



Designing an **SEL-Focused Advisory** as the Foundation for School Transformation (Including in Remote/Hybrid Models)

Wed, October 28th, 1-2p EST

Rupa Gupta, Founder of Sown to Grow, Former Administrator
Dr. James Bailey, Leading Learners Institute, Former Superintendent
Kimberly Collins, Ann Richards School for Young Women Leaders



How is this week going for you?

What's gone well? What's been hard?



Awful

This week was really rough for me.



Not so good

This week could have gone better.



Okay

Not bad, but not amazing either.



Good

This week went pretty well for me.



Awesome

This week went great!

Go to www.menti.com and use the code

81 54 24 6

Today's Learning Leaders:



Dr. James Bailey

Educational Leadership
Founder/Coach, Former
Superintendent & School
Transformation Leader



Kim Collins

Math Teacher and
Dept Chair, Austin ISD
Secondary Teacher of
the Year



Rupa Gupta

Former District &
School Administrator,
Founder of Sown To
Grow

Today's Agenda

- **Research:** What do we mean by SEL and how does it connect to broader learner outcomes?
- **Practice:** What proven practices and structures support SEL in Advisory?
- **New Learnings:** How has the current context shifted SEL needs?

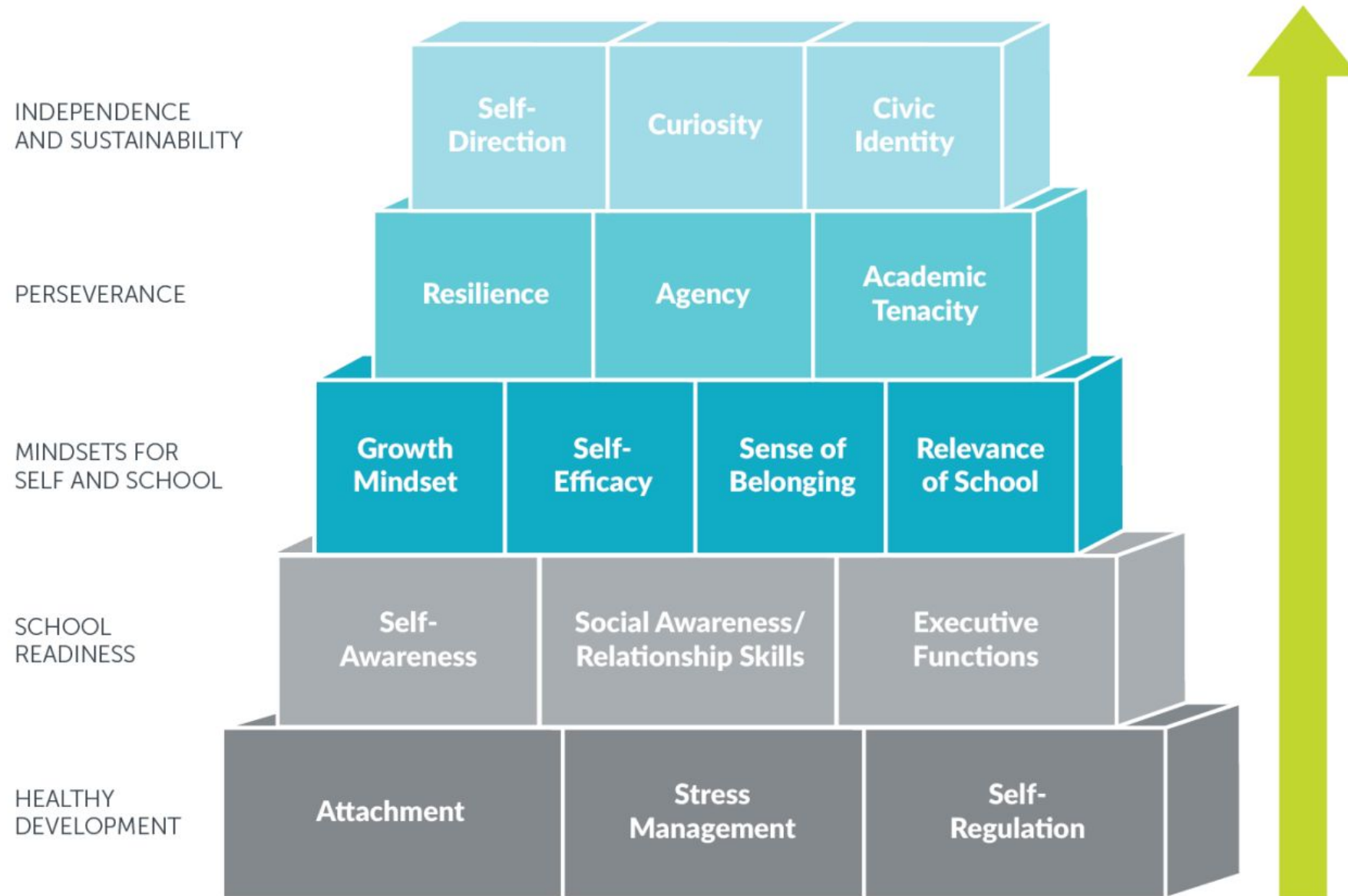
Our Norms

- **We are learners with you!** Let's engage, listen, and learn from one another.
- **Learning is interactive.** We'll be using polls, breakouts and the chat to engage more deeply.
- **Let's share and push.** Please ask questions in the chat, to us and to one another!

Quick poll: Who's in the room with us today?

Go to menti.com
and use the code
63 30 65

BUILDING BLOCKS FOR LEARNING



We use a weekly practice of **goal-setting, emotional check-ins and self-reflection** to foster these skills

1 **Set Goals**

My goal is to:

Get Close

Meet

Exceed

OR

[Write your own goal](#)

2 **Track Progress**

ADD SCORE

Progress Level	Score
Get Close	Low
Meet	Medium
Exceed	High

3 **Reflect to Grow**

How do you feel?

☹️ ☹️ 😐 😊 😄

What **strategies** worked best, and what can you try next?

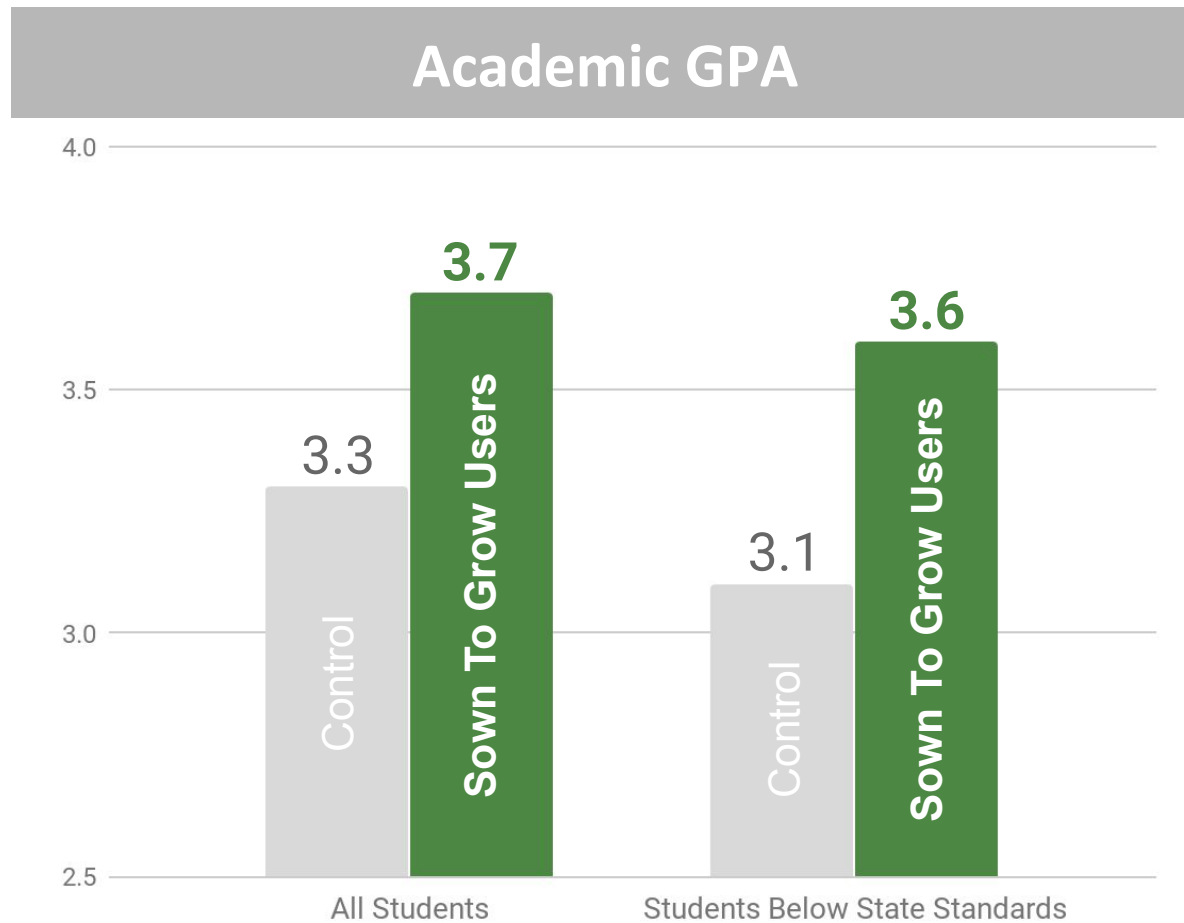
[Get Help & Feedback!](#)

