

# Join NEA Teacher Quality for Our Fall Social-Emotional Learning Courses

Social-emotional learning (SEL) should be a priority at any time, and even more so during a crisis.

The challenges and stresses that educators have faced after a tumultuous year of remote and/or hybrid learning are unparalleled.

That's why NEA is giving its members an opportunity to re-energize and enroll in blended SEL courses to learn the importance of attending to their and their students' social and emotional needs.

NEA's SEL courses offer a powerful means to explore and express our emotions, build relationships, and support each other – students and educators alike.

# Choose from five facilitated blended learning SEL courses:

#### **SEL: Self-Awareness**

Learn how to accurately recognize emotions, thoughts, and values to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

#### **SEL: Relationship-Skills**

Learn how to establish and maintain healthy and rewarding relationships with diverse individuals and groups to communicate clearly, listen well, cooperate with others, and to seek and offer help when needed.

### **SEL: Social-Awareness**

Learn how to take the perspective of and empathize with others to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

#### **SEL: Self-Management**

Learn how to regulate emotions, thoughts, and behaviors in different situations to set and work toward personal and academic goals.

#### SEL: Responsible Decision-Making

Learn how to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms.

\* Social-Emotional Learning fall courses will be facilitated by NEAtrained blended learning facilitators—and all SEL courses provide a certificate for 15-hours of professional development upon completion.

Enrollment is now open for our NEA SEL fall session (running September 20 - October 29, 2021)

## Register here

Registration closes September 10, 2021.

You must be an NEA member in order to participate in these national

blended learning courses. Questions? Contact: Luis-Gustavo Martinez (<u>LGMartinez@nea.org</u>)

