



## Gearing Up for SEL Day!

This month, in preparation for International SEL Day, we are checking in with David Adams, Director of Social-Emotional Learning at the Urban Assembly!



An alumni of Rutgers University, David, or “Dave” as most people know him, has always been passionate about SEL. As an undergraduate, Dave was a research assistant in the Social-Emotional and Character Development (SECD) lab at Rutgers, working with Dr. Maurice Elias. After graduating with a Bachelors in Psychology, he interned at the Health, Emotion and Behavior Lab at Yale University, before joining the Urban Assembly. Dave, along with Nova Biro of SEL4MA, developed the idea of introducing an annual International SEL Day. This day is dedicated to uniting all people working everyday in this field and celebrating the accomplishments and ideas of SEL in communities across the globe. The vision of SEL day is to raise awareness amongst people, on the virtues of SEL and the positive impact it is creating across the world.

With this historic moment coming up, some of Dave’s favorite SEL Day celebrations, so far, include: high school students using their smartphones to share how SEL has impacted their lives, NJ school districts focusing on CASEL competencies, and elementary school students focusing on perspective taking and art.

More importantly, Dave has some suggestions for ways people can celebrate and document SEL Day events! Some ideas include: helping youth create videos where they talk about SEL skills and how SEL skills help them, displaying books exemplifying SEL skills, and having officials, such as superintendents or mayors, show their support (e.g. through letters of proclamation).

We hope you find Dave’s examples and recommendations useful and motivating; we sure do!

Sign-up for International SEL Day [here!](#) And don’t forget to document your celebrations! Check out these [toolkits](#) to help you showcase, promote, advocate for and support SEL in your local school, organization and community.



## Upcoming Events

[SEL 101 and 102 - Live Instruction Workshop](#)

Morton, PA, March 24-25, 2020

[CPSEL SEL Conference 2020](#)

Baltimore, MD, May 18-20, 2020

[2020 Music City SEL Conference](#)

Nashville, TN, June 24-26, 2020

[CASEL SEL Exchange 2020](#)

Chicago, IL, October 14-16, 2020

## Coming soon... Spotlight Schools!

Once a month we will feature a school doing exemplary work in the promotion of SEL skills, character development, and positive school climate. Be on the lookout and consider nominating your school to be featured as a Spotlight School in our newsletter!

**Don't forget to follow us on social media!**

