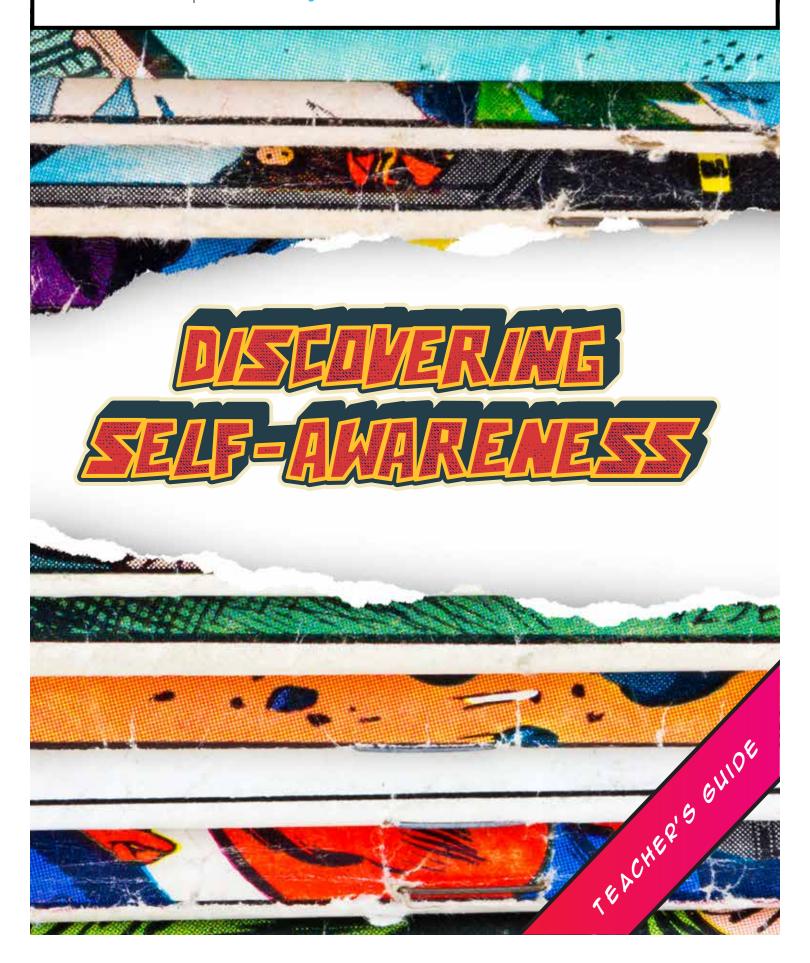
ONEDER | Academy

SOCIAL-EMOTIONAL LEARNING CURRICULUM



Note to The Teacher

High school is an exciting time! But, some students also find it stressful as they face challenges maintaining relationships, handling social media, or worrying about what they'll do after graduating from high school. We hope that this Social-Emotional Learning Curriculum will help you help them to manage all those feelings!

Studies show that explicit social-emotional learning has many benefits. Not only can it help students **perform better** in school, it's also been shown to **improve attitudes and behavior**, **decrease negative behavior**, and **reduce stress**.

Throughout these five social-emotional learning courses, your students will be exploring topics like self-awareness, social awareness, decision-making skills, relationship building, and self-management.

We look forward to hearing your feedback as well as your students' success stories using ONEder Academy's SEL Curriculum! Please contact us at sel@oneder.com. We can't wait to hear from you!

Sincerely, The ONEder Academy Team

### TEACHER'S GUIDE



SOCIAL-EMOTIONAL LEARNING CURRICULUM

### **Created and Developed by ONEder**

60 Park Place, Suite 901 Newark, NJ 07102 www.ONEder.com/academy 646-278-9959

### The ONEder Academy Curriculum Development Team

Author: Melissa Ragan

**SEL Consultant:** Anna Lisa Makey, Ed.D.

Art Director: Danny Garro

**Graphic Designer:** Jesus Castellanos

Managing Editor: Tharaha Richards

Project Manager: Cristina Garro

**Product Manager:** Gennia Yosifovich

Spanish Editor: Nidia Navarro

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# SEL Curriculum Overview

Instructional Model

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### Instructional Model

### The 60-Minute Model

**ONEder Academy's Emotional Learning Curriculum** is a blended program that allows for flexible implementation in a variety of settings, including: in-class, after-school, during homeroom or advisory, or in any other unique situation. Each lesson takes approximately 60 minutes to complete. Below is an example of how you can utilize the flexible model during your class time.



