

Social-Emotional Learning Strategies for Fostering SEL in Adult Learners

Emphasizing social-emotional learning in adult education can lead to improved academic performance, increased motivation, and enhanced overall well-being.



Cultivate a Positive Climate

Creating a positive classroom and whole-program climate is essential for promoting social-emotional learning.

IMPLEMENTATION: Encourage open communication, active listening, and mutual respect among learners

Teach Self-Awareness & Self-Regulation

Help adult learners develop self-awareness by encouraging reflection on their emotions, thoughts, and behaviors. Teach strategies for self-regulation, such as deep breathing exercises, mindfulness techniques, and stress management skills. Emphasize the importance of recognizing and managing emotions effectively.



IMPLEMENTATION: Guidance Counselor check-ins, handouts, newsletter additions and workshops.



Foster Relationship Skills

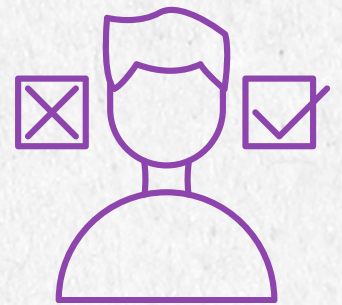
Facilitate opportunities for adult learners to build positive relationships with their peers and instructors. Encourage collaboration, teamwork, and conflict resolution skills. Teach effective communication strategies, empathy, and active listening to enhance interpersonal relationships within the learning environment.

IMPLEMENTATION: Literature circles, projects/presentations, and study groups.

Promote Responsible Decision-Making

Guide adult learners in developing critical thinking skills and ethical decision-making abilities. Encourage them to consider the consequences of their actions, evaluate different perspectives, and make informed choices.

IMPLEMENTATION: Provide scenarios for discussion and reflection to practice responsible decision-making in various situations and "Growth Circles".



Integrate SEL into Curriculum & Instruction

Embed social-emotional learning into the curriculum by incorporating activities, discussions, and assignments that promote SEL competencies.

IMPLEMENTATION: Design instructional strategies that encourage self-reflection, emotional expression, and interpersonal skills development. Connect SEL concepts to real-world experiences to enhance relevance and application.





Growth Circles

Growth Circles are a great way to support participants in setting goals, growing their self-efficacy (academic or professional self-esteem), and adopting a growth mindset (the belief that we can change and grow).

Growth Circles include a:

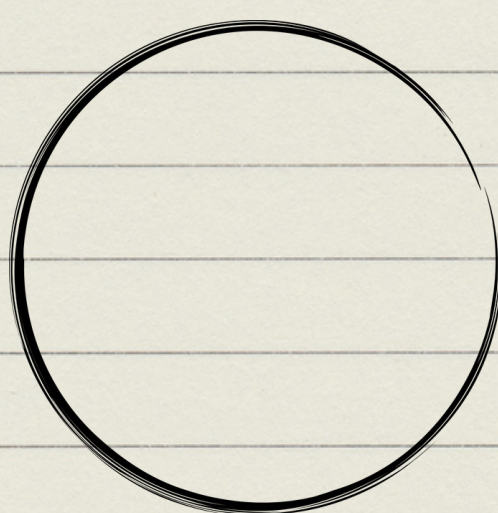
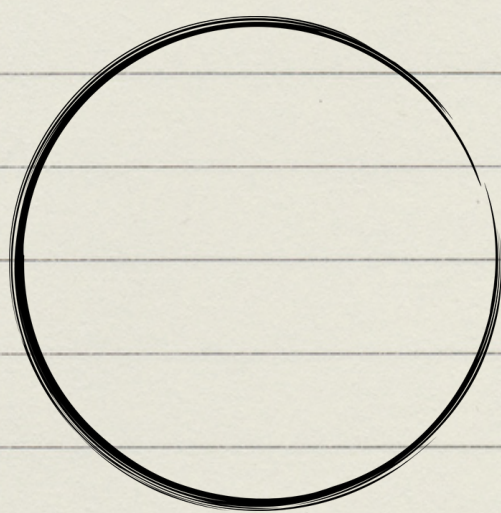
- 1 Goal Statement**
Something that you hope to be able to do or improve at
- 2 “Can Do” Circle**
All the things you can do related to the goal. “When I think about my goal, 1-2 things I can already do are...”
- 3 “Not Yet” Circle**
All the things you cannot yet do related to the goal. “When I think about my goal, 1-2 things I can not yet do are...”
- 4 Strategy**
One or two things that you can do in the short-term to expand or grow your “Can Do” circle. “This week I’ll try...”

The “Can Do” and “Not Yet” circles reveal what success and failure really look like. Success is any time you take action to grow your “Can Do” circle, even if you don’t reach your goal. Failure is when you do nothing to expand your “Can Do” circle.

GOAL STATEMENT:

“CAN DO”

“NOT YET”



STRATEGY:

Follow Up - Individually or in a group, engage with the following questions:

1. What strategy or resource did you use to expand your “Can Do” circle?
2. If your strategy was not as helpful, what’s something that you can try next?
3. What’s a strategy that you will try next to expand your “Can Do” circle even more?
4. What strategy can you share with a friend to help them expand their “Can Do” circle?