

The 5 Ways Social- Emotional-Learning Can Change Your Child's Life!





Hello,

Thank you for connecting with us. I am Dr. Myava Clark and I am the mother of Chris Clark Jr. Chris and I are on a journey to empower parents with tools and information that will help you with bullying identification. We developed a passion to support parents based on Chris' experiences with bullying as a teenager. Unfortunately, things in our society haven't gotten better since the mid 2000s; they have gotten worse during the pandemic.

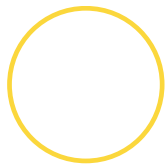
Our goal is to bring parents awareness to patterns of behavior that may display when your child is being bullied and perhaps when your child is bullying others. We will do this by sharing our personal stories, as well as providing examples and solutions from the literature. Buckle up and join the ride as we go on this journey together.

Sincerely,

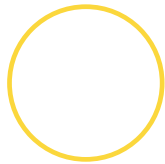
Dr. Myava and Chris Clark

Social Wellness refers to how well we interact with others

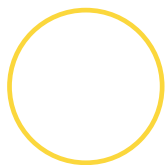
How well does your child interact with friends and family?



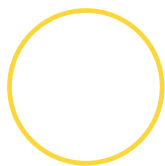
Self-awareness



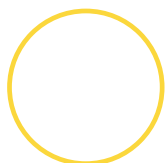
Self-management



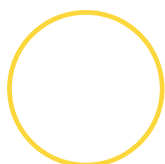
Social awareness



Relationship skills



Responsible Decision making



Self confidence



Motivation

HELP!

Support for Parents of Children with Learning and Thinking Differences to Feel Confident, Capable, and Fulfilled



Myava C. Clark, PhD, RRT-NPS



The 5 Ways Social-Emotional Learning Can Change Your Child's Life

What is Social-Emotional Learning (SEL)?

- SEL is the processes through which children develop and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve important personal and academic goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions to achieve school and life success.
- SEL competencies improve social-emotional development, readiness to learn, and academic performance. SEL stems from supportive relationships that make learning challenging, engaging and meaningful.
- Social and emotional skills are vital to being a good student, citizen and worker; and many dangerous behaviors (i.e. drug use, violence, bullying and dropping out) can be prevented or reduced when intentional, integrated efforts are used to develop students' social and emotional skills.

The benefits of Social Emotional Learning through CASEN

- **CASEN** promotes students' self-awareness, self-management, social-awareness, relationship skills, and responsible decision-making skills by creating a safe online environment to support academic achievement through guided lessons on how to present oneself and how to respond appropriately on social media. This is achieved by helping students identify their individualized strengths.

- Self regulation is the ability to control and manage thoughts, feelings, and behaviors that have been linked to academic achievement. CASEN provides lessons that help students identify and, eventually, better manage their thoughts, feelings, and behaviors.
- CASEN believes that with the proper support and encouragement through CASEN Education, CASEN Connect and with the help of educators, students will improve their social-emotional learning which will make them better students academically and afford them to be better prepared for college, the workforce, and the real world

CASEL (Collaborative for Academic, Social, and Emotional Learning) identified five interrelated sets of cognitive, affective and behavioral competencies. **Five ways Social-Emotional Learning can Change your Life:**

- **Self-awareness:** The ability to accurately recognize one's emotions and thoughts and their influence on behavior; possessing a well grounded sense of confidence and optimism.
- **Self-management:** The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations; managing stress, controlling impulses, and motivating oneself.
- **Social awareness:** The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior.
- **Relationship skills:** The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups; communicating clearly, listening actively, cooperating, and resisting inappropriate social pressure.
- **Responsible decision making:** The ability to make constructive and respectful choices about personal behavior and social interactions based on safety concerns and social norms.

The benefits of enhancing students' SEL

- Better academic performance: achievement scores improved an average of 11 percentile points higher than students who did not receive SEL instruction
- Improved Attitudes and behaviors: greater motivation to learn, deeper commitment to school, increased time devoted to schoolwork, and better classroom behavior
- Fewer negative behaviors: decreased disruptive class behavior, noncompliance, aggression, delinquent acts, and disciplinary referrals.
- Reduced emotional distress: fewer reports of student depression, anxiety, stress, and social withdrawal.

Reference:

Medinah Elementary School District #11. (n.d.). Social and Emotional Learning Curriculum Guide.

<https://www.medinah11.org/Downloads/SEL%20CURRICULUM%20HANDBOOK%20-%20Nov%202015%20for%20printing.pdf>



Chris Clark

Chris Clark Jr. graduated from high school in 2016. He attended community college for social work. When Chris was a teenager, he was very inappropriate, when he started out on social media. He would befriend people who he should not have befriended, such as adults he did not know in real life. Chris would also share inappropriate posts made by other people. Chris even experienced bullying which eventually caused him to have anxiety and later depression, as a result of social media. Fortunately, Chris Sr. and Chris Sr.'s friends taught him how to become appropriate on social media. Therefore Chris came up with the idea of CASEN (Collaborative Advancement for Social-Emotional Needs) to help prevent other kids from struggling on social media like he did when he first started.

"I want to prevent kids from struggling on social media and have a safe social space."

Dr. Myava Clark

Dr. Myava Clark has a PhD in Professional Studies which includes a degree in both Leadership & Administration and Higher Education. Dr. Clark is a wife and mother of two. She is a registered respiratory therapist and a neonatal pediatric specialist, as well as a college professor. Both her children have special needs: her son has learning differences and her daughter has medical challenges. Dr. Clark started CASEN (Collaborative Advancement for Social-Emotional Needs) with her son, Chris Clark Jr. to support parents of children with learning and thinking differences, as they meet the needs of their children. For more information about Dr. Clark and CASEN, head on over to her website, www.casenllc.com

"Everyone needs a safe space to feel trusted, respected, and valued. CASEN is that safe space!"