

SEAD Lab FAQ

1. What is Social Emotional Learning (SEL)?

There are five facets to SEL: Self-management (managing your own behaviors), Self-awareness (recognizing one's emotions as well as your strengths and challenges), Responsible decision-making, Relationship skills (forming positive relationships, working in teams, dealing with conflict), and Social Awareness (showing understanding and empathy for others).

In other words: **Life skills**. The world around us is changing and kids have to deal with bigger emotions than ever before. Managing emotions, learning to deal with conflict in a healthy way, coping skills, relationship skills, and responsible decision-making skills are important, no matter one's age or stage in life. Having these components explicitly taught early and consistently will prove to have positive, lasting benefits seen in various areas of students' lives.

2. What exactly is SEAD Lab?

SEAD Lab (Social, Emotional, Academic Development) is a class that is part of our Connections rotations. Students visit this class once a week, similar to Art, Music, PE, STEM, Language Lab, etc. The students learn life skills using a research based curriculum designed to be used in a classroom setting. This class will allow students a specific time to explicitly learn practices that will strengthen their mental and emotional health. Skills such as sportsmanship, resolving conflict in friendships, study and organizational skills are an example of the lesson topics. The research-based curriculum PATHS (Promoting Alternative Thinking Strategies) allows students to learn to use their thinking skills in a positive way to improve their mindset, friendships, study skills and more, all while having fun!

3. What curriculum is being taught in the Sardis SEAD Lab?

After significant and thorough research, looking at the research-based curriculum options that would work with a connections-type schedule, and meetings and support from the county-level Wellness committee, the PATHS curriculum (Promoting Alternative Thinking Strategies) will be taught in SEAD Lab. It has been around for 30+ years! <https://pathsprogram.com>

4. Is this a health class?

The plan is to recognize the overlap and integrate as many state-mandated health and wellness standards as possible into the curriculum (as we also do at

Sardis in our Music classroom). Aligning those standards with the PATHS curriculum will allow all the students to receive those standards without classroom teachers having to feel the pressure to “get it all in,” but any reinforcement the students receive will be an added bonus.

4. What is the rationale behind this class and curriculum?

CASEL (the Collaborative for Academic, Social and Emotional Learning) has conducted research on various SEL programs and curriculums. Following the link you can see that the evaluation outcomes using the PATHS curriculum included *improved academic performance, increased positive social behavior, reduced conduct problems, reduced emotional distress, improved academic behaviors, improved climate, improved social and emotional attitudes and skills.*

<https://pg.casel.org/promoting-alternative-thinking-strategies-paths/>

SEL References and Resources

CASEL (The Collaborative for Social Emotional Learning), www.casel.org

PATHS (Promoting Alternative Thinking Strategies), www.pathsprogram.com