Counselors SPEAK: Connecting Carefully, Candidly and Courageously

July 10, 2020
OSDE Student Support Panel

Beth Whittle, M.Ed., LPC
Executive Director of Counseling

Tosin Akande, MPH
Bullying Prevention Specialist

Petra Woodard, M.Ed.
Executive Director of Academic Counseling

Shelly Ellis, Ph.D.
Deputy Supt. of Student Support
Elizabeth Suddath, MPH
Executive Director of Prevention and School Climate Project Director

Heather Graham, M.Ed.
School Climate Specialist

Blaire Harrison, M.Ed.
School Climate Specialist

Jenna Jones, M.Ed.
School Climate Specialist

Amanda Sellers, LMSW
School Climate Specialist
Why Are We Here?

To provide Oklahoma Counselors a forum to:

- **Share** thoughts and concerns in a safe space
- **Process** possible causes and solutions
- **Educate**, equip, and empower one another
- **Act**, plan and implement
- **Keep** the conversation going
What’s the Conversation?

How to help students develop and understand empathy.
EMPATHY

The ability to understand and share the feelings of another.
Drives connection.

VS.

SYMPATHY

Feelings of pity and sorrow for someone else’s misfortune.
Drives disconnection.
Empathy
Social Emotional Core Competency

SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- PERSPECTIVE-TAKING
- EMPATHY
- APPRECIATING DIVERSITY
- RESPECT FOR OTHERS
### Classroom Considerations

#### Social Awareness

<table>
<thead>
<tr>
<th>Statement</th>
<th>Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>I provide opportunities for students to practice communication skills.</td>
<td></td>
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<tr>
<td>(Understanding others’ perspective, allowing two-way communication.)</td>
<td></td>
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<tr>
<td>I believe in general my students do well if they can.</td>
<td></td>
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<tr>
<td>I work to build an environment that is inclusive of diverse backgrounds</td>
<td></td>
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<tr>
<td>and cultures and includes practices that represent all student voices.</td>
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<tr>
<td>I understand the organizational forces at work, guiding values and</td>
<td></td>
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<tr>
<td>unspoken rules that operate among people</td>
<td></td>
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<tr>
<td>I find it easy to read people's emotions?</td>
<td></td>
</tr>
<tr>
<td>I feel uncomfortable when people get emotional?</td>
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</table>

0- Almost Never  
1- Rarely  
2- Sometimes  
3- Usually  
4- Almost Always
Social and Self Awareness

How to use this information

● To know and grow yourself.
● To identify “triggers” that cause us to be less empathetic with others.
● To better manage self in relation to others.
● To make strategic self changes (not overhauls).
● To model what we ask of students and others.

Helping Students Develop Empathy

from *UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World* by Michele Borba

1. Help kids develop a moral identity
2. Help kids with “do-overs”
3. Encourage empathy through stories
4. Support empathy education in schools
5. Examine your values
6. Be mindful of social media use
7. Help kids find their inner hero
Teaching Students Empathy

Start with the SEL Resources you have

- Identify if your school is currently using or has access to an evidence-based SEL curriculum.
  - Use Empathy lessons from the curriculum as a starting point or to build additional lessons around empathy.

- Research your SEL programs website to see if there is online or distance learning SEL lessons.
  - Identify if there are any of the online lessons are around empathy, equity, diversity, or cultural relevance.

- Access free SEL resources and activities listed in this training.

- Incorporate empathy in lessons, model, and identify when students practice empathy during daily in-person and digital interactions.
Empathy Lesson Plans & Resources
Free SEL Resources

Teaching Tolerance

The Teacher’s Guild

Start Empathy: Diversity and Respect - MPS

Building Safe And Healthy Relationships - Classroom Activities

Article: Prioritizing Empathy and Anti-Racism in Schools

Article: Empathy in the Classroom. Why Should I Care?
Lesson Plans to Teach Empathy
Free SEL Resources

Sanford Harmony

Unit 1
Diversity & Inclusion Overview

This unit is designed to help students learn diversity and inclusion skills:
- Get to know one another.
- Discover and appreciate commonalities.
- Appreciate and learn from diversity.
- Develop an attitude of inclusion.
- Embrace a common classroom identity.
- Feel valued as an individual and as a member of the group.