### **Suggested Timing**

Whole Group Instruction
10 minutes

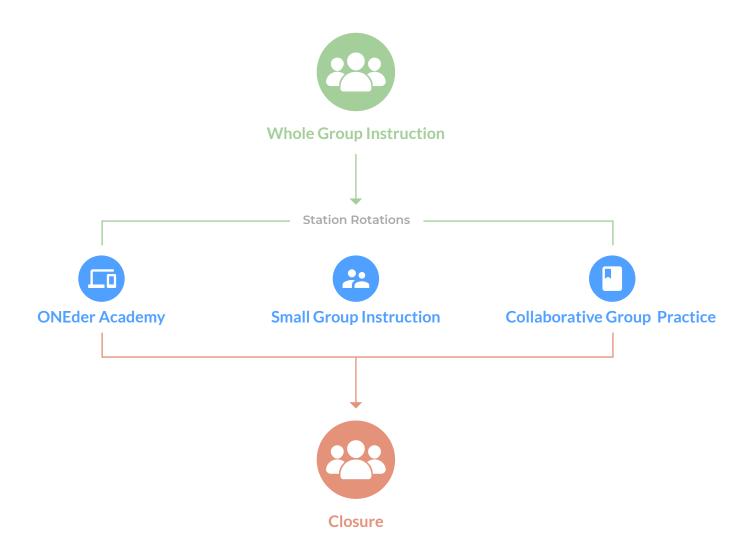
Collaborative Group
Practice
15 minutes

Small Group Instruction
15 minutes

ONEder Academy
15 minutes

Closure 5 minutes

### Instructional Model



Whole Group Instruction: Allows teachers to instruct and model concepts for all students at once. It gives every student a good introduction and foundational knowledge of skills that individualized practice can enhance.

**Small Group Instruction:** Allows teachers to work closely with each student on their specific learning objectives to reinforce skills and check for understanding.

**ONEder Academy:** Content is delivered online through a series of engaging lessons and activities. The activities are self-paced and are an extension of the whole and small group instruction.

**Collaborative Group Practice:** As educational approach to teaching and learning that involves groups of students working together to solve a problem, complete a task, or create a product.

Closure: The closure is the time when you wrap up a lesson plan and help students organize the information and put it into context in their minds.

### **Frequently Asked Questions**



### What is social-emotional learning?

Social-emotional learning (SEL) is understanding emotions and applying the skills necessary to manage those emotions.

# What is the ONEder Academy SEL Curriculum?

ONEder Academy's SEL Curriculum is a series of five courses designed to help students be successful inside and outside of school. Our courses cover a range of topics, including:

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

### Why social-emotional learning?

Studies show that social-emotional learning helps students in a number of ways. According to the National Education Association, SEL helps students to, "achieve better academic performance, improve [their] attitudes and behaviors, decrease negative behavior, and reduce emotional stress."

### Who are these courses designed for?

Our SEL Curriculum was designed for *all* students at the high school grade level. Our online learning empowers students with Individualized Education Programs (IEPs) to choose their accommodations and translation is enabled for students who are English learners. Course content was written at the 700 Lexile level and was designed to be used as a foundation that educators can easily differentiate using the suggestions in the Teacher's Guide. These suggestions help educators meet the needs of *all* their students.

### **Frequently Asked Questions**



# How do I implement the SEL Curriculum in my classroom?

Our SEL Curriculum was designed as a blended solution that gives educators the flexibility to implement the program in a variety of scenarios. It can be used as a stand-alone curriculum in the classroom, during homeroom or advisory time, as part of an after-school enrichment program, at home, or in community-based programs! The lesson plans are easy to understand, and the online activities can be used by students on virtually any device with a screen.

### Is the content standards-based?

Yes! The curriculum in our SEL offering is aligned to the Common Core State Standards (CCSS) and to the Texas Essential Knowledge and Skills (TEKS).

