

INTERSECTION OF SEL/MINDFULNESS/ TEACHER TALK/INDIVIDUAL & COLLECTIVIST CULTURAL APPROACHES

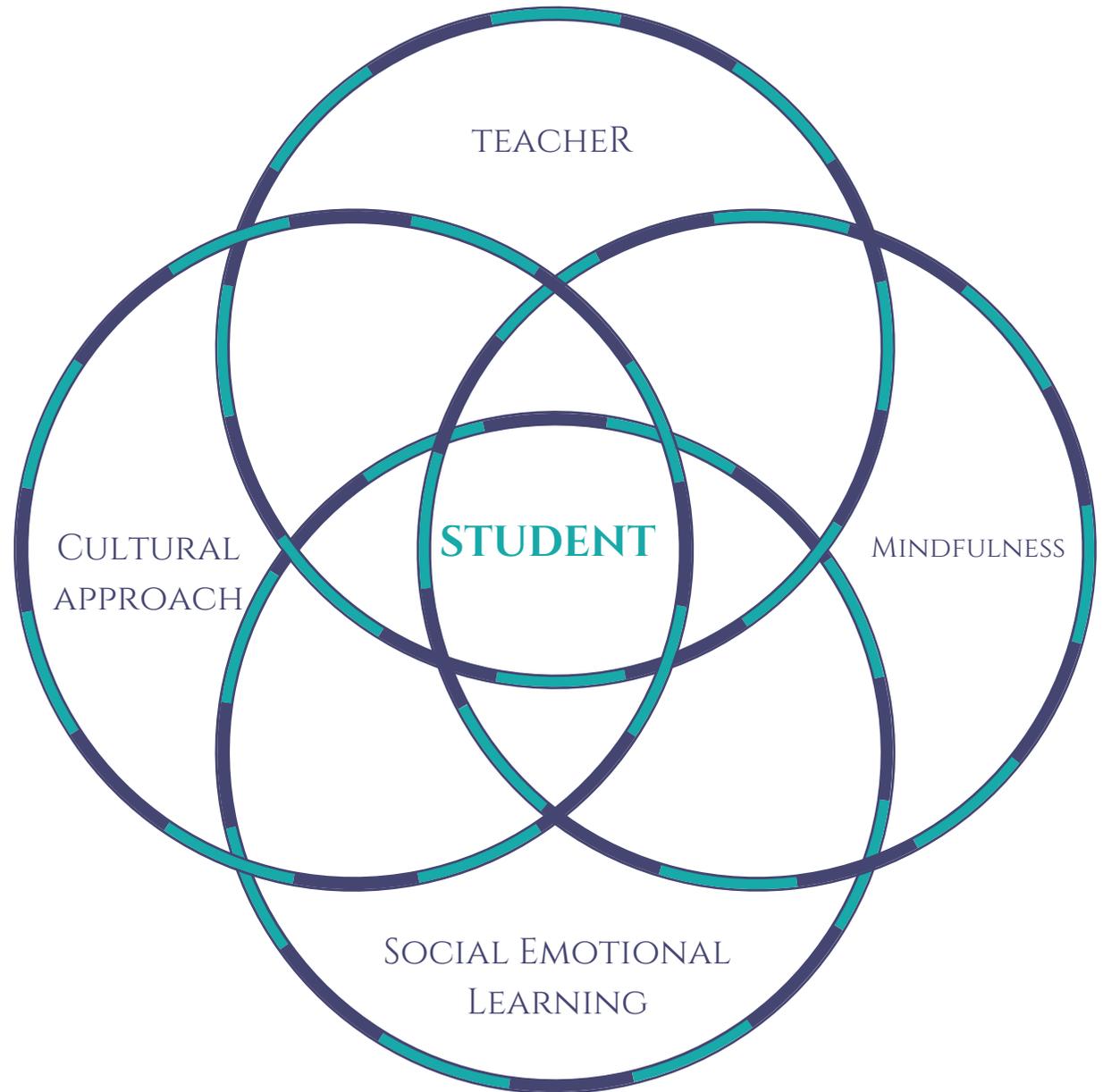
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Cultural approaches are at the
forefront of everything we
experience both extrinsically and
intrinsically.

How and what our teachers say is
deeply connected to this
understanding of self.
SEL and/or Mindfulness curricula
when integrated here create a
completely different experience for
the student.

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ANNOTATED BIBLIOGRAPHY
RADHIKA HIRA
5080 COLLABORATIVE COMMUNICATION
IN CULTURAL CONTEXTS



Questions

SEL

- How do practices like SEL work in cultures like ours which are so individualistic in nature?

