



SEL is Basic to Humanity; SEL is a Universal Catalyst

November 17, 2022

Presented by

Maurice J. Elias, Ph.D.

Director, Rutgers Social-Emotional and
Character Development Lab



Moderated by

John Kelly, PhD Jeremy Glauser
School Psychologist Founder/CEO, eLuma

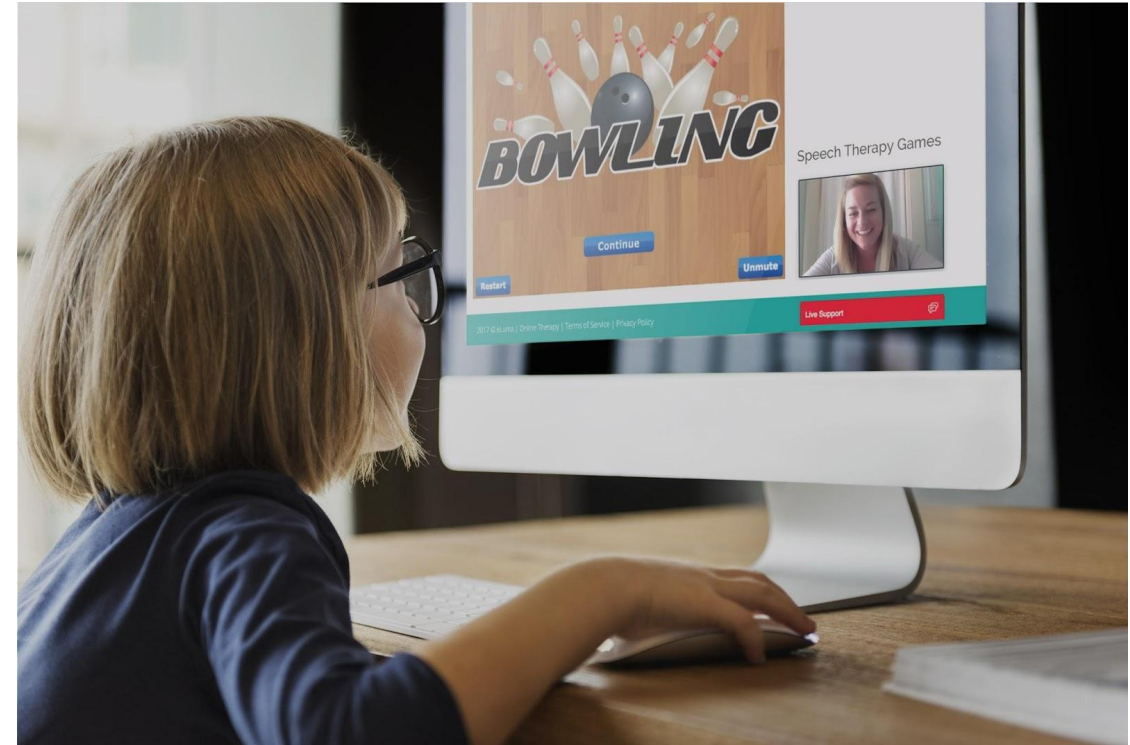
Agenda

Introduction	1:00 pm EST (5 minutes)
Presentation	1:05 pm EST (25 minutes)
Discussion	1:30 pm EST (20 minutes)
Q&A	1:50 pm EST (10 minutes)

Who is eLuma?

eLuma

- ▶ Dedicated to helping students achieve their full potential. We strive to provide a systemic solution in the areas of mental health and special education.
- ▶ Provides live services online with dedicated therapists
- ▶ Founded in **2011**
- ▶ Comprised of **300+ dedicated team members**
- ▶ Over **38,000 students served** in 36 states
- ▶ Twitter **@eLumaTherapy**
- ▶ Facebook **@facebook.com/elumatherapy/**



Want to learn more?

If you would like to learn more about how eLuma can help support your mental health, speech therapy, OT, and school psychology services, we invite you to schedule a demo.

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eLuma Webinars.



