



## Academy Spotlight on Dr. Karen Beirman

By: Pranita Sannidhi, Rutgers University Undergraduate Student

*Today, we are featuring Dr. Karen Bierman. Dr. Bierman is a Professor of Psychology and Human Development and Family Studies at PennState University. Her current research focuses on the development of programs that involve preschool-based and family-focused interventions in order to reduce aggression and enhance school success (Head Start REDI). She also focuses on small-group social skill training benefitting peer-rejected students (Friendship Group). Both projects incorporate aspects of SEL, "Tier 2 learning (social-skills, self-management, academic support)", and character development.*

*Beirman emphasizes how not many studies in the field of SEL examine the role of parental support on student success, which demonstrates the importance of her research. While this lack of background information initially presented difficulties for the Head Start REDI program, Bierman and her team were able to overcome this setback, spending extra time to pilot the program and account for different variables.*

*Results from the preschool program demonstrate a high retention rate of social skills and higher school success, as well as the Friendship Group intervention. This represents the significance of SEL for school success, while also providing more information about parental involvement on developing SEL skills in students.*

*When asked about potential future research, Bierman says, "We still have a lot of work to do to get [the REDI program] really adopted at a schoolwide level, but Tier 2, looks like it's another area for the future...to strengthen evidence-based SEL programs." She looks forward to seeing how new interventions and evidence-based research support further social-skills and SEL/SECD practices worldwide.*

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## Learning Resource HUB



### Supporting Students' SEL: A Resource Hub for Educators

Are you looking for an SEL activity you can use for tomorrow's lesson? Are you thinking about implementing a mentorship program for English learners or freshman students? Are you trying to build support for SEL among your colleagues? You can find resources to answer questions like these—and more in this SEL Resource Hub!

[Access the resources here »](#)



### A Meaningful Exercise in Self-Awareness

Letters written to their future selves can strengthen students' writing skills and encourage them to be more introspective. Aimee Leukert breaks down the components to this assignment in her article and argues that it's a worthwhile endeavor with meaningful end results.

[Learn more about the assignment here »](#)

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## Upcoming Webinars & Events

### How to Instruct Students in ANY SEL/Character Program Effectively

**Presenter:** Erin Bruno

**Date:** April 18, 2023

**Time:** 4:30pm - 5:30pm EST

**Location:** Zoom

The last rebroadcast of our widely popular *SEL Academy Free Webinar Series: Best Practical Practices in Your SEL/Character Work!* During this webinar we will explore best practices for developing SECD skills in your students. We will also look at SEL signature practices that can support the SECD skills and help to create a safe, positive learning environment. This rebroadcast will have time for a Q&A.

[Register for the webinar here »](#)

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### Helping Students Succeed Through Social Emotional Learning: A Sexton Seminar

**Presenter:** Ed Dunkelblau, Ph.D.

**Date:** Tuesday, April 25, 2023

**Time:** 9:00am-1:00pm (Doors open at 8:00am)

**Location: Des Plaines Theatre, 1476 Miner St., Des Plaines, IL 60016**

Social and emotional skills increase success in school, work and home. During the live seminar, Dr. Dunkelblau will share:

- An introduction to SEL
- The value of integrating SEL in academics, discipline and personal interactions
- SEL's positive impact on school culture
- Nuts and bolts suggestions for teaching SEL in the classroom and schoolwide
- How SEL can be beneficial throughout life

CEUs will be provided!

**To Register: Call Gloria at 847-294-5402 or email her at [jacksong@maryvilleacademy.org](mailto:jacksong@maryvilleacademy.org)**



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