MINDFULNESS

- Is Mindfulness the same or part of SEL curriculums?

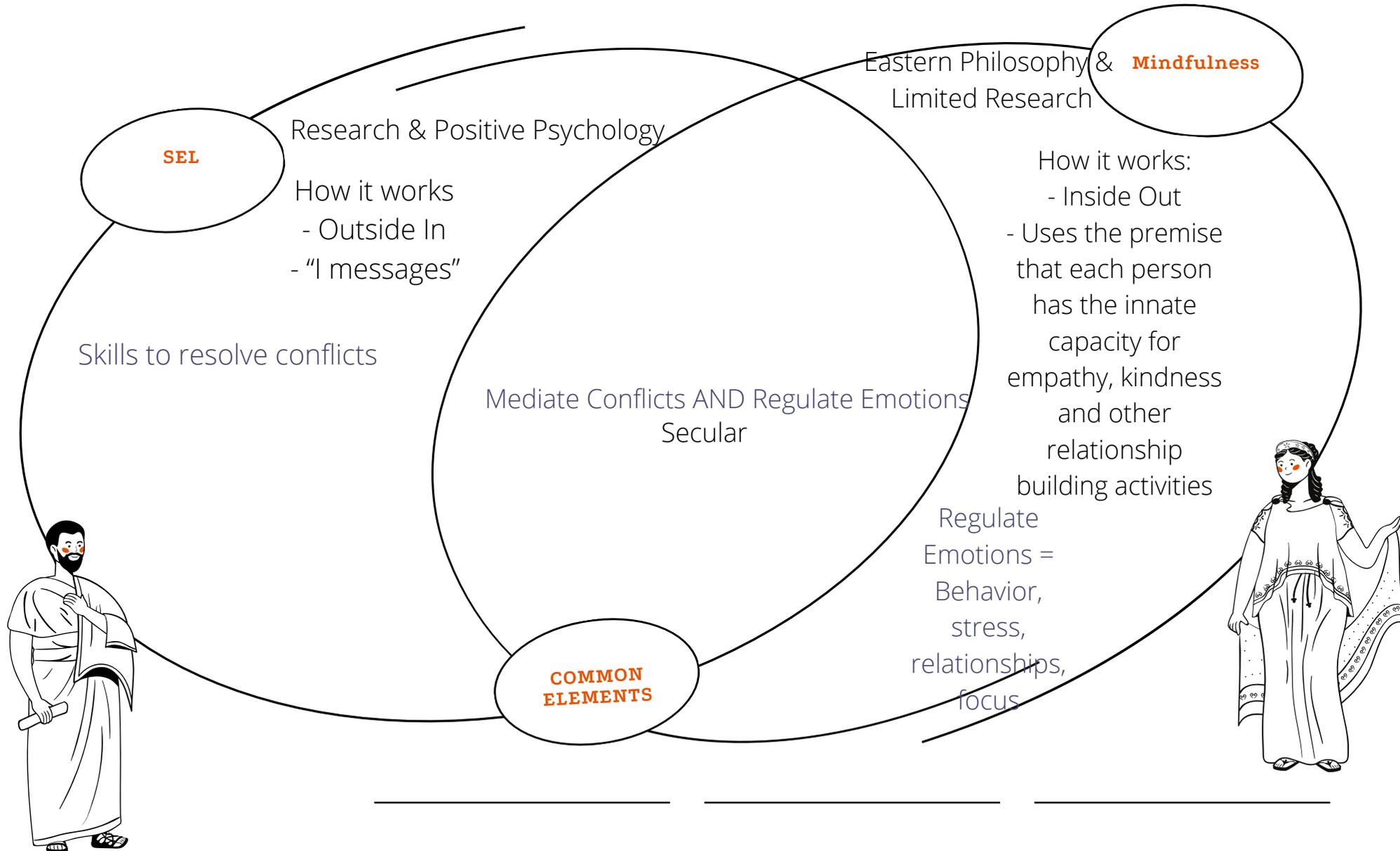
CULTURAL INFLUENCE

- If students come from collectivist cultures at home or in their community. How do they balance that with the individualist cultures in school?

TEACHER TALK

- What influence does the teacher have in this equation?

SEL and Mindfulness



The Essential Question

**Is SEL an effective tool in schools
given that we have a massive
intersection of individual and
collectivist cultural approaches of
teachers, students and community?
Where does Mindfulness fit into this
picture?**

1. Durlak, J. A., Weissberg, R. P., Dymnicki, A. B., Taylor, R. D. & Schellinger, K. B. (2011). **The impact of enhancing students' social and emotional learning: A meta-analysis of school-based universal interventions.** *Child Development*, 82(1): 405–432.