Quick Breakout:

In your experience, how might goal-setting, emotional check-ins, and self-reflection enhance student learning?

Evidence of impact

Independent evaluation by researcher at University of California, Los Angeles



Belief Systems

Growth Mindset
+62%

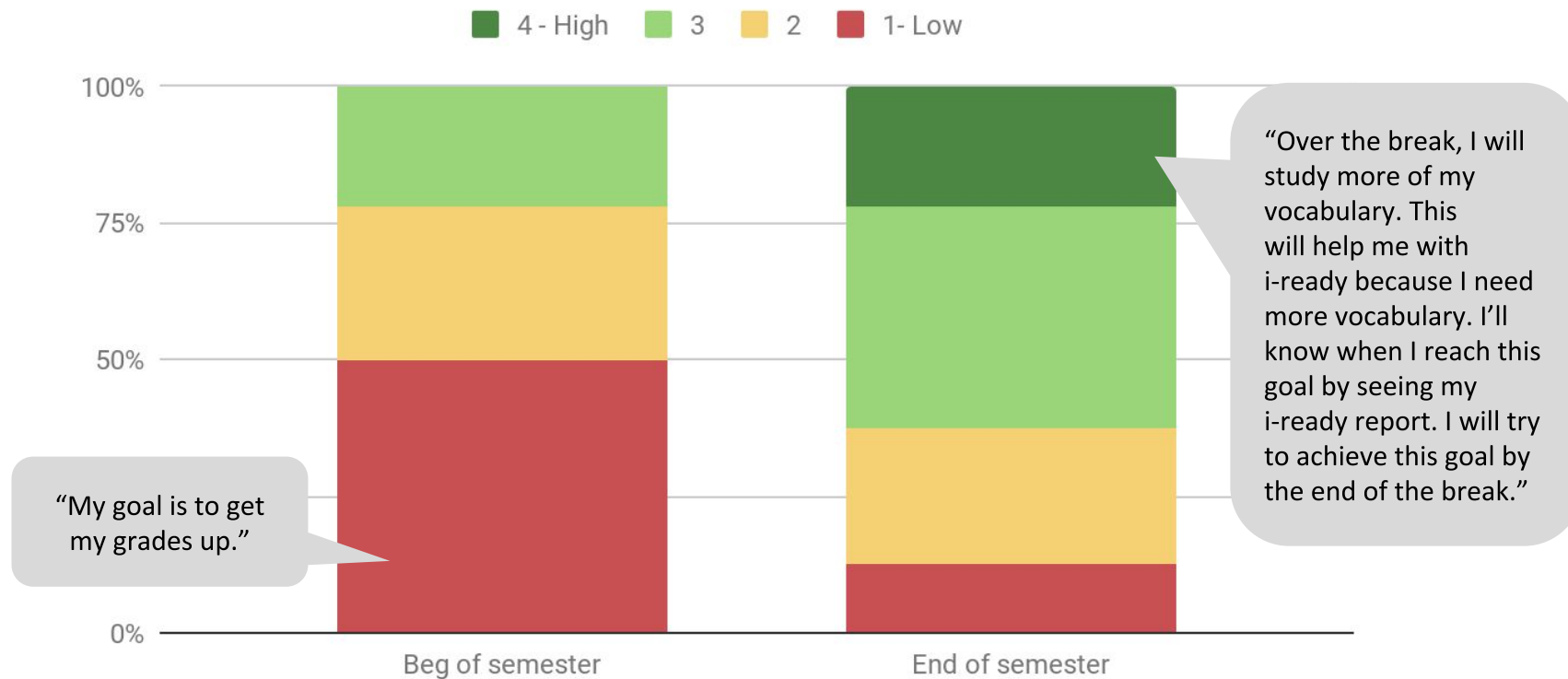
Student Empowerment
+56%

Relative increase in percent of students scoring "high" (StG group vs control group).

