



Educating the Whole Child with UDL & SEL

45 continuing education hours

Course Description

As education has evolved, it has become clear that in addition to academics, it is critical for students to learn 21st-century skills, like collaboration, communication, critical thinking, and creativity to succeed in school and life. Our instruction must go beyond “teaching to the test” to empower students to excel.

This requires us to integrate social-emotional instruction into our lessons every day. Universal Design for Learning and Social-Emotional Learning create a powerful partnership in educating our youth. Yet, educators often feel like implementing too many initiatives at once can be overwhelming. There is a beautiful overlap between these two frameworks and this course explores how they complement each other to engage learners and focus on the whole child.

When learners are self-aware and able to identify and regulate their emotions and can work well independently or with peers, they can tap into parts of their brain that may otherwise be shut off to learning. Throughout this course, we will explore how to create an environment that fosters social, emotional, behavioral, and academic growth using both UDL and SEL in your learning environment.

Pre-requisites

- UDL Now! Diving Into Universal Design for Learning online course, or equivalent understanding of UDL

Course Objectives & Learning Outcomes




- Learn about the components of SEL and why social-emotional learning is vital for both students and teachers
- Learn how to integrate SEL practices in your teaching content throughout the day.
- Understand how to create a safe environment for students where the whole child can thrive
- Develop a deep understanding of the relationship between UDL and SEL
- Learn techniques to help students develop emotional regulation and stress management through a UDL and SEL lens
- Design and create lesson plans that remove barriers to academic and social-emotional learning
- Build a community of like-minded educators who believe educating the whole child

Evaluation & Grading Policy




The assignment/discussion forum accepts all file types, so you can contribute in writing, audio, video, or with a visual. You can also post infographics, PDFs, audio and video files, and/or multimedia presentations and we challenge you to stretch your learning and try new ways to convey your fab ideas! In each module, we will give you some options for response, but always welcome you to share your own idea for assessment if none of the options seem like the right fit for you. We want you to be innovative, creative, and take risks!

Assignments/Discussions will be graded based upon the following rubric:

Assignments will be an opportunity to bring together everything you have learned within a module. We will encourage you to **create** an amazing product or post to share with your **network**! Take a **risk** and share your learning in a new way - lots of options and choices available! We will provide feedback on a single-point rubric. Learn more about [single-point rubrics here](#).


 <p>Killing it!</p> <p>Evidence of going above and beyond answering the essential question</p>	 <p>You Got This!</p> <p>The target/goal criteria</p>	 <p>Almost There!</p> <p>Evidence of working toward answering the essential question</p>
	<p>Product is an original creation that:</p> <ul style="list-style-type: none">• models an understanding of UDL• is clearly organized• answers the essential question of the module• is appropriate for the task, purpose, and audience.	
<p>10 points</p> <p>Meeting the standard, or going above and beyond, will earn you the full point value for the assignment.</p>		

Course Road Map

MODULE	Topics
	<p>Module 1: UDL & SEL: A Match Made in Heaven</p> <p>Objectives</p> <ul style="list-style-type: none">● Review the fundamentals of both the UDL & SEL frameworks● Start building connections on how these frameworks are related● Understand the different approaches to implementation for UDL and SEL <p>Essential Questions</p> <ul style="list-style-type: none">● How can we use UDL and SEL together to create more equitable learning environments? <p>Activities</p> <ul style="list-style-type: none">● Self-Assessment/Diagnostic● Watch the module introduction● Review the module resources to activate background knowledge● Reflection: Reflecting on Your UDL & SEL journey
	<p>Module 2: Unpacking the Learning Brain</p> <p>Objectives</p> <ul style="list-style-type: none">● Understand the neuroscience of the brain and how emotions and learning are connected.● Take a look at the ruler approach and how it can be used in your classroom. <p>Essential Questions</p> <ul style="list-style-type: none">● What role do emotions play in learning? <p>Activities</p> <ul style="list-style-type: none">● Self-Assessment/Diagnostic● Watch the module introduction● Review the module resources to dive deeper into the brain science of learning● Discussion: How are emotions & learning connected?
	<p>Module 3: Changing Mindsets</p> <p>Objectives</p> <ul style="list-style-type: none">● Understand common mindsets, for both students and educators, and how they affect learning.● Dive into strategies that help with building academic mindsets.

