

Welcome Back High School Students

*Class of
2021*

*Class of
2022*

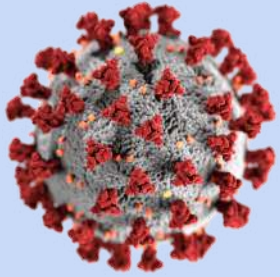
*Class of
2023*

*Class of
2024*



**We are all in this
together!**

We know you might be nervous about starting school..



WORRIED



We've got your back!



MARVEL
THE AVENGERS

The 5 Competencies Social Emotional Learning

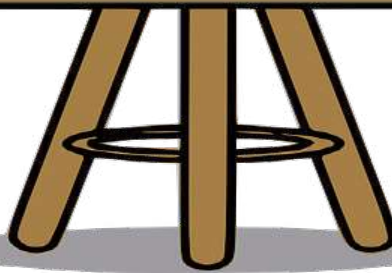
Self-Awareness

Self Management

Social Awareness

Relationship Skills

Responsible Decision-Making



lessonsforsel.com

WHAT'S SOCIAL EMOTIONAL LEARNING



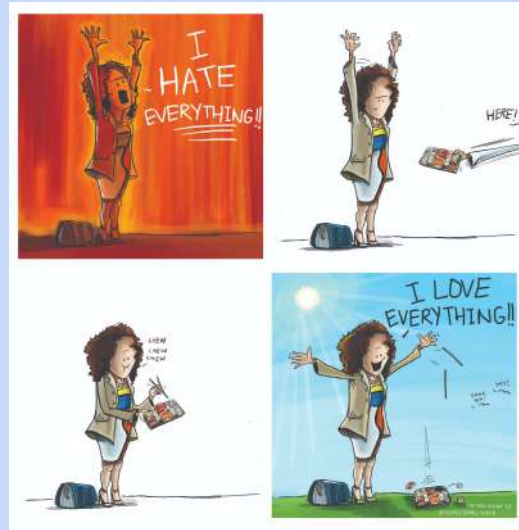
Self Awareness

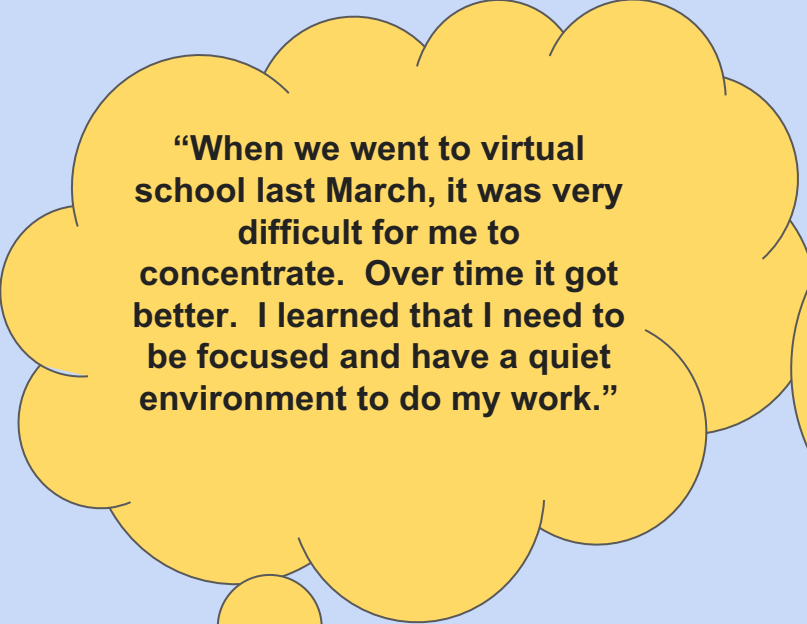


SELF AWARENESS

Understanding one's emotions, thoughts, and values, and how this influences your behavior.

