

*Free eLearning for educators.*

## What are the essential skills students need to thrive?

Educators are invited to the Introduction to Social Emotional Learning (iSEL), a ground-breaking online course.

Collaborate with fellow teachers from all around the globe as you learn key ingredients of social emotional learning from many of the world's top educators, scientists and practitioners pioneering this field.

### Why?

While education focuses on cognitive skills, research shows that social and emotional skills are also essential. Increasingly, teachers see this value; in a recent study, teachers overwhelmingly agreed that social emotional skills are the missing piece to improve student outcomes and transform our schools. Researchers have convincingly demonstrated the impact that social emotional learning programs can have on student behavior, engagement, and academic achievement.

The question is: how can you put this into practice in your classroom or school?

### How?

iSEL is a virtual training, blending recorded lectures, discussions, readings, and practical assignments.

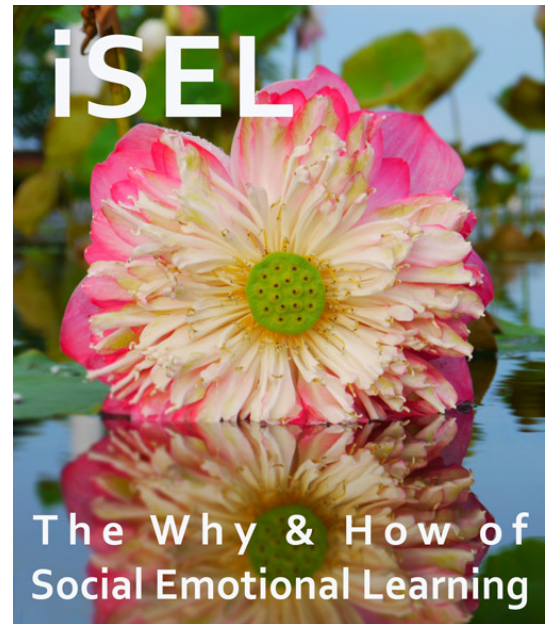
There are three options for enrollment:

Option 1: **iSEL Enhanced:** Join an experienced facilitator and work with a small group. Follow the iSEL program plus six online meetings with a small group. Work your way through the engaging learning materials featuring videos, reading, and application exercises.

The group meetings are online and are scheduled at multiple times of day; sign up to join the "cohort" that best fits your schedule and time zone.

Option 2: **iSEL Drop-In:** As above, but instead of a regular group meeting, just come to one of the "drop in" online discussions when convenient.

Option 3: **iSEL Independent:** On your own time, work your way through the engaging learning materials featuring videos, reading, application exercises and online forums.



Register online @ EQ.org

Presenters include Daniel Goleman, Anabel Jensen, Marc Brackett, Joshua Freedman, Roger Weissberg and many others... plus videos from Maurice Elias, Mary Helen Immudino Yang, Dan Siegel, and other scientists, educators, and SEL experts from around the world.

iSEL is sponsored by Six Seconds Emotional Intelligence Network and Fielding Graduate University.



## **What?**

iSEL will equip you with:

- An increased awareness of SEL and its value
- Knowledge of essential SEL competencies for educators and students
- Practical tools to use SEL to improve the classroom learning environment
- Key strategies for integrating SEL into existing school programs
- Ability to apply SEL competencies to foster a positive and successful school climate

## Agenda

### **Module 1. The Case for SEL: Educating the Heart**

*Increase awareness of SEL and its value*

### **Module 2. Integrating SEL: Setting the Stage**

*Identify opportunities for bringing SEL into school structures and programs*

### **Module 3. Individual Skills: EQ Essentials**

*Identify essential SEL competencies for educators and students; Learn how current neuroscience informs the practice of SEL*

### **Module 4. SEL in the Classroom: Context for Learning**

*Use SEL to improve the classroom learning environment*

### **Module 5. School wide SEL: An Emotionally Intelligent Community**

*Apply SEL to foster a positive and successful school community*

### **Module 6. Sustaining SEL: Weaving the Fabric**

*Learn the key elements for a systemic, lasting, whole-school SEL implementation*

Each module includes videos, readings, hands-on exercises, and discussion topics. There are key assignments for each module, plus participants can choose to access further resources to go in-depth on any topic. All participants are invited to a special online discussion forum to share learning. For those enrolled in the iSEL Enhanced, the six discussion sessions include a lively dialogue about the topics with a focus on how to apply the concepts in the classroom.

**Share iSEL:** Once you've completed the program, you're invited to help facilitate and share the program!

## **Questions about iSEL?**

Susan Stillman, Director of Education, Six Seconds <[susan.stillman@6seconds.org](mailto:susan.stillman@6seconds.org)>

Want to help bring iSEL to 25,000 teachers? Join [www.EQ.org](http://www.EQ.org) and participate in the iSEL project – learn by sharing.

Questions about Fielding Graduate University? [www.fielding.edu](http://www.fielding.edu)