	<ul style="list-style-type: none"> ● Investigate the relationship of CASEL’s self-awareness competency and how it can help students recognize when their mindsets are interfering with their learning. <p>Essential Questions</p> <ul style="list-style-type: none"> ● How can we foster mindsets in ourselves and our students that empower us to grow and learn? <p>Activities</p> <ul style="list-style-type: none"> ● Self-Assessment/Diagnostic ● Watch the module introduction ● Review the module resources on designing safe and nurturing learning environments. ● Assignment: Mindset activity for students.
	<p>Module 4: Designing Nurturing Learning Environments</p> <p>Objectives</p> <ul style="list-style-type: none"> ● Learn about the roles that the physical, emotional, and intellectual environments have on learning and social emotional skills. ● Understand how to design and create a safe and nurturing environment. ● Evaluate your classroom culture and environment and determine how to make it safer and more nurturing. <p>Essential Questions</p> <ul style="list-style-type: none"> ● What can I do as an educator to foster a safe and nurturing environment where students can thrive? <p>Activities</p> <ul style="list-style-type: none"> ● Self-Assessment/Diagnostic ● Watch the module introduction ● Review the module resources on designing safe and nurturing learning environments. ● Assignment: Design a nurturing environment for your learners.
	<p>Module 5: Forging Strong Relationships</p> <p>Objectives</p> <ul style="list-style-type: none"> ● Learn core SEL strategies for building strong relationships within your learning environment. ● Understand the importance of establishing classroom norms in fostering respectful relationships ● Dive into CASEL’s competencies on social awareness and relationship skills and how they relate to sustaining effort and persistence and self-regulation.

	<p>Essential Questions</p> <ul style="list-style-type: none"> • How can we help students build strong relationships in the classroom with teachers and other students? <p>Activities</p> <ul style="list-style-type: none"> • Self-Assessment/Diagnostic • Watch the module introduction • Review the module resources on relationship building. • Assignment: Incorporating relationship building into your learning design.
	<p>Module 6: Setting the Thermostat - Improving Self-Reg</p> <p>Objectives</p> <ul style="list-style-type: none"> • Investigate the relationship of CASEL’s Self-Awareness and Self-Management competencies and their relationship to the Self-Regulation UDL guideline. • Explore how to build self-regulation strategies into your learning environment and lesson design. <p>Essential Questions</p> <ul style="list-style-type: none"> • What are some strategies we can use in our learning environments to help students self-regulate and manage their emotions? <p>Activities</p> <ul style="list-style-type: none"> • Self-Assessment/Diagnostic • Watch the module introduction • Review the module resources on self-management & regulation. • Assignment: Building self-reg strategies in your lesson design.
	<p>Module 7: Making Responsible Decisions</p> <p>Objectives</p> <ul style="list-style-type: none"> • Understand the role of executive functioning in making responsible decisions • Investigate the relationship of CASEL’s Responsible Decision-Making competency and its relationship to the UDL framework • Learn how to foster responsible decisions making using SEL best practices <p>Essential Questions</p> <ul style="list-style-type: none"> • How can we encourage responsible decision making in our learning environment?

	<p>Activities</p> <ul style="list-style-type: none"> ● Self-Assessment/Diagnostic ● Watch the module introduction ● Review the module resources on executive functioning and responsible decision making. ● Assignment: Designing lessons with choice and reflection.
	<p>Module 8: The Role of Feedback</p> <p>Objectives</p> <ul style="list-style-type: none"> ● Learn how mastery-oriented feedback can help improve student SEL skills. <p>Essential Questions</p> <ul style="list-style-type: none"> ● Why is regular mastery-oriented feedback such an essential part of student academic and social emotional learning? <p>Activities</p> <ul style="list-style-type: none"> ● Self-Assessment/Diagnostic ● Watch the module introduction ● Review the module resources on feedback. ● Assignment: Designing lessons with choice and reflection. ● Assignment: Providing mastery-oriented feedback.