How SEL & UDL Intersect

10 hour self-directed course

Optional: 1 graduate level continuing education credit with additional 5-hr final project

Course Designer

Lisa Bosio has been a passionate educator for over 19 years with one goal: to equip and empower teachers to invest in and impact the whole child, academically, behaviorally, socially and emotionally. Lisa has extensive experience as a classroom teacher, master teacher and district instructional coach.

[Lisa Bosio](#)

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 academic instruction to empower students to excel in their lives and relationships.

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.

Suggested Prerequisites

- [Intro to UDL online course](#) or a 101 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 alongside UDL.
- 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.

Course Modules

MODULE	Topics
1	**Module 1: UDL and SEL as One** **Objectives** - Understand how emotions and learning are connected. - Start building connections on how the UDL and SEL frameworks are related. - Understand the different approaches to implementation for SEL within the context of UDL. **Essential Questions** - What role do emotions play in learning? - How can we use UDL and SEL together to create more equitable learning environments? **Lessons** - Lesson 1: Why SEL? - Lesson 2: Emotions and the Brain - Lesson 3: The Integrated Approach **Activities** - Watch/listen to the video (5 minutes) - Review resources to deepen your knowledge (2.5 hours) - Participate in the course community board to discuss with your peers (30 minutes) - Dive into the module assessment (15 minutes)
2	**Module 2: Environments to Set the Stage** **Objectives** - 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 that supports social and emotional learning using the best practices of UDL and SEL.

- Evaluate your classroom culture and environment and determine how to make it safer and more nurturing.

Essential Questions
- What can I do as an educator to foster a safe and nurturing environment where students can thrive?

Lessons
- The Physical Environment
- The Emotional Environment
- The Intellectual Environment

Activities
- Watch/listen to the video (5 minutes)
- Review resources to deepen your knowledge (2.5 hours)
- Participate in the course community board to discuss with your peers (30 minutes)
- Dive into the module assessment (15 minutes)

Module 3: All Learning is Social and Emotional

Objectives
- Investigate the relationship of CASEL's core competencies to UDL on a deeper level.

Essential Questions
- How can we help students build strong relationships in the classroom with teachers and other students?
- Why is regular action-oriented feedback such an essential part of student academic and social-emotional learning?
- How can we encourage responsible decision making in our learning environment?

Lessons

- Social Awareness and Relationship Skills
- Self-Awareness and Self-Regulation
- Responsible Decision Making

Activities
- Watch/listen to the video (5 minutes)
- Review resources to deepen your knowledge (2.5 hours)
- Participate in the course community board to discuss with your peers (30 minutes)
- Dive into the module assessment (15 minutes)