This Webinar

A few facts:

- ▶ Part of our Webinar Series, "Office Hours with Dr. John Kelly."
- ▶ Register for upcoming webinars or the entire series at:
<https://eluma.com/webinars/>
- ▶ Recording link, Slide Deck and Certificate of Attendance will be sent after the webinar.

eLuma MTSS & Mental Health Webinar Series
FALL OFFICE HOURS WITH DR. JOHN KELLY

				
John Kelly 8/25	Kelly Vaillancourt 9/14	Shauna Rader Kelly 10/27	Maurice Elias 11/17	Pola Morrison 12/14

 **Aug 25 - Dec 14, 2022**
1:00 PM EST Watch in-person or on-demand

The Presenter: **Maurice J. Elias, Ph.D.**



- ▶ Maurice J. Elias is Professor, Psychology Department, Rutgers University, Director, Rutgers Social-Emotional and Character Development Lab (www.secdlab.org).
- ▶ is the Co-Director of the Academy for SEL in Schools (SELinSchools.org).
- ▶ is a Fellow in APA Divisions 16, 53, 12, 9, and 27 and is a licensed psychologist in NJ.
- ▶ has received numerous awards including the Joseph E. Zins Memorial Senior Scholar Award for Social-Emotional Learning from CASEL, the Sanford McDonnell Award for Lifetime Achievement in Character Education, and the Jane Bostrum Service to School Psychology Award .
- ▶ has co-written and published numerous works on SEL, Character Building, Emotional Intelligence, Resilient Children, Parenting, and Civic Engagement.

Four Big Ideas:

- SECD is as important to education as oxygen is to air.
- We have to prepare students for the tests of life, not just a life of tests.
- Mark Twain: "The two most important days in your life are the day you were born and the day you know why."
- Inspiration must precede remediation.

The Presentation

Maurice J. Elias, Ph.D.

Dept. of Psychology, Rutgers University

**Rutgers Social-Emotional and Character Development Lab
(www.secdlab.org)**

@SECDLab

**Co-Director, The Academy for Social-Emotional Learning in
Schools (SELinSchools.org)**

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SEL is Basic to Humanity; SEL is a Universal Catalyst

- SEL is not a discovery. It is a naming of essential human characteristics that allow us to navigate in a social world.
- SEL is as important to schools and education as oxygen is to the air
- SEL is what helps valued outcomes to happen.



Skills Are Essential, But Not Enough

Stanford University psychologist William Damon (2003, p. 9)
defines noble purpose:

*“stable and generalized intention to accomplish something that is
at once meaningful to the self and of positive consequence to the
world beyond the self”*

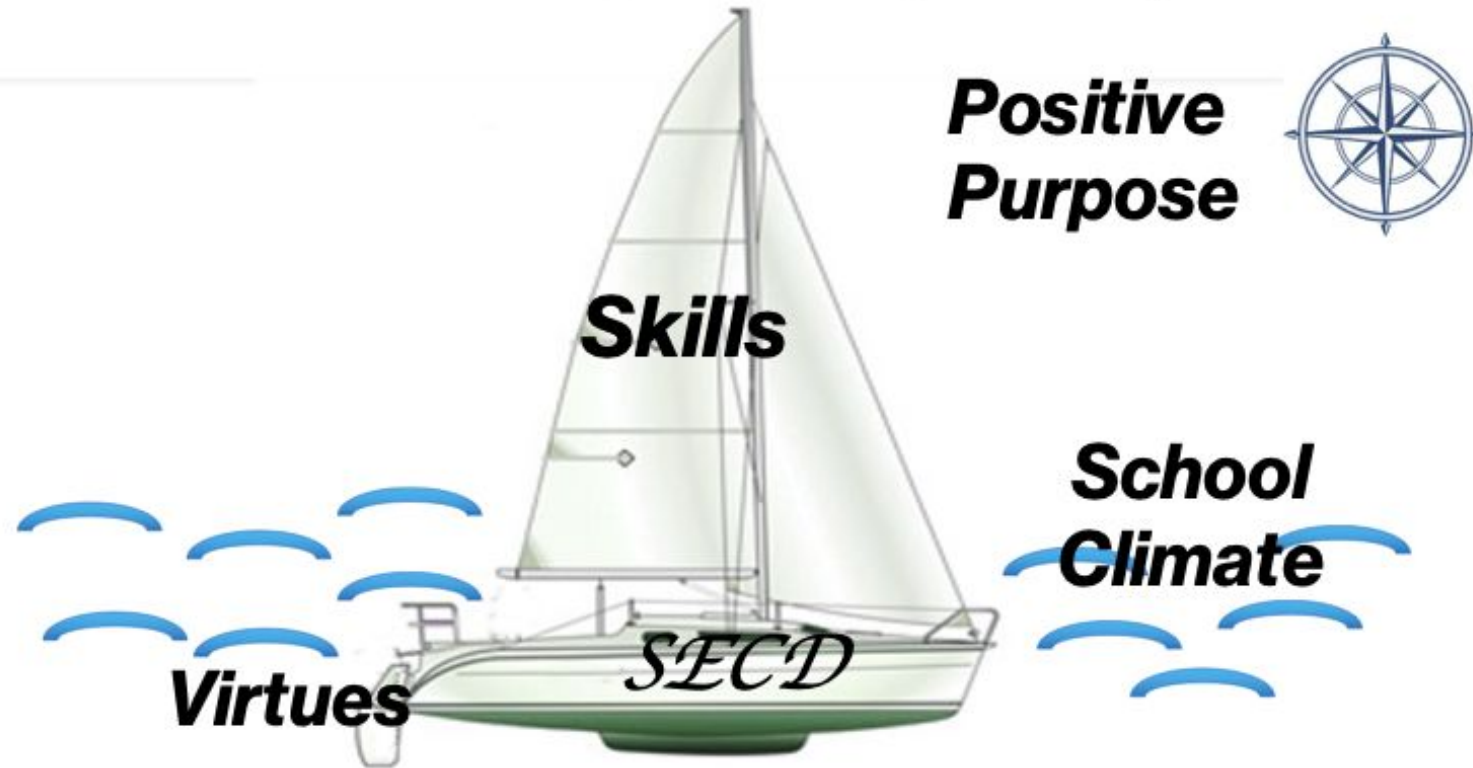
**Can we see ourselves as the igniters of our
students’ purpose, for positive character,
contribution, compassion, and citizenship?**

