

# Social Emotional Learning in a Cultural Context

Antoinette Miranda, PhD  
Kisha Radliff, PhD  
The Ohio State University  
School Psychology Program

## Agenda

- Brief overview of SEL
- Challenges k-12 students are experiencing and why it matters
- Why cultural context matters
- Take away strategies and points

# Brief Overview of Social Emotional Learning (SEL)

## SEL is Not New

- In the 90s it was “non-academic barriers”
- Mental health “crisis”
- Opioid epidemic
- Increase in suicide
- Increase in bullying
- Societal factors (e.g. poverty, racism,)
- Ohio’s strategic plan
- Ohio SEL standards

## SEL as Defined Today

- Social emotional learning (SEL) is a process by which children *and* adults...
  - identify and manage emotions,
  - set attainable goals,
  - maintain positive relationships,
  - demonstrate empathy for others, and
  - make responsible decisions

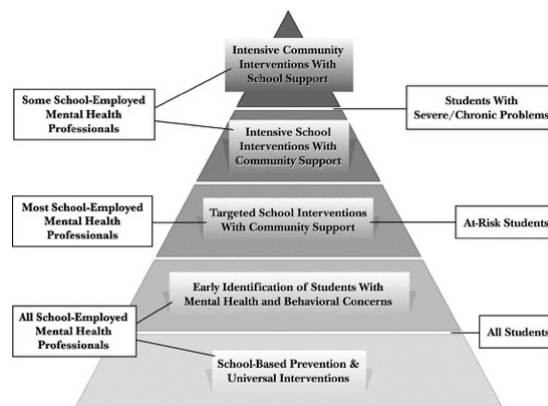
[www.CASEL.org](http://www.CASEL.org)

## Why Social-Emotional Competency is Critical

- Research demonstrates that students can build the capacity to regulate their emotions, behaviors, and cognitions through developing social emotional competencies.
- Research has found that when students improve their SEL skills, we also see improvement in attitudes, behaviors, and academic achievement!
- SEL skills help students meet challenges faced in school and overcome the demands of everyday life.
- Social emotional learning, along with school climate, contribute to healthy schools.

# Challenges K-12 Students are Experiencing and Why It Matters

How does it play out in the schools



**The Continuum of School Mental Health Services**

Adapted from "Communication Planning and Message Development: Promoting School-Based Mental Health Services" in *Communit*, Vol. 35, No. 1, National Association of School Psychologists, 2006.

Are we ready?

# Overlooked

70% of students with a mental health disorder do not receive adequate treatment.

What schools are like today



# CULTURAL Context Matters!

## Avoiding the one size fits all approach to SEL

- Culture is central to how we think, live, and see the world
- Understanding a student's cultural socialization is critical to understanding how identity can contribute to a sense of belonging
- A culturally responsive approach is important to bridging the gap

## Ohio's K-12 Social and Emotional Learning Standards



### Aligned with strategic plan

**SOCIAL-EMOTIONAL LEARNING**—Life is a shared journey. Research shows that **being a part of a community improves life satisfaction and health**. Living as part of a community **involves understanding the importance of social interaction and personal feelings**.

Social-emotional learning includes competencies like self-awareness, self-management, social awareness, collaboration, empathy, relationship skills, and responsible decision-making.

**The elements of social-emotional learning give children the tools to become resilient and persistent in life.**

## 5 guiding principles of SEL

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision-Making

## Case Study using Culturally Responsive Social and Emotional Learning





Culturally responsive strategies to use tomorrow



## Contact Information

**Antoinette Miranda, PhD**

**Email:** [Miranda.2@osu.edu](mailto:Miranda.2@osu.edu)

**Kisha Radliff, PhD**

**Email:** [Radliff.2@osu.edu](mailto:Radliff.2@osu.edu)

Thank you!!