

## EDC Solutions for Education & Wellbeing

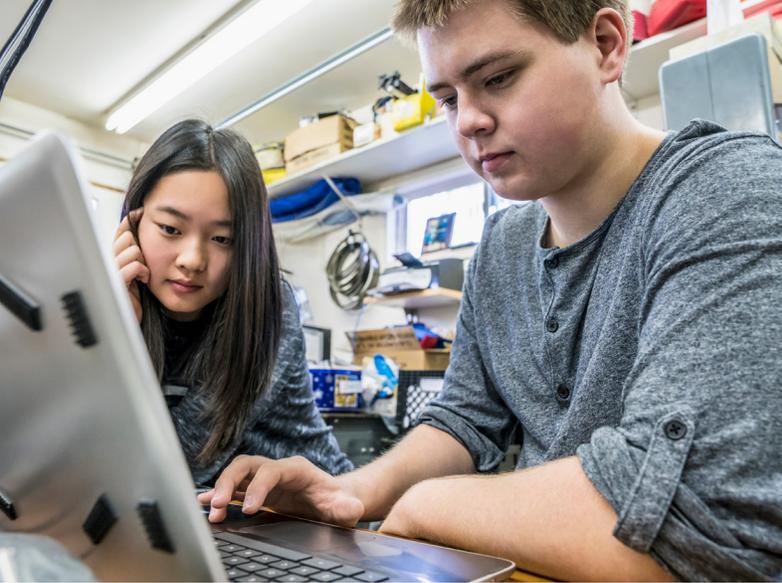


We assist states, districts, and schools in aligning and integrating education with mental health in policy and practice to better develop the whole child.

### WHAT WE DO

We work with school districts across the nation to **promote adult and students' social and emotional well-being** by implementing research-informed and culturally responsive services including coaching, data application, programmatic consultation, strategic planning, and professional development toward multi-tiered systems change. Our services include the following:

- ✓ **helping teachers integrate SEL into practice** for all grades and academic subjects,
- ✓ focus on **adult wellness in schools** by helping them adopt strategies to reduce stress and other mental health concerns,
- ✓ work with education leaders to **incorporate SEL priorities** into policy, systems, and structures,
- ✓ assist schools and districts with conducting a **needs assessment** focused on SEL and mental health supports; and
- ✓ create mental health and suicide **prevention practices and policies** that align with SEL work



**SEL Adaptive Practice** is our flagship service for assisting educators in expanding their classroom practice.

### What can SEL Adaptive Practices do for your district or school?

The **focus of adaptive practices** is to help practitioners integrate implicit and explicit SEL strategies into academic teaching.

- ✓ **acquiring** deeper knowledge about your prioritized SEL skills and mindsets and accompanying evidence-based teaching strategies
- ✓ **practicing** how to embed these strategies into lesson plans, peer interactions, objectives,
- ✓ **building** a process to regularly iterate on this practice, which can be used in combination with current SEL programs and frameworks that may already be in place.

### What will educators learn to do?

**Prioritize SEL Skills & Mindsets:** participants will learn how to identify the SEL skills and mindsets that align with a particular grade level and content area. For example, in Mathematics, schools and participants might prioritize developing a growth mindset and collaboration skills. They will acquire deeper knowledge about these priorities, and the strategies in practice that correspond for the appropriate grade level.

**Implement Strategies for Integration:** participants will have opportunities to practice integrating these strategies into lesson plans, interactions with students, objectives, etc., with technical assistance, as well as opportunities to share learnings and iterate on their approaches.

### What's in SEL Adaptive Practices?

This service is comprised of technical assistance, and five, 90-minute in person or virtual workshops on the following topics for school or district level teams of 8-10 practitioners. Sessions will provide tools for reflection, self-assessment, and lesson planning.

- 1 Understanding SEL: Research & Rationale**  
Technical assistance follow-up and opportunities for participants to apply these learnings

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- 2 Equitable, Inclusive & Trauma Informed SEL**  
Technical assistance follow-up and opportunities for participants to apply these learnings

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- 3 Implicit Adaptive Practices: Individual Level Actions to Incorporate SEL**  
Technical assistance follow-up and opportunities for participants to apply these learnings

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- 4 Explicit Adaptive Practices: Systems and Structures to Incorporate SEL**  
Technical assistance follow-up and opportunities for participants to apply these learnings

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- 5 Peer Sharing and Lessons Learned**

## Let's Examine SEL and Mathematics

SEL Adaptive Practices is intended to work with all grades and content areas; however, child development and subject matter are also critical factors in determining the best approaches and strategies to integrating SEL into practice.

A critical value of EDC's training and support is that each consultant has a team of experts versed in math pedagogy, SEL, and mental health to utilize as needs arise.

Working with math teachers at any level, our first task is to learn about how SEL skills and mindsets can improve student academic outcomes in math. Our second task is to identify which of these SEL competencies teachers want to prioritize, and what strategies correspond to these priorities.

EDC recently highlighted [three specific ways](#) to promote the development of SEL through mathematics

### 1. For all learners of all developmental stages, we encourage a growth mindset

- One of the most long-lasting effects an educator can have on students' mathematical development is promoting the development of a growth mindset about mathematics learning.
- Teachers can promote growth mindset through several strategies, such as modeling for students how to view mistakes as opportunities, regularly providing students with a variety of clear strategies to improve their skills, and allowing students a chance for their work to be assessed more than once.

### 2. For young children: Focus on games, puzzles, and origami

- Simple board and card games are a good way to connect mathematics and SEL for young children. Games help children identify and learn about patterns, number sense and spatial

sense, but they also promote self-regulation, turn-taking, fair play, and learning from mistakes.

### 3. For middle schoolers: Solve non-mathematical problems

- For tweens, SEL skills and mindsets can be developed through problem solving activities, even if the activities are not explicitly about mathematics.
- Teachers can introduce non-mathematical problems to strengthen several SEL skills and mindsets, such as self-management. Reinforcing a students' ability to create a plan for solving a non-mathematical problem, for example, can aid in capturing students' interest while simultaneously strengthening skills that are also needed to solve mathematical problems.

#### About EDC

**Education Development Center (EDC)** is a global nonprofit that advances lasting solutions to improve education, promote health, and expand economic opportunity. We have decades of experience helping districts promote students' social and emotional well-being through research-informed and culturally responsive interventions. RAAP builds on this experience, which includes the following exemplary initiatives:

**SEL & Mental Health Academy:** EDC is providing school districts across Massachusetts with intensive professional development, including in-person trainings, customized consultations, and user-friendly SEL and mental health resources on topics that include COVID-19.

**UPTAKE:** EDC is working with 10 districts in Indiana (over 120,000 students) to support evidence-based program selection, program implementation and monitoring, and district system change.

**Cross-State Collaborative to Support Schools in the Opioid Crisis:** Through a partnership with SRI International and with funding from the U.S. Department of Education, EDC is working with state education agencies, districts, and researchers from Appalachia to develop tools and resources to support schools addressing student trauma and COVID-19 school closures and re-openings.