Inspiration Must Precede Remediation

The two most important days of your life are the day you were born and the day you know why.

Mark Twain

What is Social-Emotional and Character Development (SECD)?



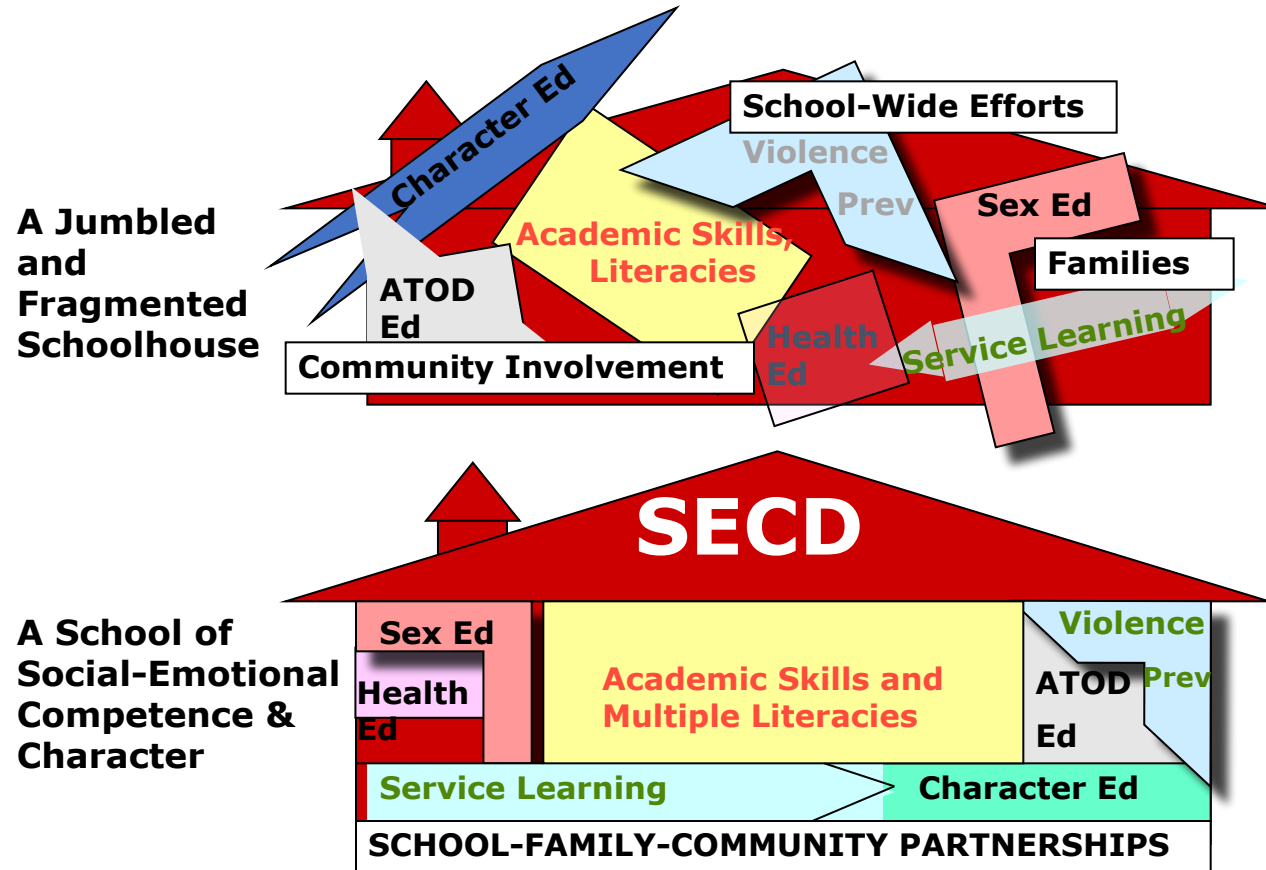
SECD helps us reach our positive purposes

***“We must prepare our children
for the tests of life, not only a
life of tests.”***

From “Prepare Children for the Tests Of Life, Not a Life of Tests” By Maurice J. Elias

Education Week, Sept. 26, 2001, Vol. 21, No. 4, page 40.