Unit 2
Empathy & Critical Thinking Overview

This unit is designed to help students learn empathy and critical thinking skills:
- Develop emotional understanding, including recognizing feelings, and identifying their causes and consequences.
- Develop empathy for others.
- Increase flexible thinking and decrease stereotyped thinking.
- Develop incremental (change- and growth-based) thinking.
Professional Development
Free SEL Resources

Sanford Inspire

This free online resource celebrates and develops inspirational educators through free on-demand courses and resources designed to support social emotional learning and inspirational instruction in the PK-12 classroom and at our partner universities.

Module: Teaching Students Empathy

In this module, you will learn what empathy is, why it’s important to foster in the classroom, and what specific actions you can take to develop a more empathic environment.

In this module, you will:
✓ Explore ways to model, establish, and nurture empathy with students.
Teaching Students Empathy
Example SEL Purchased Resources

Example Lesson for Grade 3
Accepting Differences
Weekly Lesson Card
Following Through

https://www.secondstep.org/success-stories/kansas-8-week-sel-intervention-improves-behavior
Teaching Students Empathy

Example SEL Purchased Resources

- Chapter 8 Summary - Empathy
- Video - Developing Empathy
- 2019 Keynote: Empathy – The Highest Cognitive Skill Possible and the One Everyone Needs to Survive
- Shubert Books

- Teaching Empathy and Kindness: 6 Children’s Books to Read in 2020
- Leader in Me and CASEL: Aligned for Impact
Teaching Students Empathy

Example SEL Purchased Resources

Module 3: Building Relationships and Resolving Conflicts -

• Develop skills that build positive relationships
  • Understand and utilize the power of apologizing and forgiving
  • Develop healthy guidelines for dating
  • Understand the importance of helping others and volunteering
• Empathize and show compassion
• Problem-solving and decision making
• Manage social media and resist cyberbullying

Module 3 Lesson Overview
Teaching Students Empathy
Video Resources for Counselors and Teachers
Teaching Students Empathy
Video Resources for Counselors and Teachers
Teaching Students Empathy
Video Resources for Counselors and Teachers
Self-Care

When you are in a better place, your kids experience a better place.”

Take 30 seconds to write down your go-to self-care.
Self-Care Resources

• Full List of SDE SEL Resources

• Self-Care for Teachers and Educational Professionals

• Self-Care for Parents and Caregivers

• Create a Self-Care Plan

• Understanding Compassion Fatigue
Research Registries

- **What Works Clearinghouse** - by the Institute of Education Science
- **SAMHSA** - Substance Abuse and Mental Health Services Administration
- **CASEL** - The Collaborative for Academic, Social, and Emotional Learning

Assessment Tools

**Social Emotional and Behavioral Screening Instruments**
<table>
<thead>
<tr>
<th>Region</th>
<th>Specialist</th>
</tr>
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<tbody>
<tr>
<td>1, 5</td>
<td>Elizabeth Suddath</td>
</tr>
<tr>
<td>2, 3, 9</td>
<td>Blaire Harrison</td>
</tr>
<tr>
<td>4, 9</td>
<td>Heather Graham</td>
</tr>
<tr>
<td>6, 8</td>
<td>Jenna Jones</td>
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<tr>
<td>7, 8</td>
<td>Amanda Sellers</td>
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## School Climate Specialists

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<tr>
<th>Region</th>
<th>Regional School Climate Specialist</th>
<th>Email</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regions 1 &amp; 5</td>
<td>Elizabeth Suddath</td>
<td><a href="mailto:elizabeth.suddath@sde.ok.gov">elizabeth.suddath@sde.ok.gov</a></td>
<td>(405) 521-2106</td>
</tr>
<tr>
<td>Regions 2, 3 &amp; 9</td>
<td>Blaire Harrison</td>
<td><a href="mailto:blaire.harrison@sde.ok.gov">blaire.harrison@sde.ok.gov</a></td>
<td>(405) 317-9625</td>
</tr>
<tr>
<td>Region 4 &amp; 9</td>
<td>Heather Graham</td>
<td><a href="mailto:heather.graham@sde.ok.gov">heather.graham@sde.ok.gov</a></td>
<td>(405) 250-9649</td>
</tr>
<tr>
<td>Region 6 &amp; 8</td>
<td>Jenna Jones</td>
<td><a href="mailto:jenna.jones@sde.ok.gov">jenna.jones@sde.ok.gov</a></td>
<td>(918) 822-4205</td>
</tr>
<tr>
<td>Region 7 &amp; 8</td>
<td>Amanda Sellers</td>
<td><a href="mailto:amanda.sellers@sde.ok.gov">amanda.sellers@sde.ok.gov</a></td>
<td>(405) 317-6836</td>
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