# How do I measure progress toward a student's goals?

In addition to being standards-aligned, the curriculum in our SEL program is aligned to specific competency-based goals in the following domains:

- Daily Living Skills
- Career Skills
- Interpersonal and Communication Skills

As students work through the activities in ONEder Academy, progress is tracked automatically toward both standards mastery and competency goals.

### **Courses Offered**

Our SEL Curriculum offers the following courses. The course descriptions are provided below.

Course	Description
Discovering Self-Awareness	In this course, students will learn to identify their own personal strengths and needs as well as learn about their own emotions.
Developing Self-Management	In this course, students will learn to identify and manage their own personal behaviors. They'll learn about impulse control and gratification, and they will understand the importance of grit.
Building Social Awareness	In this course, students will learn about norms and expectations for behaviors at home, in school, at work, or in the community. This course also focuses on understanding cultural differences.
Growing Healthy Relationships	In this course, students will learn about norms and expectations for healthy relationships with friends, family, and colleagues. This course also focuses on bullying and self-advocacy.
Responsible Decision-Making	In this course, students will understand how to make decisions, their impact, and their consequences. In addition, students will learn about ethics, social norms, and expectations.

# Do the SEL courses have to be done in a specific order?

While it is suggested that the courses are done in the order presented, it is not required.

# How much planning is required to use ONEder Academy's SEL Curriculum?

None! As long as you and your students have a ONEder Academy login, we've provided everything you need to be able to pick up a course and begin teaching right away!

### **Product Features**

### What are the features of ONEder's Academy's SEL Curriculum?

- Pre- and Post-Assessment for Each Course: Each course includes a pre- and post-assessment so you can track your student's progress toward subject mastery.
- **Essential Questions:** To guide student learning throughout each course.
- Spotlight On: Each course focuses on one to two specific emotions, with explicit instruction on each weaved throughout the entire course.
- Vocabulary: Each lesson includes specific academic vocabulary that is pre-taught to students before the lesson begins and remains as a resource throughout the course.
- Accommodations: Many accommodations for students with disabilities, such as text to speech, screen readers, and visual supports, are available in ONEder Academy.
- Universal Design for Learning: With ONEder Academy's unique platform, lessons are delivered in a variety of methods, making full use of UDL principles.
- Extend and Enrich Activities: Courses contain optional Extend and Enrich activities for students who may need additional help with the subject matter.
- Check for Understanding Activities: Each lesson features Check for Understanding activities, which allow students the chance to apply what they've learned and gives educators insight into their students' understanding of the content.
- Multiple Domains: To ensure every student is successful, each course presents students with opportunities to demonstrate their mastery of content using multiple domains: speaking, listening, reading, and writing.
- Data: As students work through each lesson, data is automatically collected, showing student progress.
- **Differentiated Instruction:** Tips are included in each unit for ways to differentiate instruction for all students.
- **Embedded Professional Development:** Since educators need to learn about SEL too, each unit includes opportunities for educators to reflect on their own learning!



### **Get in Touch!**

We can't wait to hear your feedback, ideas, and success stories using the ONEder Academy SEL content with your students! Please feel free to contact us at:



