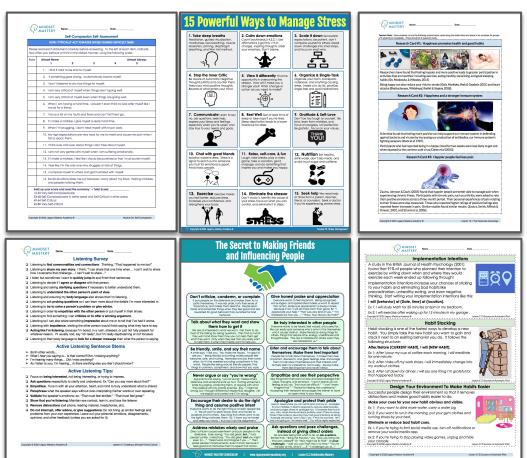
LEARN SEL AS YOU TEACH

Built-in Supports for Developing Teacher SEL:

Most SEL Programs are video and discussion-based with little to no support for a teacher's own SEL development. You have to fall back on your own SEL knowledge and skills as you try to answer student questions and attempt to fill in the missing gaps in those lessons.

However, the Mindset Mastery SEL Curriculum provides tools that develop student and teacher SEL simultaneously because the resources were written at a level that is an engaging and accessible to middle schoolers, high schoolers, teachers, college students, and beyond!



You Don't Need To Be an SEL expert!

Trying to "know it all," all the time, can be stressful and it makes you unapproachable, according to research. Credibility in content knowledge is important, but in terms of SEL, your life experiences provide that expertise! More importantly, you don't need to be an SEL expert.

Appropriate vulnerability — being honest about your strengths, growth areas, admitting when you're wrong, and sharing with your students that you too are trying to improve your SEL skills makes you more human, encourages a growth-mindset, strengthens rapport, and builds trust.

Be curious along with your students, **share your excitement** as you teach the lessons and engage in the activities alongside them, **share personal stories** of hardships, fears, hopes, dreams, mistakes, failures, and you'll inspire students to open up and make personal breakthroughs too!