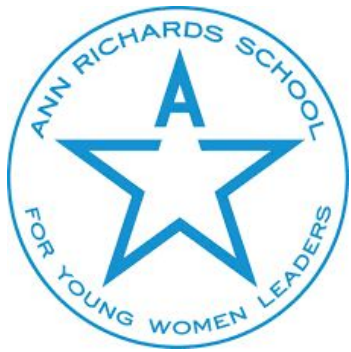
Note: View full research studies and methodologies at sowntogrow.com/impact.

Skills built over time

Quality of student reflections over time



Single cohort of 6th graders



Ms. Collins - Our Context & Key Elements of Advisory

- **District/School:** Austin Independent School District Middle/High School
- **School Demographics:** Urban District School, 6th-12th Grade, 75% Hispanic/Black, 60% Low-Income
- **Advisory Structure:**
 - Our students typically have Advisory everyday.
 - Advisory class size is between 15-18 students.
 - Students operate in Constellations(groups of 3) as an academic and SEL support structure.
- **Specifics of the reflection protocol:**
 - Weekly routine that typically took ~10 minutes
 - Students would track their current real-time grades and enter their reflections in the Sown To Grow platform
 - Advisory team would adjust the reflection question each week as needed

Week: Week 1.1

Sort by: Low Grades

Reflection Prompt

What strategies worked best for you this week? What steps do you need to take to maintain or raise your grades?

Insights

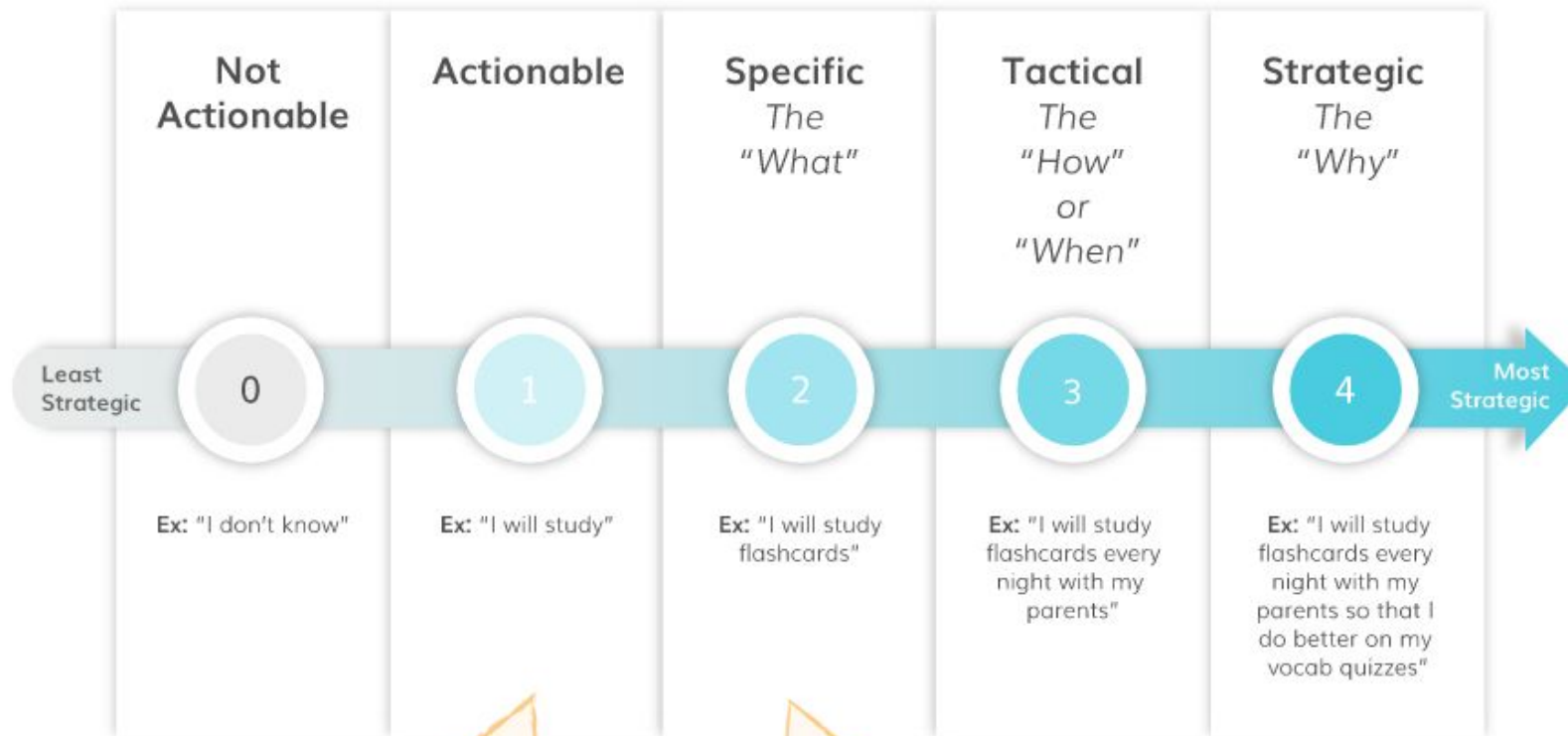
<input type="checkbox"/>	Student Name	Low Grades	Feeling	Reflection	Reflection Quality i	Feedback
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<input type="checkbox"/>	[Redacted]	➔ 5	😐	being on time and asking for help	2	How will those strategies help you, Mariah?
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<input type="checkbox"/>	[Redacted]	➔ 5	😊	GET IT DONE. Work hard and DONT procrastinate	1	Great advice to yourself Jillian!
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<input type="checkbox"/>	[Redacted]	➔ 5	😊	The strategy that worked for me was using my agenda to make sure I didn't forget any homework.It saved my life a couple of times.I also wrote notes to myself at night to make sure that I didn't forget anything the next day.I need to make sure my teachers put in there grades so that I don't have a bunch of zeros.	2	Very nice reflection Ella!
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Reflection Quality Rubric and Suggested Feedback



