Glossary

ACRONYMS AND TERMS

Social and emotional development and learning (SEDL)
Social and emotional competence is the ability to understand, manage, and express the social and emotional aspects of one's life in ways that enable the successful management of life tasks such as learning, forming relationships, solving everyday problems, and adapting to the complex demands of growth and development (Elias et al, 1997).

SEDL begins at home and is further facilitated through seven approaches in different combinations determined locally:

■ Continual outreach to and inclusion of families and the surrounding community;

■ Attention to school climate and to relationships among and between students and adults;

■ Age-appropriate skill acquisition through character education, social-emotional learning and standards-based instruction;

■ After school, out-of-school, extra curricular, service learning programs and mentoring;

■ Alignment of district and school support personnel, policies, and practices — in special and general education — to assist all students;

■ Cross-systems collaboration with community-based child and family services for students in greater need; and

■ Appropriate ongoing development of professional and support staff and partners.

Source: *http://www.p12.nysed.gov/ sss/sedl/SEDLguidelines.pdf*

Affective skills
The affective domain includes the manner in which we deal with things emotionally, such as feelings, values, appreciation, enthusiasms, motivations, and attitudes.

Bullycide
A suicide caused as the result of depression from bullying.

Cyberbullying
The act of harassing someone online by sending or posting insulting, derogatory or mean messages, usually anonymously.

Empathy
The ability to understand and share the feelings of another.

IVDU
Yachad/NJCD's Individualized Vocational Development Unit (IVDU) Schools, located in Brooklyn, New York, offer Jewish students with special needs (ages 5 to 21) a comprehensive educational environment.

Kinesthetic learning
Also known as tactile learning; a learning style in which learning takes place by the student carrying out a physical activity, rather than listening to a lecture or watching a demonstration.

Living Values Educational Program (LVEP)
A way of conceptualizing education that promotes the development of values-based learning communities and places the search for meaning and purpose at the heart of education.

Mindfulness
A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Payot
The Hebrew word for sidelocks or sidecurls worn by some men and boys in the Orthodox Jewish community.

Positive Behavior Interventions and Supports (PBIS)
A systems approach to establishing the social culture and behavioral supports needed for all children in a school to achieve both social and academic success.

Psychopathology
The scientific study of mental disorders.

Sacrum
A triangular bone in the lower back formed from fused vertebrae and situated between the two hipbones of the pelvis.

Sciatica
Pain affecting the back, hip, and outer side of the leg, caused by compression of a spinal nerve root in the lower back, often owing to degeneration of an intervertebral disk.

Stressor
A stimulus that causes stress.

Upstander
Someone who defends or stands up for a cause or belief.

Yachad
The National Jewish Council for Disabilities is a global organization dedicated to addressing the needs of all Jewish individuals with disabilities.

Resources

ADDITIONAL RESOURCES ON PROMOTING SOCIAL-EMOTIONAL DEVELOPMENT AND PHYSICAL WELL-BEING

Union Resources

New York State United Teachers
http://www.nysut.org/news/2012/september/see-a-bully--stop-a-bully--online-resources
See a Bully, Stop a Bully: Online Resources provided by NYSUT Social Justice and Labor Center

This comprehensive listing provides information about community, parent, teacher, and student resources on bullying. These include, but are not limited to, links to articles and organizations which work to prevent and address the impact of bullying and cyberbullying both in and out of schools.

NYSUT Education and Learning Trust Professional Development
http://www.nysut.org/elt

NYSUT's Education & Learning Trust offers several professional development opportunities on the topic of Promoting Social-Emotional Development and Physical Well-Being. The full course listing is available at the ELT website.

Site-based and/or Online Courses:

Building Communication and Teamwork in Schools

Bullying: Preventing the Problem

Cyber Bullying: The New Age of Teaching Students to be Peacemakers

CD course:

Traumatized Child: The Effects of Stress, Trauma & Violence on Student Learning

Seminar:

Conflict Management

NYSUT 24/7 Let's Go!
http://locals.nysut.org/247/

This resource was created by NYSUT health care professionals. It offers a useful guide for parents and encourages children statewide to lead healthy lifestyles by educating them about nutrition and exercise. Used by schools and health providers, the program has been endorsed by the American Cancer Society.

American Federation of Teachers
http://www.aft.org/yourwork/tools4teachers/bullying/climate.cfm

The AFT provides extensive information on school climate including resources for special populations and students with disabilities, and culturally and linguistically diverse learners.

National Education Association

http://www.nea.org/home/neabullyfree.html

Resources on bullying include the Bullying Prevention Toolkit and "The Bully Free: It Starts with Me Campaign" and several newsletters geared to support staff professionals.

New York State Education Department

Social and Emotional Development and Learning

http://www.p12.nysed.gov/sss/sedl/

New York State Education Department publishes the Social and Emotional Development and Learning (SEDL) Guidelines. The site includes links to counties across the state working with bullying prevention, school outreach, and standards-based interventions.

