning SEL skills helps students develop EQ, or Emotional Intelligence.

EQ accounts for nearly 90 percent of what sets high performers apart from peers with similar technical skills and knowledge.



Discussion Questions

- Based on your existing knowledge and experience, what skills should SEL help students develop?
- Do you think SEL is important to student development? To the issue of college access? Why or why not?
- Are you currently part of any SEL efforts? What are you doing? Has your work been effective?
- Do you think the global pandemic has made an impact on students' EQ? If so, how?



Homework

Read the following materials:

1. [Edutopia: Why Social and Emotional Learning Is Essential for Students?](#)
2. [CASEL: Benefits of SEL](#)
3. [Harvard Business School: Why Emotional Intelligence Is Important in Leadership](#)
4. [Education Week: Teaching the 'New' COVID-19 Social-Emotional Skills](#)

Write down your thoughts or observations.

Bring them with you for Part 2 of this discussion on **<Insert Date/Time>**



Part 2



Discussion Questions

- Did anything you read or learned about this issue surprise you?
- What are some ways you are currently supporting SEL?
- What Social-Emotional skills are most critical for ensuring students' success in postsecondary education?
- How could we further develop students' SEL?



Resource

The West Virginia Department of Education provides [professional development opportunities](#) on issues and practices related to SEL.



Next Steps

- What steps do we want to take to address this issue? If any?
- What are our immediate next actions? Who will be responsible? By when?



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