Be Cautious About Bringing in SEL "Programs":
When the Schoolhouse is Jumbled,
SEL Must be **Added IN**, not Added On



This is especially true in times of volatility, uncertainty, chaos, and adversity– VUCA.

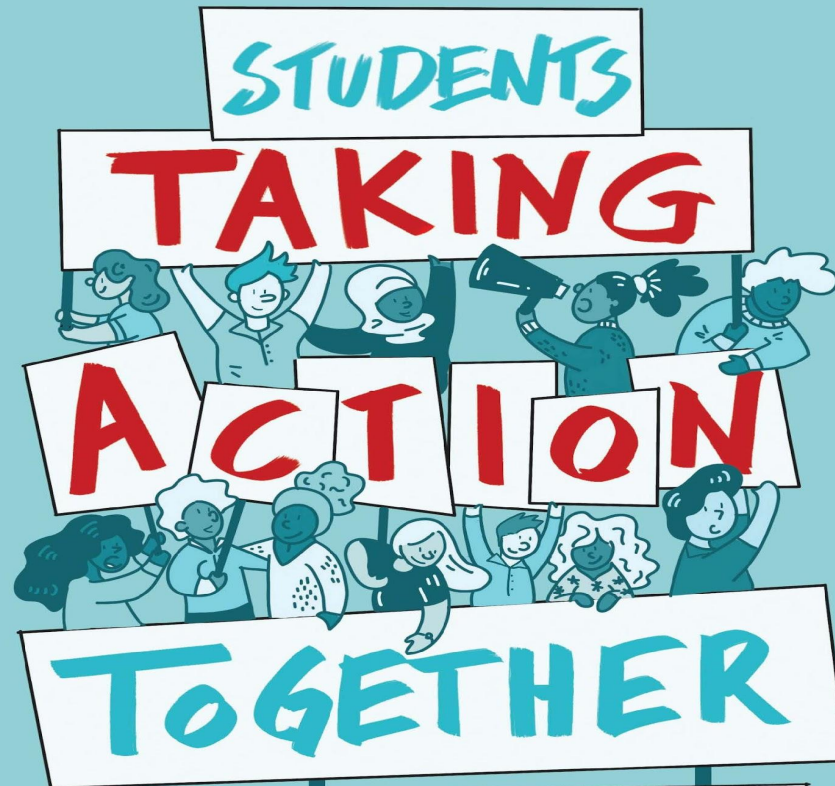
SEL/SECD Activators and Other Mental Health Factors Can and Should be ***Added IN*** to ALL Academic Subject Areas to Improve Learning and Performance

Some examples follow in Social Studies/History/Current Events and Visual and Performing Arts that can be applied to all areas.

Our Children Are Watching, Eager, and Demanding Action to Secure their Future



It's *Our Turn* Now to
Affirm Our Beliefs in
Equity and Civility



5 Teaching Techniques to Cultivate **SEL**,
Civic Engagement, and a **Healthy Democracy**

Lauren M. Fullmer | Laura F. Bond | Crystal N. Molyneaux | Samuel J. Nayman | Maurice J. Elias

Contact Information

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- Leadership Team, SEL4US and SEL4NJ
- Maurice.Elias@rutgers.edu and
www.edutopia.org/profile/maurice-j-elias

Q & A

Upcoming Webinars



“The Hidden Values of Teletherapy”
with Jeremy Glauser, eLuma CEO/Founder

Wednesday, December 7, 2022 at 1 pm EST



“Using Teletherapy to Bolster Student Mental Health”
with Pola Morrison, School Psychologist

Wednesday, December 14, 2022 at 1 pm EST

*Register for this webinar and/or the entire series at:
<https://eluma.com/webinars/>

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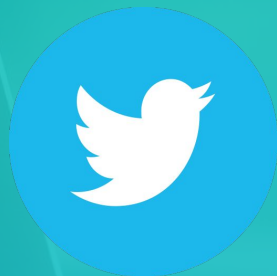
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