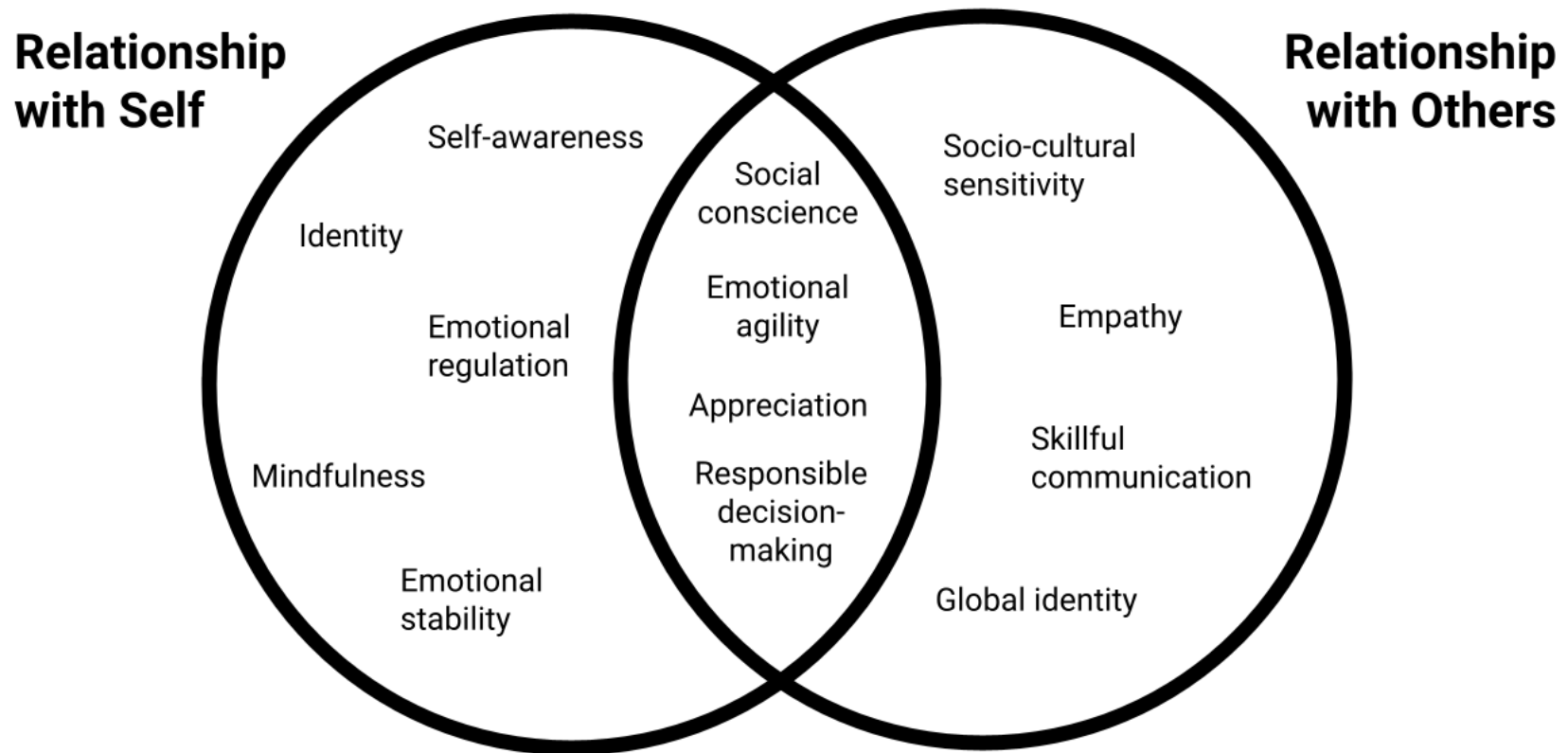




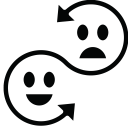




2023 Specialist Masterclass: Social-Emotional Learning & Trauma-Sensitive Practices in English Language Teaching, with Janine Darragh and Luis Javier Pentón Herrera





