

Social Emotional Learning and the Military Child

COURSE DESCRIPTION: This course guides professionals to understand how social and emotional development programs positively impact academic achievement. Additionally, professionals will learn how to integrate SEL into their practice and explore the CASEL model of interrelated cognitive, affective, and behavioral competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision making.

PREREQUISITES: None

COURSE FORMAT: This is a one-day course designed to enhance the current capabilities, competency and awareness of professionals who serve and support military-connected children and youth. Live training is conducted by two MCEC trainers experienced in youth development, education, counseling, social work and other related fields. The training curriculum is anchored in research and includes application components to maximize the utility of concepts learned.

COURSE LENGTH: This course includes 6 clock hours of instruction and group work time, exclusive of breaks and lunch.

COURSE TOPICS:

- Military Framework and Pillars of Support
- Loss and Resilience
- How Social-Emotional Learning Supports the Military Child
- CASEL Core Competencies
- Effective Integration of SEL
- Building Your SEL Program

LEARNING OUTCOMES:

- Identify the characteristics of social-emotional learning.
- Analyze different programming in social-emotional learning and differentiate between programs that would support military-connected children and youth.
- Develop a framework for implementation of social-emotional learning in your personal practice.

RESOURCES PROVIDED:

- *Social Emotional Learning and the Military Child* Participant Manual (MCEC Publication)
- *Social and Emotional Learning in Action: Experiential Activities to Positively Impact School Climate* by Tara Flippo
- *Education of the Military Child in the 21st Century Executive Summary* (MCEC Research Publication)

- *Touching the Hearts of Children ANTHOLOGY: The Art of Being a Military Child* (MCEC Publication)
- *Best Friends, Worst Enemies: Understanding the Social Lives of Children* by Michael Thompson and Catherine O'Neil Grace
- *The Geeks Shall Inherit the Earth* by Alexandra Robbins
- *Odd Velvet* by Mary E. Whitcomb
- *Community Support for National Guard and Reserve Families* (MCEC Publication)
- *Preparing Children for Deployment* (MCEC Publication)
- *Life After High School: Being College Ready* (MCEC Publication)