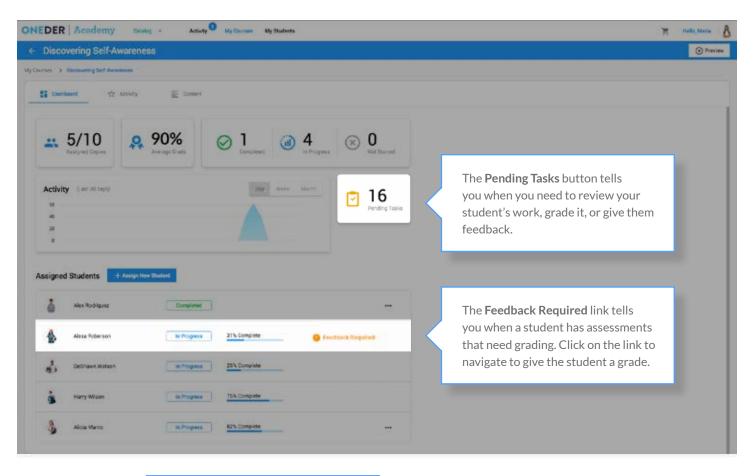
sel@oneder.com

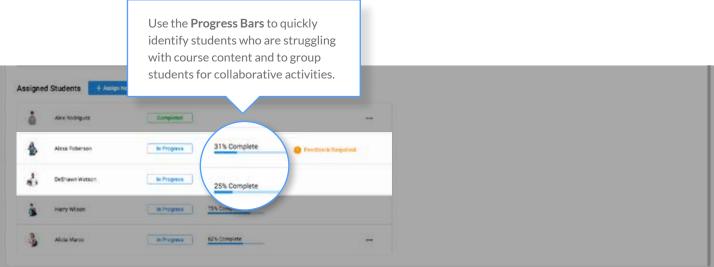


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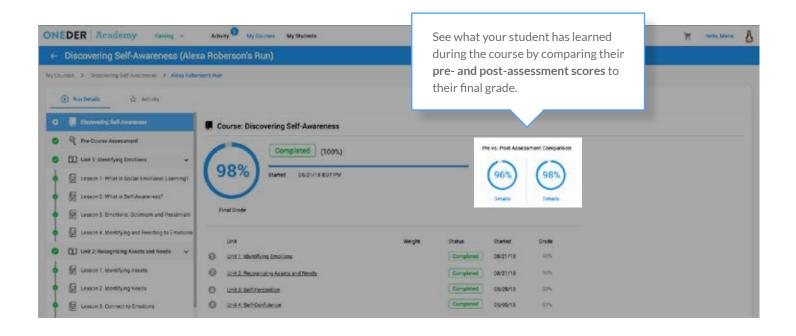
### **Teacher Dashboards**

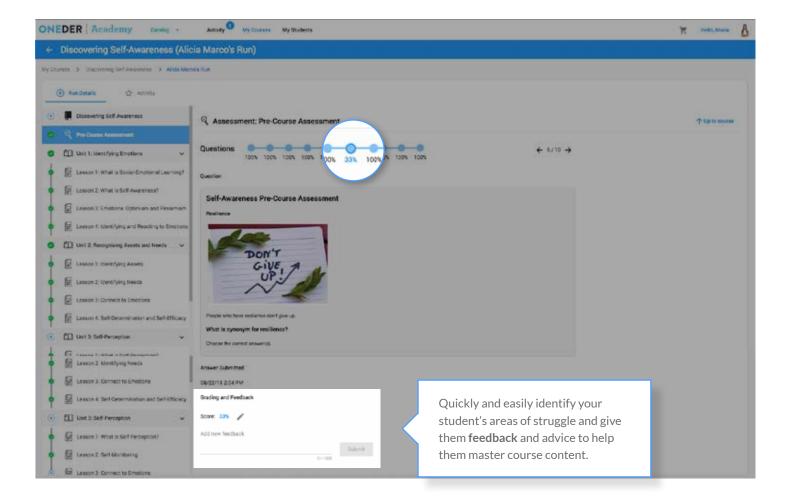
ONEder Academy was built by educators, for educators. We know that teachers get into education to help students grow and reach their full potential; they didn't do it to be data analysts. However, studies show that data can help teachers pinpoint their students' areas of struggle and guide them along the path to success. For that reason, we created ONEder Academy with easy-to-understand dashboards that give you the information you need — not all the stuff you don't!





### **Teacher Dashboards**





Student Feaures 15

### **ONEder Academy: Empowering Students**

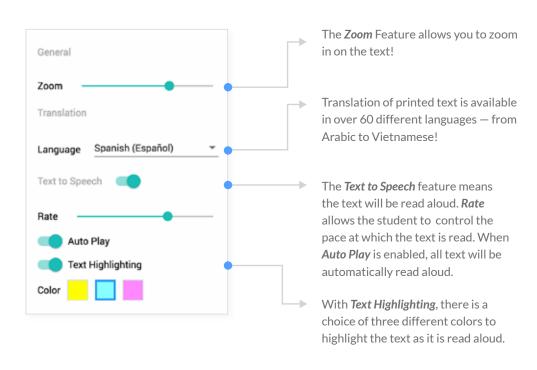
**At ONEder**, we believe in self-determination; students can and should make their own choices. For that reason, we created rigorous, literacy-based and standards-aligned curriculum in ONEder Academy.

When students take courses in ONEder Academy, they can build their own self-advocacy skills by selecting their own accommodations and features! This includes features such as highlighted text, enlarged text, and text to speech. We also have a feature that allows students to translate the text content into over 60 different languages!

