



THE CORE PROJECT

# Intentional SEL™ Video-Based Educator Training for Core Lessons™

Convenient, on-demand, video-based training for educators to build social and emotional competencies and learn best practices for facilitating the Core Lessons™ Curriculum

## COURSE DESCRIPTION

This course affirms what teachers are already doing, builds social and emotional competencies, and trains on best practices for facilitating the Core Lessons™ curriculum.

- **8 sections**
- **10 videos (120 Minutes total)**
- **Completion time: 2-3 hours**

## Tips for Success

- If you are part of a team of educators, we recommend viewing Section 1 and Section 5 together.
- Download and print the Curriculum Guide and Discussion Prompts to take notes.
- Participate in group discussion prompts and individual reflections.

## Key Features

- Manageable videos to view over a few days or at your own pace
- Flexible for individual viewing or a group training with prompts for discussion
- Beginning to advanced classroom facilitation techniques

## COURSE PREVIEW

### Section 1



#### The Intro with Greg Sommers

A welcome from The Core Project founder, Greg Sommers. There is no one we respect more than educators. The Core Project is all about digging deep and growing *from the inside out*.

*We recommend watching this video with your team.*

Lesson Duration: **4 Minutes**

#### The Heart of SEL

Social and Emotional Learning (SEL) is not new. But with all the information out there, we know it can feel overwhelming. In this video, you will be introduced to two kinds of SEL, informal and formal. As you get started with Core Lessons, our goal is to build on the amazing, natural, and intentional things you do every day that informally supports students.

*We recommend watching this video with your team.*

Lesson Duration: **11 Minutes**

#### SEL Must Be Modeled

What is Social and Emotional Learning? Is it wrapped up in curriculum or a formal framework? We think not. You will discover that SEL is much more than a program or new initiative. SEL comes alive when it is adopted by adults and modeled through actions.

*We recommend watching this video with your team.*

Lesson Duration: **15 Minutes**



[thecorepro.com](http://thecorepro.com)



208.755.8781



[greg@thecorepro.com](mailto:greg@thecorepro.com)

## Section 2

### Self-Awareness

#### Self-Awareness

This world would be a better place if we were all more self-aware. Self-awareness is the beginning of modeling, which is often most revealed when our comfort zones are stretched. We will discuss the Comfort Zone, examine it more closely, and discuss the difference between being self-aware and self-conscious.

Lesson Duration: **11 Minutes**

## Section 3

### Self-Management

#### Self-Management

Recognizing ourselves is the beginning of self-awareness, and self-awareness is the beginning of self-management. Learn more about the nature of behavior through an axiom of Choice Theory by William Glasser who stated, "All behavior is Total Behavior."

Lesson Duration: **15 Minutes**

## Section 4

### Creating the Climate

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Teaching is challenging and one of the biggest jobs out there. Sometimes it's frightening to think about how much responsibility it requires. However, within that responsibility lies an incredible opportunity. Learn what it means to create a climate that supports an environment where students can come as they are, get what they need, and become prepared for whatever is next.

Lesson Duration: **13 Minutes**

## Section 5

### SEL Must Be Discovered Middle School

#### Facilitating Core Lessons MS

Social and emotional learning does not translate well cognitively. We believe that SEL must be discovered. Core Lessons guide students through an experience where lessons are exposed and embraced. Learn the format of Core Lessons and how to use them to engage students to take ownership of their growth.

Lesson Duration: **16 Minutes**

### SEL Must Be Discovered High School

#### Facilitating Core Lessons HS

Each lesson is designed to build curiosity and help students anticipate what is ahead. We will introduce the four sections of the high school lessons... First Thoughts, Experience, Equip, and Practice, and share how to use the suggested Group Discussion Techniques to engage learning and inspire students to personally adopt and practice each skill.

Lesson Duration: **15 Minutes**

## Section 6

### Common Pitfalls

#### Common Pitfalls

Facilitation can be tricky. If care isn't taken, lessons can go sideways in a hurry. Learn about the common, preventable facilitation mishaps that often get in the way of being successful. Countdown with us as we cover the top seven pitfalls we've seen. Learn more about why these are pitfalls and what we suggest as a substitute. Follow along in the "Curriculum Guide" on page 8 or the "Common Pitfalls Notes" below.

Lesson Duration: **12 Minutes**





## Section 7

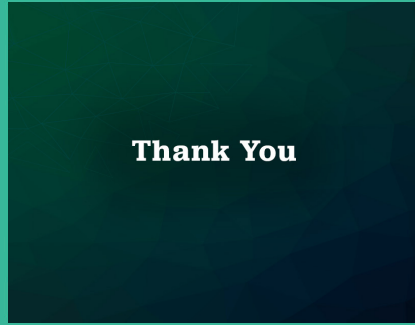


### Making it Matter

Some teachers are passionate about students having grit while others work hard to develop empathy. Even still, some teachers want students to be able to practice self-care or focus on their well-being. We believe each lesson can lead to rich and meaningful discussion, but it is not realistic to think everyone will get the same result every week. In this lesson, reflect on the three questions that fuel motivation and increase passion, no matter the topic.

Lesson Duration: **5 Minutes**

## Section 8



### Thank You with Greg Sommers

We know that every day you bring hard work, passion, and enthusiasm for educating young people. Our goal is to support you in that effort. We are committed to your success and cannot thank you enough for investing in students through Core Lessons.

We look forward to continuing to support you and the staff while you implement Core Lessons. Contact us for support.

Lesson Duration: **2 Minutes**

