

Social-Emotional Learning Journal

Definition:

An ongoing reflection and documentation tool used to process the skills, concepts, and attitudes introduced in the SEL lessons

Function:

To provide students with a medium to reflect on the material and document their experiences

To provide students with their own personalized toolbox of SEL strategies they can refer to once they complete SIPP

To provide instructors and Principal Investigators with permanent products (e.g. data) of social-emotional learning

Format:

Some reflection prompts will require a specific format, but if not specific:

- Bullet journaling
- Sentences
- Stream of consciousness writing
- Doodles/drawing
- Other → student can create their own format

Need to decide if this will be a physical book or typed on a computer



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