Students can select these accommodations and features at any time in their course by clicking on the settings button on the top-right corner of the screen.

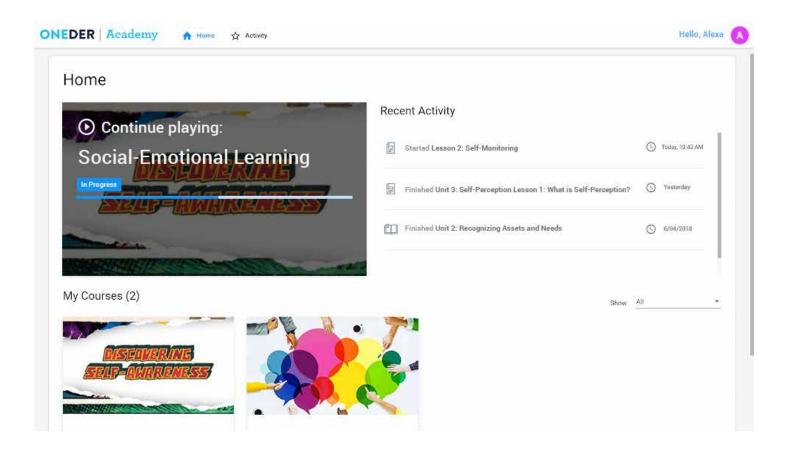
### **Accommodations and Features**





# How Do You Use Your Student Homepage?

It's easy to track your progress throughout ONEder Academy courses using the Student Homepage!



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# Research Base

ONEder Academy's SEL Curriculum was informed by several evidence-based best practices, noted below.\* For additional information, you can request a copy of our white paper by calling **646-278-9959**.

### **CASEL**

Social-Emotional Development Approaches-(https://casel.org/what-is-sel/approaches/)

- Integration of SEL into academic curriculum
- Focused and explicit SEL instructions
- Focus on five competency domains
- Sequenced activities
- Active forms of learning
- Cooperative and project-based learning

### The New Jersey Department of Education

Social-Emotional Learning Toolkit - (www.state.nj.us/education/students/safety/sandp/sel/)

### The Center for Health and Health Care in Schools

Guide to Federal Education Programs that Can Fund Social-Emotional Learning - (www. healthinschools.org/issue-areas/social-emotional-learning/#sthash.ZBb6niEZ.AUIIPF3k.dpbs)

### **American Institutes for Research**

Social-Emotional Learning Solutions at AIR- (https://www.air.org/resource/social-and-emotional-learning-sel-solutions-air)

- Develop a vision and mission that includes SEL and school climate, as well as creating a common definition and framework of SEL and school climate
- Support data collection and analysis, financing, and securing additional resources
- Provide tools, resources, and expertise to guide integration of SEL and school climate with other initiatives, such as academic instruction, discipline policies, and educator effectiveness
- Enact quick cycles of improvement to ensure effectiveness
- Conduct leadership and instructional coaching on SEL practices, as well as teacher self-assessment

<sup>\*</sup>Please note that use of these evidence-based best practices does not constitute endorsement by the organizations listed.

**UDL** Alignment

# Provide Multiple Means of **Engagement**

Indicator	Exemplars	ONEDER   Academy
Provide Options for Self-Regulation	Promote expectations and beliefs that optimize motivation  Facilitate personal coping skills and strategies  Develop self-assessment and reflection	The Student Workbook provides reflection opportunities at the end of each lesson.
Provide Options for Sustaining Effort and Persistence	Heighten salience of goals and objectives  Vary demands of resources to optimize challenge  Foster collaboration and communication  Increase mastery-oriented feedback	Student progress toward standards and goals is demonstrated.
Provide Options for Recruiting Interest	Optimize individual choice and autonomy  Optimize relevance, value, and authenticity  Minimize threats and distractions	Videos and photos in lessons show students authentic and relevant images.