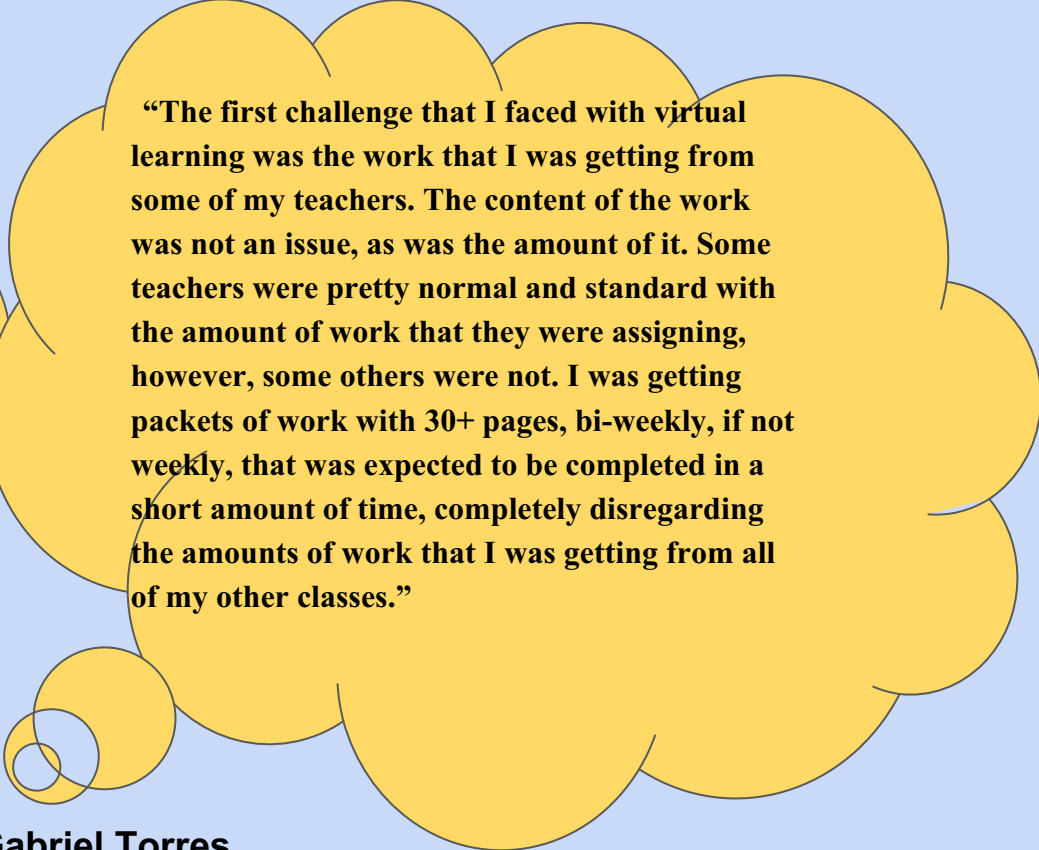
It also includes evaluating our strengths and limitations.





“When we went to virtual school last March, it was very difficult for me to concentrate. Over time it got better. I learned that I need to be focused and have a quiet environment to do my work.”

**Naomi Estrada
Class of 2021**



“The first challenge that I faced with virtual learning was the work that I was getting from some of my teachers. The content of the work was not an issue, as was the amount of it. Some teachers were pretty normal and standard with the amount of work that they were assigning, however, some others were not. I was getting packets of work with 30+ pages, bi-weekly, if not weekly, that was expected to be completed in a short amount of time, completely disregarding the amounts of work that I was getting from all of my other classes.”

**Gabriel Torres
Class of 2021**



PRACTICING MINDFULNESS



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Did you find this 3 minute meditation useful?

 Start presenting to display the poll results on this slide.



SELF

MANAGEMENT



“At first, I was excited to take online classes because I needed that time at home to catch up on my assignments, but I really prefer to be physically in class. I don't like having to listen to someone talk all day on the computer. Nevertheless, I would say that the best thing about online classes is the ease of choosing what time and for how long to study, creating flexible and appropriate study schedules.”

Lorennys Garcia
Class of 2022

I got a lot of notifications from google classroom and gmail but I knew how to handle them. I downloaded both apps on my phone since I am always on it. I was notified any changes or new activities that the teachers assigned. Also, I created an agenda so I could keep up with all my classes.


Tip: You can use google calendar to create a schedule for yourself. Add your calendar for your classes, work, and homework.

Click on the youtube image for a link on how to use Google calendar



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Are you interested in using google calendar?

 Start presenting to display the poll results on this slide.



Self management is the ability to successfully regulate one's emotions, thoughts, and behaviors in different situations



The only person you have
control over is

YOURSELF.

