



SCHOOL COUNSELOR
LEADERSHIP NETWORK
RIVERSIDE COUNTY

ON-THE-GO WEBINAR SERIES

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RIVERSIDE COUNTY

**College and Career Readiness
Division of Educational Services**

Webinar Tips



SCHOOL COUNSELOR
NATIONAL COUNCIL OF SCHOOL EDUCATION
ONLINE 300 WEBINAR SERIES

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****Every effort has been made to ensure the security of this webinar from "zoombombers" but in the event that we experience that, please stay calm and we will resume as soon as the technical difficulties have been resolved.****



SCHOOL COUNSELOR
EDUCATION
THE WAY TO SUCCESS BEGINS



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Start Your Day With SEL

Conversation and Presentation Facilitated By:

Scott Gerbert & Cecilia Apley

April 9, 2020

Starting The Day...

Before we begin...let's have some hot cocoa.



Setting Expectations

Who We Are...And Today's

Agenda:

- Scott Gerbert & Cecilia Apley
- Shared Definition of SEL
- Starting With Mindfulness, Guided Meditation, Etc.
- Sharing TK-2, 3-5, 6-8, and 9-12 Google Docs
- Ideas You Can Use Tomorrow!



Who we are...

Scott Gerbert



- Director
- Former Student Student Services Coordinator
 - Foster and Homeless Youth
 - CWA and SARB
 - Mental Health First Aid
 - Home and Hospital
 - Emergency Prep
- Elementary and CTE Credentialed

Cecilia Apley



- Youth Development Specialist
 - Specializing in:
 - Peer Education
 - Positive Youth Development
- Former Migrant Ed Program Advocate
- Former IUSD Career Link Program Manager:
 - Case Management WIA/TPP/ Workability/ Cal GRIP

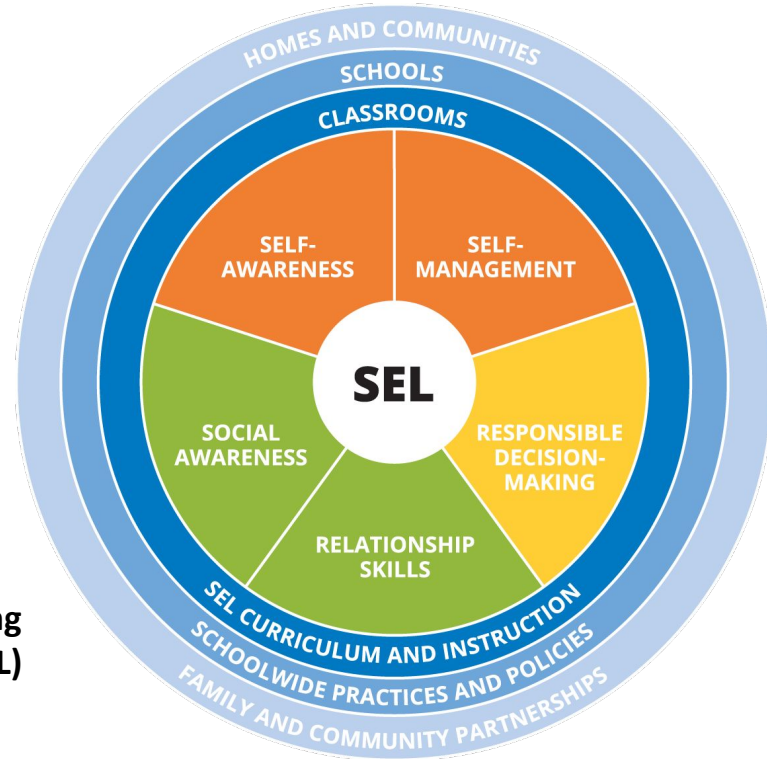
Special thanks to:

- Superintendent L Karen Monroe
- Chief of Learning & Accountability Ingrid Roberson
- Executive Director of Core Learning Navdeep Purewal

Common Language...

Social and emotional learning (SEL) is the process through which children and adults understand and manage emotion, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

* The Collaborative for Academic, Social, and Emotional Learning (CASEL)