"What will you study?"

"When will you carve out time to do this?"

Funded by the
National Science
Foundation






Week: 12/05/2019

Sort by: Low Grades

Reflection Prompt

What classes were you struggling in this past week? Why or Why not? What steps will you take to improve your grades for the upcoming week? Be specific. Are you attending this week and next? What will you be working on in those tutorials?

Insights

<input type="checkbox"/>	Student Name	Low Grades	Feeling	Reflection	Reflection Quality 	Feedback
<input type="checkbox"/>	[Redacted]	 4		I'm struggling in all my core classes but science I can get my grade up in by doing my work and doing retakes. in elar I am going to talk to her about make-up work and extra credit. in algebra I'm going to tutorials and I'm going to talk to you about makeup work and extra credit. in those tutorials I'm going to be doing mid-term studying and I'm going to be coming to Saturday school between 10:30 and 12:30.	4	Give Feedback




Week: 12/05/2019

Sort by: Low Grades

Reflection Prompt

What classes were you struggling in this past week? Why or Why not? What steps will you take to improve your grades for the upcoming week? Be specific. What classes are you attending this week and next? What will you be working on in those tutorials?

Insights

<input type="checkbox"/>	Student Name	Low Grades	Feeling	Reflection	Reflection Quality 	Feedback
<input type="checkbox"/>	[Redacted]	 1		I was struggling in algebra and ELA last week because I wasn't prepared for the harkness in ELA and I also didn't get a very good grade on my exam for algebra. I will look at my ELA curriculum map every night so that I know what is due and I will study for algebra for 20-30 minutes every night to get ready for my midterm. I am attending algebra tutorials on Saturday to help me study for the midterm.	4	Give Feedback

