Adult SEL and Why it’s Important

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Learning Outcome

• To understand the interconnection between adults' emotional well-being and children's emotional well-being
The Importance of Self-Care

The Prosocial Classroom

Teachers’ Social & Emotional Skills & Well Being

Healthy Teacher/Student Relationships

Effective classroom management skills

Effective SEL implementation

Healthy Classroom Climate

Student Social, emotional & academic outcomes

School/Community Context Factors

Jennings & Greenberg (2009)
Teaching is Stressful
The Stress Response
Physical vs Psychological Treat
Negativity Bias and Survival
Empathy Can Be Painful

Tania Singer / University College London
Empathy-Based Stress

• “Experience of adverse psychological and/or physical reactions to trauma exposure at work, resulting from empathetic engagement following trauma exposure”  
  (Rauvola, Vega & Lavigne, 2019, p. 300)
Empathy-Based Stress

• Compassion fatigue
  – Acute, emotional reaction resulting in high levels of stress after trauma exposure
  – Symptoms parallel to original trauma

• Secondary traumatic stress
  – Stress reaction induced following exposure to traumatic material
  – Symptoms similar to PTSD but from secondary exposure

• Vicarious traumatization
  – Transformation of “inner experience” following trauma exposure
  – Symptoms include shifts in worldview
Empathy, Empathetic Distress & Compassion

Empathy, Empathic Distress, and Compassion

Empathy

Compassion
- Other-related emotion
- Positive feelings: love
- Good health
- Prosocial motivation

Empathic distress
- Self-related emotion
- Negative feelings: stress
- Poor health, burnout
- Withdrawal

See also: Singer & Klimecki (2014). Current Biology.
Building Resilience with Mindful Compassion

• Understanding classroom context
• Building resilience
  • Self-care
  • Emotional mastery
• Practicing mindfulness
• Cultivating compassion
Compassion

• What is compassion?
  • *The wish to reduce the suffering of another person*
"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

– attributed to Victor Frankl by Stephen Covey
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