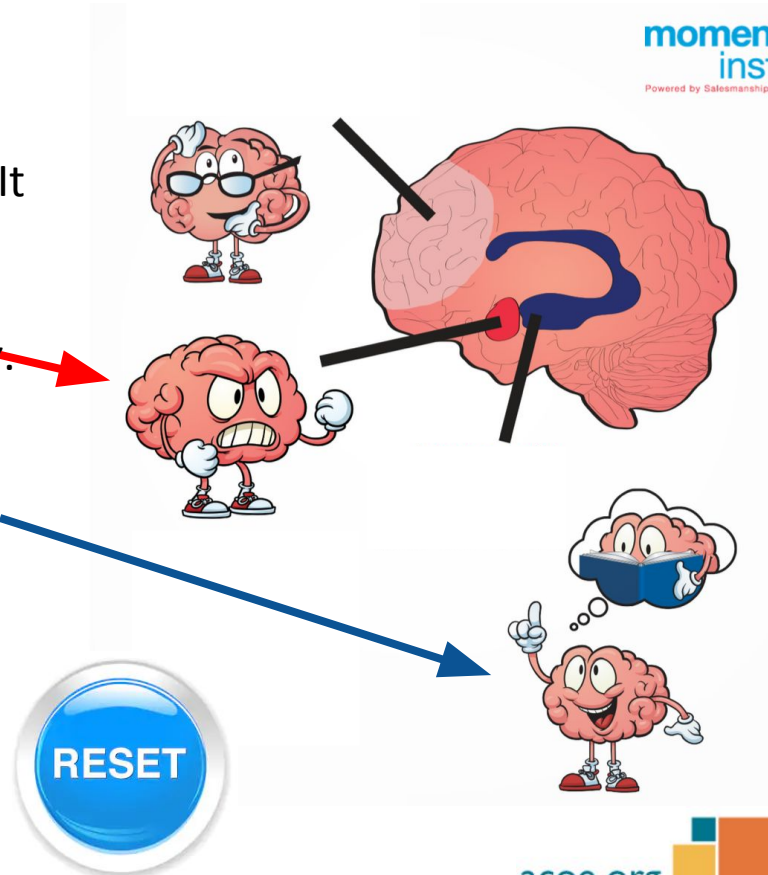
Consistent Mindful Messaging

Start Each Day - Mindfulness/Guided Meditation

- Before jumping in to assignments, provide students and families with a daily, 1-3 minute, mindfulness activity and/or guided meditation
- Can be new each day...or the same each day...or be recycled
- Consider using students, parents, staff (classified and certificated), etc.

Brain Basics

- **Amygdala (red dot)** - Helps keep us safe! It is where all of our emotions come from. But sometimes, if we have strong emotions, it keeps us from thinking clearly.
- **Hippocampus (blue)** - Helps us remember what we learn and stores our memories.
- **Prefrontal Cortex (light pink)** - Helps us make good choices, pay attention and learn!



Shared Resources

ACOE Compiled Resources

- [TK-2](#)
- [3-5](#)
- [6-8](#)
- [9-12](#)

Ideas You Can Use TOMORROW

A few from each document that we like/use

- TK-2 - [GoNoodle Short book](#)
- 3-5 - [Mindful Power, A Comic Exploring The New Coronavirus](#)
- 6-8 - [Setting Goals Activity](#), [Project ALERT](#)
- 9-12 - [Identity and Diversity Lesson](#), [Smiling Mind App](#)

Questions



**SEL Conversation and
Presentation Facilitated By:**

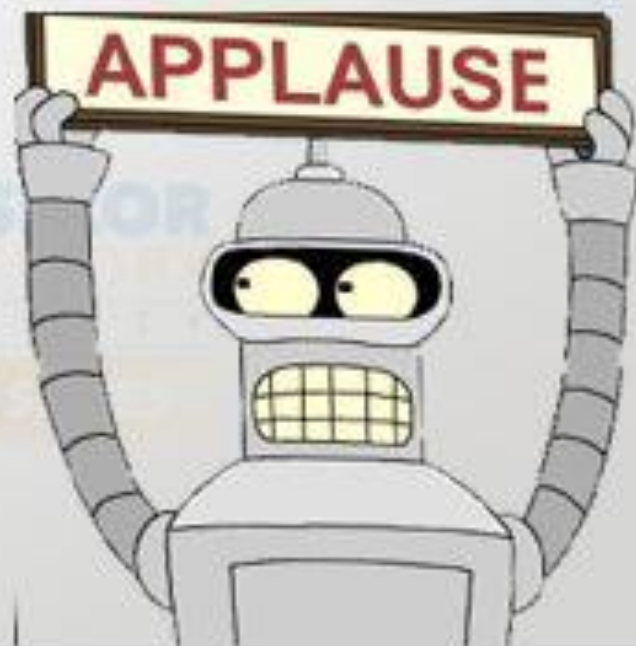
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Round of Applause for our Presenter!!

Alameda County Office of Education

- **Scott Gerbert**
- **Cecilia Apley**





We are here to support you!

Please reach out to College and Career Readiness with any needs at your school site, professional development topics, or general questions at:

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FOR MORE INFORMATION AND RESOURCES
PLEASE VISIT US @

www.rcec.us





thank you!