My classroom average improved significantly

Average Reflection Quality

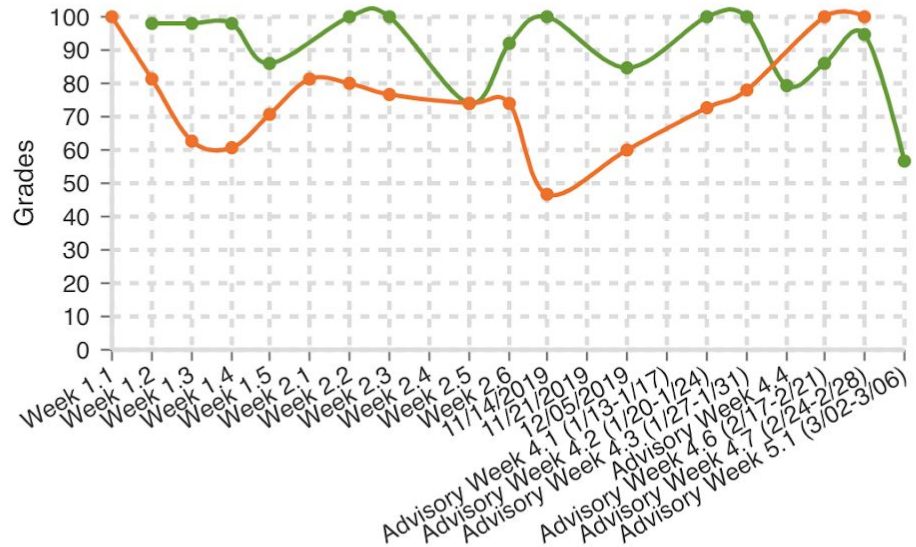


[View this week's insights](#)

My Data

Individual Student Trends & Journey

Progress



- Language Arts
- Math
- Science
- Social Studies
- STEM
- Spanish
- STARS
- Theater

Reflections and Feedback

Thea

Advisory Week 5.1 (3/02-3/06)

I want to have 90s or above in all my classes, and right now I mostly have 100s. I do have a 57 in ELA because my STAAR packet is due and I'm bringing it to her tomorrow so she can fix my grade before spring break. The zeros are No Grades, and I need to talk to Ms K about my 70 from last six weeks. My dad also wants to know why I have that, and I do too because I had three 100s, two 80s, and a 64. I did the math, and it's probably because of the percentages instead, but I think I was supposed to have an 87. Getting all 100s is challenging enough for me, plus track.

Teacher

This is a great reflection, keep it up!

Thea

Advisory Week 4.7 (2/24-2/28)


I have a 55 in STARS because I still have to turn in the Web Hunt packet but I haven't been to her class yet. I got a 70 in science because I did badly on the test, but I am going to ask how to make it better this six weeks. The last six weeks was actually really chill and I didn't really have any challenges I had to overcome. I asked my dad for advice on schoolwork sometimes but usually I don't need it because it's just actually making myself do my homework is what is hard for me. I learned that I am actually really strong and can be powerful in some areas of my life. I struggle with a lot self-motivation to

Best Practices & Insights

- Making reflection a **classroom routine** is key. Just a few minutes a week is a powerful lever to support SEL.
- **Start simple.** Let you and your students get your feet wet.
- Customizing reflection prompts and strategy bank leads to more **specific reflections**.
- **Consistent feedback** helps students build skills and deepens your relationship with them. A tech tool can help a lot with this.

Right now,
simple
emotional
check-ins are
proving to be
incredibly
powerful

Week 3:
How are you feeling?



Tell me more about your week. What went well?
What will you try next week?

[My Trends](#) [Teacher Feedback](#) [Sample Strategies](#)

WEEKLY ROUTINE

Week 3: How are you feeling?



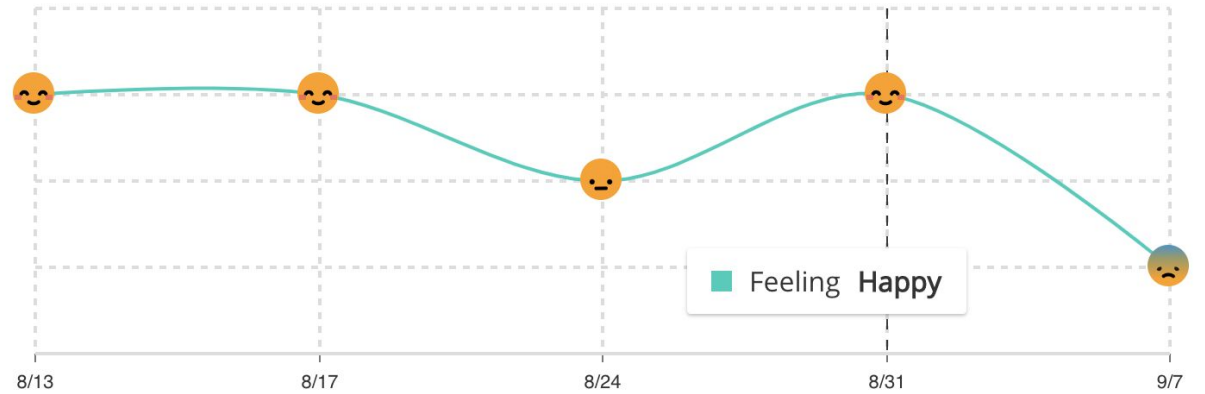
Tell me more about your week. What went well?
What will you try next week?

