

...the changes during adolescence are not something to just get through; they are qualities we actually need to hold on to in order to live a full and meaningful life in adulthood.

Daniel J. Siegel, *Brainstorm: The Power and Purpose of the Teenage Brain*

Social Emotional Learning During Adolescence

Presented by Jeanne Fedun and Allison Doyle Smith, UMS Counselors

adolescence

Changes occur:

Physically (puberty)

Socially

Emotionally

Cognitively

Children experience these changes from the age of ten into their early twenties.

Changes that occur during adolescence rival only those seen during infancy and early childhood.

social emotional learning

CASEL, the Collaborative for Academic, Social and Emotional Learning has identified five core groups of social and emotional competencies:

Self-Awareness

Self-Management

Social Awareness

Relationship Skills

Responsible Decision-Making

5 keys to social emotional learning

<http://www.edutopia.org/keys-social-emotional-learning-video>

self-awareness

strengths and weaknesses

belief systems

experience self-consciousness and insecurity

develop coping skills

how to help

Try to talk regularly with your child about their feelings

Be careful not to tell your child how they feel

Make sure your child has other trusted adults they can turn to

self-management

Concrete thinking gradually evolves into abstract thinking

Sequencing and Planning - goal setting

Cause and Effect

Self-regulation

how to help

Be an example of self-management

Remind your child that there are consequences to their actions

Give your child household tasks to complete each week

social awareness

Perspective taking

Empathy

how to help

Keep the communication lines open

Nurture your adolescent's empathy

Get to know your middle schooler's guidance counselor

Books can spark conversations about bullying

relationship skills

Acceptance

Peer pressure

Conflict Resolution

When to seek help

how to help

Teach your child about first impressions

Talk to your middle-schooler about responsible online behavior

Discuss peer pressure with your middle-schooler

responsible decision-making

managing newfound autonomy

asserting independence

begin to multi-task more effectively

see themselves as a part of a community

the importance of failure

how to help

Define safe and smart choices with your middle-schooler

Connect with your child's school counselor

references

Daniel J. Siegel, *Brainstorm: The Power and Purpose of the Teenage Brain*

<http://www.casel.org/>

<http://www.edutopia.org/>

<http://www.parenttoolkit.com/index.cfm?objectid=3544A980-3375-11E4-8B640050569A5318>