SEL Competencies for English Learners







Relationship with Self

Competency	Definition	Critical Questions
 <p>Self-awareness</p>	<p>The ability to focus on ourselves and our emotions, and understand how our thoughts, actions, and emotional responses align (or not) with our values.</p>	<ul style="list-style-type: none"> • How and what am I feeling? • Why might I be feeling this way? • How can I accept my emotions and still make strides in reaching my goals?
 <p>Identity</p>	<p>The internal consistency and acceptance of one's self across time, contexts, and social identities, which serve as an internal framework for behaving and making choices in the world.</p>	<ul style="list-style-type: none"> • How do I see and understand myself? • What is my internal value system /framework for making choices, performing, and interacting with the world? • How am I perceived in this space by others? • What areas of my identity can I capitalize on to increase my desired emotions, overall well-being, and success in this space?
 <p>Emotional regulation</p>	<p>The ability to effectively regulate our emotions and respond appropriately to an emotional experience.</p>	<ul style="list-style-type: none"> • What can I do to regulate my emotions? • How can I regulate my undesired emotions into desired emotions and feelings?
 <p>Mindfulness</p>	<p>The ability to develop inner awareness by paying attention to our senses and feelings, letting go of the past and anything around us, and accepting the present.</p>	<ul style="list-style-type: none"> • How does stress affect my overall well-being? • What can I do to mitigate stress? • How can I maintain focus on the present?
 <p>Emotional stability</p>	<p>The ability to remain emotionally balanced and calm, particularly in challenging situations that result in undesired feelings.</p>	<ul style="list-style-type: none"> • What emotions and triggers are being created by this space? • What resources are available to me if I am having difficulties maintaining emotional stability?

Relationship with Others

Competency	Definition	Critical Questions
 <p>Skillful communication</p>	<p>The ability to communicate effectively, clearly, and compassionately in a way that empowers self and others.</p>	<ul style="list-style-type: none"> • What do effective communication and collaboration with others look like? • How can I communicate effectively and collaborate with others for the benefit of the community?
 <p>Empathy</p>	<p>The ability to understand and share the feelings of another, respond to other people's emotions appropriately, and understand someone's response to a situation.</p>	<ul style="list-style-type: none"> • How can I build and maintain positive relationships with myself and others? • How can I communicate with others what I need in order to feel safe in my relationships? • How can I advocate for myself? • What practices and activities make me a more empathetic individual?
 <p>Socio-cultural sensitivity</p>	<p>The ability to empathize with others through understanding, acceptance, and respect, and engage in appropriate behaviors in a way that enhances social cohesion.</p>	<ul style="list-style-type: none"> • What does it mean to be culturally and globally competent? • How can I use my talents to create a more peaceful and just world?
 <p>Global identity</p>	<p>The ability to feel a sense of connectedness with our environment and the world.</p>	<ul style="list-style-type: none"> • What routines can I incorporate in my daily life to acknowledge and honor global responsibility, sustainability, and peace?

Relationship with Self & Others

Competency	Definition	Critical Questions
 <p>Social conscience</p>	<p>The ability to understand how contextual factors affect our choices and behavior, and the ability to have a sense of responsibility or concern for the problems and injustices in society.</p>	<ul style="list-style-type: none"> • How is the way I perceive contextual factors (e.g., politics, cultural practices, values) affecting my behavior, emotions, and choices and those of others? • What steps can I take to successfully participate in this space while simultaneously preserving my well-being, values, and identity, and responding to contextual and situational demands, norms, and expectations?
 <p>Appreciation</p>	<p>The ability to fully understand a situation, and the recognition and enjoyment of the good qualities of ourselves, someone, or something.</p>	<ul style="list-style-type: none"> • How can I feel safe in this space? • How can I be productive in this space? • What can I be grateful for in this space? • How can I use those elements I am grateful for to positively affect my emotions, behavior, and overall well-being in this space?
 <p>Emotional agility</p>	<p>The ability to utilize our feelings and emotions as information to improve our lives.</p>	<ul style="list-style-type: none"> • What practices can I include in my daily routine to promote emotional agility? • How can I mitigate psychological distress in my daily life? • Based on my past and present experiences, what affective strategies can I deploy to mitigate stress and undesired emotions and come to feel safe and valued in this space?
 <p>Responsible decision-making</p>	<p>The ability to make caring and constructive choices individually and in the community.</p>	<ul style="list-style-type: none"> • How do my actions affect me and others? • What consequences do my actions have for me and others? • What future do I envision for myself? • What are some goals I want to achieve, and what are the steps I must take to achieve those goals?