[My Trends](#)

[Teacher Feedback](#)

[Sample Strategies](#)

STUDENT TRENDS & JOURNEY



September 7th - September 11th : Mon Sep 7 - Fri Sep 11

You wrote:



The first month was pretty easy it did take some time getting used to. This week the workload did get a bit high than expected but I can work thought it. I have been working on storylines. Emotional support and someone I can talk to just about anything.

...

August 31- September 4: Mon Aug 31 - Fri Sep 4

You wrote:



My best friend finally reached out to me! I just waited for the OVA to come out. I am learning Japanese.

...

Your teacher responded:

That is awesome. Connections with friends is so important. How are you learning Japanese? An app? A class? What made you choose that language?

Students have found this to be a powerful **safe space** to share what's going on with them

I feel alone. I don't know what's wrong with me.

There seems to be nothing that really excites me, or motivates me, to wake up and have a smile on my face. Of course though, nobody can see that over the screen of a Zoom meeting. **I just want someone to reach out to me and genuinely care.**

I just felt like I needed to vent. I am going to be okay, sooner or later. **Thank you for making us write on here, Ms. D. This was what I needed.**

I am trying my best in my classes but **I am not getting the results I want and work for.**

Nothing I do seems to be fun anymore. I feel like I have grown up too fast and all the good moments are gone.