Other resources for Social and Emotional Learning

The Bully Project

http://www.thebullyproject.com/

The BULLY Project is a social action campaign that was inspired by the award-winning film BULLY. They offer research-based practices developed in conjunction with Harvard's Making Caring Common Initiative to help schools create a caring community and to prevent bullying. The Bully project also offers resources including a screening guide for the film and other tools for educators and parents. "The power of our work lies in the participation of individuals like you and the remarkable list of partners we've gathered who collectively work to create safe, caring, and respectful schools and communities. Our goal is to reach 10 million kids or more, causing a tipping point that ends bullying in America."

Resources

CARE for Teachers: The Garrison Institute
https://www.garrisoninstitute.org/contemplation-and-education/care-for-teachers

The Garrison Institute sponsors CARE for Teachers (Cultivating Awareness and Resilience in Education); a program that offers symposia, trainings, retreats, and research on contemplative practices in education. In addition, their website houses a bibliography of research-based practices related to teaching meditation and other methods to cultivate mindfulness.

Collaborative for Academic, Social, and Emotional Learning (CASEL)
http://casel.org/

CASEL is a non-profit organization founded by Daniel Goleman, a leading author on social and emotional intelligence (EQ), and several of his colleagues. CASEL ". . . works to advance the science and evidence-based practice of social and emotional learning." CASEL collaborates with some districts and acts as a clearinghouse for resources in states across the country.

See also:

http://danielgoleman.info/topics/emotional-intelligence/
http://www.youtube.com/watch?v=NeJ3FF1yFyc

Herstory Writers Workshop
http://www.herstorywriters.org/

The mission of Herstory is "To offer women tools that transform their individual voices and experiences into literary works of art leading to personal and societal change." Herstory offers writing workshops and also produces published materials for teachers that include:

Paper Stranger/Shaping Stories in Community, by Erika Duncan: Herstory's manual for teachers, healers and activists, provides an introduction to Herstory's empathy-based approach to memoir writing. Readings and reflections are interwoven with a step-by-step compendium of exercises and tools.

Passing Along the Dare to Care: A Mini-Memoir Course for Younger Writers, by Erika Duncan. This collection of readings and exercises — based on what causes a "Stranger/Reader" to care — fosters dialogues across differences, diversity studies and a sense of community, as well as enhanced listening, reading and narrative skills.

The Inner Resilience Program
http://www.innerresilience-tidescenter.org/

The program was founded in response to the impact of September 11 on students in New York City public schools. They offer a core program on stress reduction, relaxation, and creating caring classroom communities, as well as residential retreats and professional workshops on topics like conflict resolution, anger management, and talking to children in a climate of uncertainty.

**Morningside Center for Teaching Social Responsibility: The 4 R's Program
(Reading, Writing, Respect and Resolution)**
http://www.morningsidecenter.org/4rs-program

Offers a grade specific curriculum for social and emotional learning that focuses on building community, understanding and handling feelings, listening, assertiveness, problem-solving, dealing well with diversity, and cooperation.

Teaching Tolerance: A Project of the Southern Poverty Law Center
www.tolerance.org

Teaching Tolerance "is dedicated to reducing prejudice, improving intergroup relations and supporting equitable school experiences for our nation's children" and offers free curricular resources for teachers and schools including a subscription to the quarterly publication *Teaching Tolerance*, resources to support "Mix it Up Day" events, instructional posters, and DVD's including *Bullied: A student, a school and a case that made history*, a documentary that presents one man's experience with being bullied.

Books and Articles

Creative Conflict Resolution

by William Kriedler (1984)

A classic reference for anyone interested in creating a positive classroom community. Chapters focus on resolving conflicts peacefully, improving communication skills, handling anger and other emotions, and being a peacemaker.

Emotional Intelligence: Why It Can Matter More Than IQ

by Daniel Goleman (2005)

A landmark book first published in 1995 that brought emotional intelligence to national attention. Goleman helped to redefine intelligence by demystifying the meaning of IQ and broadening the discussion to include other factors crucial to academic and personal success.

Resources

Mindful Teaching and Teaching Mindfulness

by Deborah Schoenberlein (2009)

A handbook on mindfulness techniques for the classroom and individual practice. Describes numerous activities that include intention setting, breathing, focusing attention and meditation.

Promoting Social and Emotional Learning: Guidelines for Educators

by Maurice J. Elias, Joseph E. Zins and Roger P. Weissberg (1997)

Presents current research on social and emotional learning and offers useful implementation guidelines for educators.

Social and Emotional Learning: What is it? How can we use it to help our children?

by Robin Stern, Ph.D.

http://www.aboutourkids.org/articles/social_emotional_learning_what_it_how_can_we_use_it_help_our_children

Emotion in Education: An Interview with Maurice Elias (author of Promoting Social and Emotional Learning: Guidelines for Educators)
http://www.learningace.com/doc/6430130/d20f7d77b6d89a97d9d184c6a794f293/emotion-in-education-an-interview-with-maurice-elias

Stand Up!
by Lisa Roth M.D., Marsha Levitin, & Karen Siris EdD (2012)
A moving story about a boy who observes bullying and decides to take a stand.