# Provide Multiple Means of Representation

Indicator	Exemplars	ONEDER   Academy
Provide Options for Comprehension	Activate or supply background knowledge  Highlight patterns, critical features, big ideas, and relationships  Guide information processing, visualization, and manipulation  Maximize transfer and generalization	Explicit pre-taught vocabulary and background-building activities activate student learning.
Provide Options for Language, Mathematical Expressions, and Symbols	Clarify vocabulary and symbols  Clarify syntax and structure  Support decoding of text, mathematical notations, and symbols  Promote understanding across languages  Illustrate through multiple media	Lessons can be translated into many languages, including Spanish, Mandarin, Cantonese, Vietnamese, Arabic, Korean, and others.
Provide Options for Perception	Offer ways of customizing the display of information  Offer alternatives for auditory information  Offer alternatives for visual information	Many accommodations such as highlighted text and text-to-speech are available in ONEder Academy.

# Provide Multiple Means of Action and Expression

Indicator	Exemplars	ONEDER   Academy
Provide Options for Executive Functions	Guide appropriate goal-setting  Support planning and strategy development  Facilitate managing information and resources  Enhance capacity for monitoring progress	Lessons are aligned to CCSS and transition goals.
Provide Options for Expression and Communication	Use multiple media for communication  Use multiple tools for construction and composition  Build fluencies with graduated levels of support for practice and performance	Lessons use gradual release of responsibility instructional methods.
Provide Options for Physical Action	Vary the methods for response and navigation  Optimize access to tools and assistive technologies	Truly blended curriculum with print and online activities.

Professional Development: Best Practices Whether you're a first time or veteran educator, consider integrating these six evidence-based best practices, all of which are found within ONEder Academy's SEL Curriculum, into your instructional routines with your students.



### 1. Have High Standards

Having high student expectations is one of the biggest factors contributing to a student's success. 50 years of research affirms that students will rise to the levels that are set for them. Researcher John Hattie explains that one way for teachers to have high expectations is to "explicitly outline learning intentions, or goals and expectations for students that are...articulated to students and embedded in instructional activities, so that students understand these goals and their position on the trajectory to achieve them." ONEder Academy's SEL courses ensure that all students have access to rigorous, grade-level work. Studies show students can and will do the work, we just have to expect them to.

### 2. Teach the Standard and the Goal

Teaching students the grade-level standard, as well as an individual goal, is also connected to having high standards. Goal-driven instruction is a student-focused methodology, informed by the principles of responsive teaching. Studies have shown that goal-setting is critical to the success of differentiated instruction and that defining goals that are both clear and attainable is key. With our curriculum, educators can easily differentiate content at the grade level to help students meet their goals.

### **Professional Development: Best Practices**

### 3. Frequent Formative Assessment

The best way to evaluate whether or not students are grasping the content you are teaching is to include frequent formative assessments in your instruction. Our SEL Curriculum does the work for you by including a variety of opportunities to demonstrate mastery. These activities are excellent to use as formative assessments to gauge your students' progress.

### 4. Include Universal Design for Learning (UDL)

Ten years of research and hundreds of research studies have shown that the Universal Design for Learning (UDL) framework helps educators to maximize student achievement. Educators do this by customizing instruction for students based on the way they learn best. The UDL framework focuses on three areas: The How of Learning, the Why of Learning, and the What of Learning. These three principles focus on Engagement, Representation, and Action and Expression.

ONEder takes UDL to a whole new level. We go beyond accessibility and ensure every lesson has accommodations for every student — no matter what kind of sensory, physical, cognitive, or learning disability they may have, or how they best learn. Using technology like ONEder Academy and coupling it with UDL principles levels the playing field for all students — not just those with disabilities.

### 5. Think Aloud

The think-aloud strategy is exactly what it sounds like — walking students through an explanation by articulating your thinking process verbally during each step. Think alouds serve two purposes: they help students better comprehend the process or activity and they provide a model for what is expected of them. The real beauty of the think aloud strategy is that it's an easy way to differentiate content for students, it's very easy to implement and use immediately, and it can be used in any subject area for any activity. From solving math word problems, to clarifying reading texts, the think aloud is the perfect strategy!

### 6. Gradual Release of Responsibility (GRR)

With this instructional method, the teacher gradually releases responsibility and builds their students' independence. While traditionally referred to as "I do, we do, you do," GRR actually has four steps. In the first step, the teacher delivers the lesson to their students. In the second step, the teacher provides guided instruction on the content. In the third step, collaborative learning is activated in the classroom. Finally, in the fourth step, students work independently on a particular task.