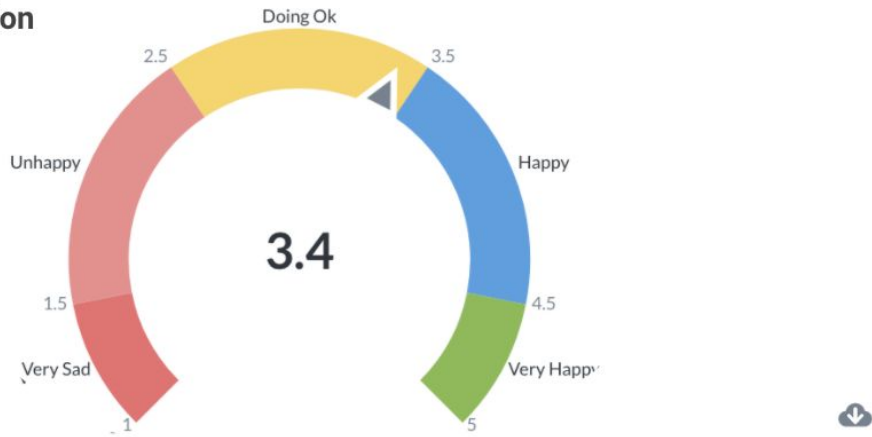
ADMIN & COUNSELOR VIEW



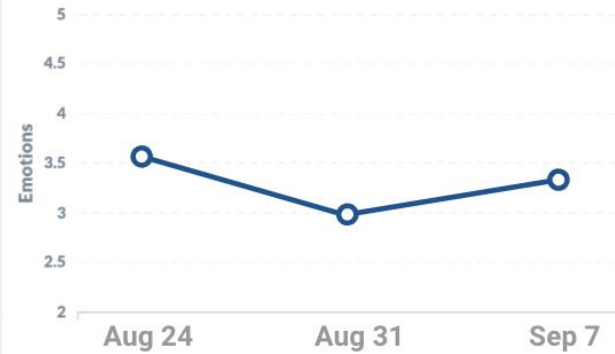
My school's data

Usage Data **Emotional Well-Being** Reflection Quality

Current Avg Emotion



Avg School Emotions Over Time

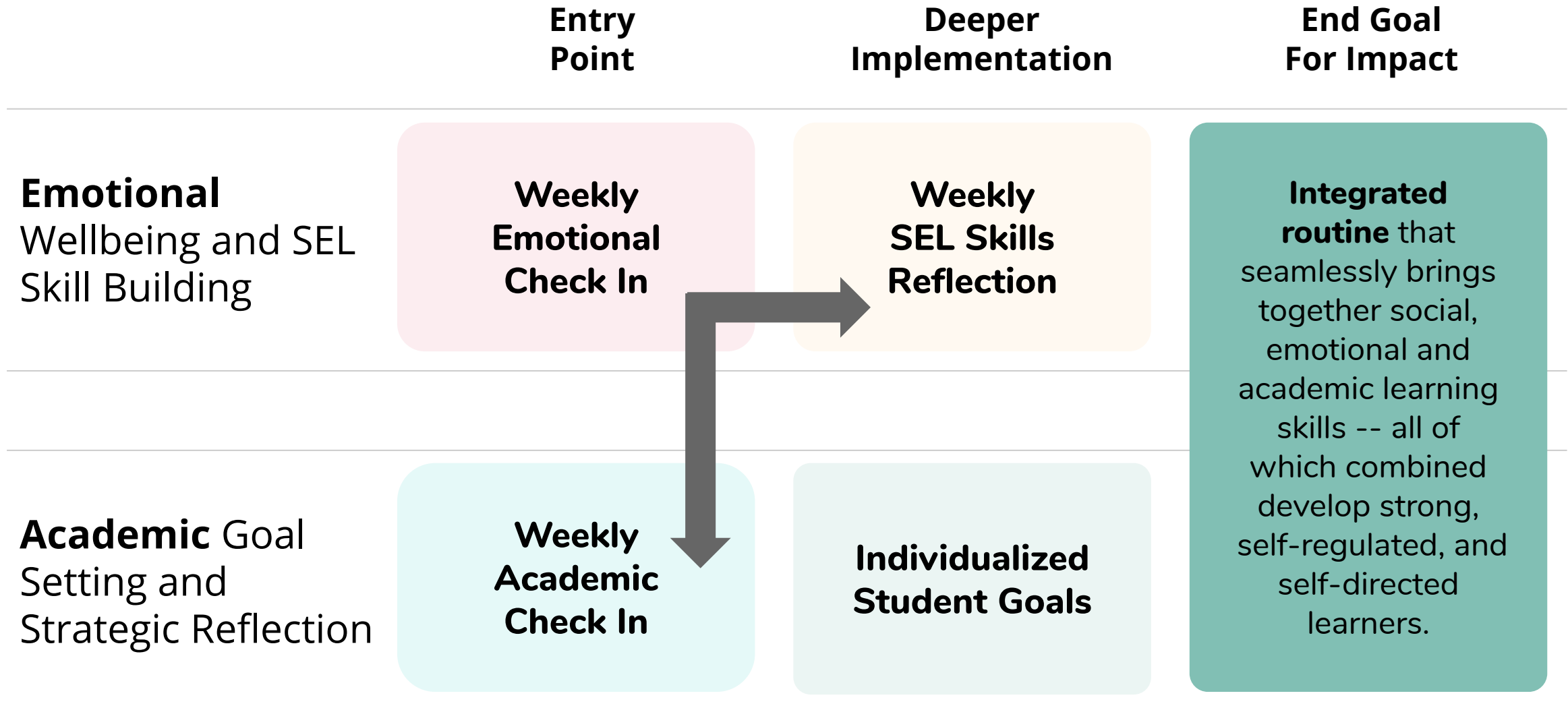


Student Emotions and Reflections (Last 7 Days)

student	teacher_classroom	date	emotion	reflection
Student A	Teacher A	September 9, 2020	Very Sad	Nothing helped me its been a really bad week I don't like talking about it though.
Student B	Teacher B	September 10, 2020	Very Sad	I heard A family member was dying from cancer :(My soccer practice got canceled yesterday. I had to leave our vacation
Student C	Teacher C	September 10, 2020	Very Sad	One of my closest online friends got all their accounts deleted by their mom so I wont be able to talk to them ever agin.
Student D	Teacher D	September 8, 2020	Very Sad	I hope that i remember what to do this week.
Student E	Teacher E	September 10, 2020	Unhappy	walking away for a bit. walking away for a bit but not as far.
Student F	Teacher F	September 9, 2020	Unhappy	idk i just feel like video games are my coping mechanism for everything that happens to me
Student G	Teacher G	September 9, 2020	Unhappy	I couldn't go biking because of the smoke. I broke my wrist two days before going on a trip to my beach house, so I had to

New Early Warning System flags students are feeling particularly down and notifies teachers & admin

Think about the best **entry point** for your school



Breakout:

- What are you excited about?
- What questions do you have?
- How might you try out some of these practices in your Advisory space? What entry point resonates for you?

Quick form for follow up resources!

Aurora Institute Presentation (SEL-Focused Advisory) - Sign up here for follow up resources

* Required

Your name *

Your answer

Your school, district or organization *

Your answer

Your email address *

Your answer

Your role *

Your answer



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OCTOBER 26-28, 2020 | **VIRTUAL**

Thank you for joining us!

Share Your Thoughts.
Participate in our 1 minute poll.
[Click here.](#)