Current findings document that SEL programs yield significant positive effects on targeted social-emotional competencies and attitudes about self, others, and school. They also enhanced students' behavioral adjustment in the form of increased prosocial behaviors and reduced conduct and internalizing problems, and improved **academic performance** on achievement tests and grades." -Durlak et al. 2011, p. 417

2. Rowe, H.L., Trickett, E.J. Student Diversity Representation and Reporting in Universal School-Based Social and Emotional Learning Programs: Implications for Generalizability. *Educ Psychol Rev* 30, 559–583 (2018). [https://doi.org/10.1007/s10648-017-9425-](https://doi.org/10.1007/s10648-017-9425-3)

3

“It is important for conceptual, ethical, and empirical reasons to understand **how diverse groups are affected by efforts to improve their lives**...Our analysis was not designed to question the SEL meta-analysis methodology or conclusions. Rather, our goal was somewhat different: namely, to see what kinds of conclusions about generalizability with respect to diversity could be gleaned from examining a large subset of the original papers found in the meta-analysis. Our analysis suggests **considerable caution about generalizing the overall positive findings of the meta-analysis to diverse groups of program** participants.” – Rowe et al. 2018, p. 572

3. Sullivan, T. N., Helms, S. W., Bettencourt, A. F., Sutherland, K., Lotze, G. M., Mays, S., Wright, S., & Farrell, A. D. (2012). A qualitative study of individual and peer factors related to effective nonviolent versus aggressive responses to **problem** situations among adolescents with high incidence disabilities.

Behavioral Disorders, 37(3), 163+.

[https://link.gale.com/apps/doc/A323038322/AONE?
u=new30429&sid=AONE&xid=b342f868](https://link.gale.com/apps/doc/A323038322/AONE?u=new30429&sid=AONE&xid=b342f868)

Participants in the current study described the importance of, as well as the challenges associated with, seeking **adult support**.

4. Farrell, A., Mehari, K., Kramer-Kuhn, A., Mays, S., & Sullivan, T. (2015, March 21). A qualitative analysis of factors influencing middle school students' **use of skills taught** by a **violence prevention curriculum**.

Retrieved December 08, 2020, from

<https://www.sciencedirect.com/science/article/pii/S0022440515000138>

Participants indicated that although they were **sometimes able to identify an appropriate response to a problem situation**, they were sometimes **unable to employ it because of strong emotions such as anger and fear**, or because they simply did not think of using it. Emotion regulation is a key skill targeted by SEL interventions."

5. Kemeny, M. E., Foltz, C., Cavanagh, J. F., Cullen, M., Giese-Davis, J., Jennings, P., Rosenberg, E. L., Gillath, O., Shaver, P. R., Wallace, B. A., & Ekman, P. (2011, December 12). Contemplative/Emotion Training Reduces Negative Emotional Behavior and Promotes Prosocial Responses. *Emotion*. Advance online publication. doi: 10.1037/a0026118

Study of 82 school teachers

Self reported **depression, anxiety decreased** significantly.

Rumination decreased in both self reporting and stressor responses.

Empathy, compassion and hostility all saw positive affects.

6. Shiners-Reichl, K. A., & Stewart Lawlor, M. (2010). (PDF) The Effects of a Mindfulness-Based Education Program ... Retrieved December 8, 2020, from https://www.researchgate.net/publication/225878804_The_Effects_of_a_Mindfulness-Based_Education_Program_on_Pre-_and_Early_Adolescents'_Well-Being_and_Social_and_Emotional_Competence

Significant increases in **optimism** and on dimensions of **teacher rated** classroom social competent behaviors.
Self-concept showed positive benefit

Waldemar, J. C., Rigatti, R., & Menzes, C. (2016). Impact of a Combined Mindfulness and Social-Emotional ... Retrieved December 8, 2020, from https://www.researchgate.net/profile/Elizeth_Heldt/publication/299999569_Impact_of_a_combined_mindfulness_and_social-emotional_learning_program_on_fifth_graders_in_a_Brazilian_public_school_setting/links/570b9e0708ae2eb94223a4e6/Impact-of-a-combined-mindfulness-and-social-emotional-learning-program-on-fifth-graders-in-a-Brazilian-public-school-setting.pdf

The study suggests that the synergy of the two **accelerates** the benefits that might be expected with a standard SEL program.

The Essential Understanding

SEL and mindfulness, are two separate areas—they work in tandem when taught and learned together to achieve a common goal- Mediating conflicts and emotional regulation. Thus, choosing one over the other, when we have such diverse cultural approaches, may not actually be the best choice.