

Oregon's Transformative Social and Emotional Learning Framework and Standards and R U L E R

Oregon's SEL Framework Components

RULER for High Schools has many points of intersection, from its development and design to classroom implementation models, that align with Oregon's SEL Framework Components of guiding principles, conditions for learning and thriving, transformative SEL for adults and students. RULER is evidence-based and flexible so it can be adapted in relevant and responsive ways in a school's given context. RULER's school-wide approach attends to adult and student SEL and is aligned with CASEL's approach to transformative SEL. Additionally, RULER offers coaching for schools as they navigate implementing RULER in the best ways for their particular school community.

Oregon's Transformative Social and Emotional Learning Standards

Here, we briefly describe elements of high school RULER that address Oregon's Transformative Social and Emotional Learning Standards.

<p>Standard 1: Identify and reflect upon one's thoughts, emotions, behaviors, intersectional identity, and capabilities across situations and environments.</p>	<p>RULER supports the development of the skills of emotional intelligence (recognizing, understanding, labeling, expressing, and regulating). In addition to the Mood Meter, one of the RULER tools designed to support the development of emotional intelligence skills, the high school curriculum includes lessons on topics like stress management, self-reflection, identity, and purpose.</p>
<p>Standard 2: Use management strategies to build personal and collective agency that lead to achieving goals and aspirations.</p>	<p>The high school curriculum includes units on visioning and goal setting through lens of self-discovery and emotional intelligence. Lessons place an emphasis on strategies as context-dependent and individual-specific, inviting students to explore the goals and strategies that are most personally meaningful and beneficial to them.</p>
<p>Standard 3: Develop social awareness that fosters a sense of belonging and leads to co-constructing equitable, thriving communities and a vibrant society.</p>	<p>The lessons are designed to capitalize on adolescents' drive for social connection and include topics like empathy, perspective-taking, relationship skills, and group functioning. Students explore these topics through individual self-reflection and peer interaction.</p>
<p>Standard 4: Establish and maintain healthy, supportive relationships and effectively navigate diverse settings in order to collaboratively solve problems.</p>	<p>The curriculum includes lessons and units with a focus on healthy communication, group dynamics, accessing resources and seeking support, and conflict resolution through empathy and perspective-taking.</p>
<p>Standard 5: Demonstrate curiosity and analysis of oneself and society in order to make caring choices that impact personal, social, and collective well-being across situations and environments.</p>	<p>RULER's systemic, school-wide approach is aligned to whole school community-building and the Charter tool in particular supports the co-creation of a positive school climate that supports everyone.</p>