You can change how you see

A SITUATION

OR REMOVE YOURSELF FROM IT,

but you cannot change

THE OTHER PERSON

© Jespack

-Oprah



Social Awareness

“Put
yourself in
someone
else’s
shoes”



2020 TEACHER ESSENTIALS

[View More on Instagram](#)



12,598 likes

[aperfectblendteaching](#)

- I'm nervous
- I'm anxious
- I'm worried
- I'm frustrated
- I'm concerned
- I'm excited (to see my students)
- I'm stressed
- I'm curious
- I'm scared
- I'm unsure
- I'm an educator preparing for the 2020-2021 school year.

When you're the only one that has audio and video enabled on Zoom



**We are choosing
Physical Distancing
over
Social Distancing**

**It's now more
important than
ever to stay
connected!**



When I didn't understand an assignment I mostly asked my friends for help or I would ask the teacher. Sometimes the teachers took too long to respond so asking other students for was the most helpful.

Reyismel Valerio
Class of 2022

Relationship Skills

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- **Communication**
- **Social engagement**
- **Relationship-building**
- **Teamwork**

RELATIONSHIP SKILLS

THE ABILITY TO CREATE & KEEP
HEALTHY RELATIONSHIPS

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EVERY GROUP PROJECT



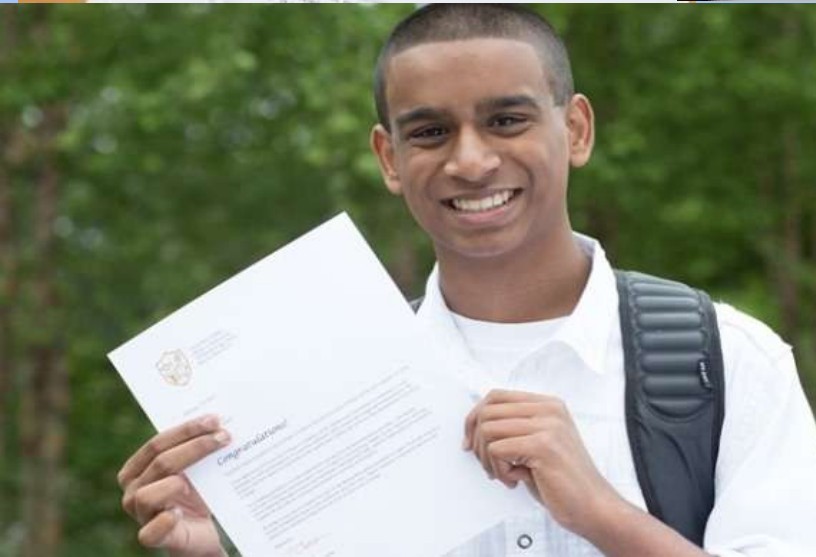
IN SCHOOL YOU HAVE EVER DONE

It takes hard work to function effectively in a group.

While many of you don't love group work, it prepares you for your future career.

Have open communication with your group members. Use group work as a chance to practice your relational skills.

** click on the image for a link to group work tips



Healthy vs. Unhealthy Relationships

33%



of adolescents in the U.S. are victims of physical, sexual, emotional or verbal abuse from a dating partner

10%




of high school students have been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend

1.5



million high school students nationwide experience physical abuse from a dating partner

Click here!

A wooden easel with a blackboard and a wooden chair. The blackboard is mounted on the easel and contains text. The chair is positioned in front of the easel.

At school, it is important to build healthy relationships with your peers and adults. These are the people you can talk to when you are upset or need help.

Responsible decision-making means gathering information to make decisions.



“The most difficult challenge I faced when switching to remote learning was the schedule. Naturally, I began to wake up later in the day because I knew that I didn’t have to go anywhere and my work could be completed in the afternoon. The remote learning came as a surprise and it took me a little while to adjust my sleep schedule.”

Click on the meme below for suggestions on how to adjust your sleep



**Kayla Parkinson
Class of 2021**

Responsible Decision Making

At times, your peers may influence your decisions. You may want to make a decision in order to impress your friends or to avoid embarrassment.

Bottom line. Think first, weigh your options, and then decide. Remember, your decisions should not have a negative impact on others or yourself.

The Model

Step 1



Identify
Decision



Step 2



Brainstorm
Options



Step 3



Identify
Possible Outcomes



Step 4



Make
Decision



Step 5



Reflect
On Decision

Before making a decision consider how your choice will affect you, your family and friends, your school, and your community

You should feel good about the decisions you make and typically expect a positive outcome.

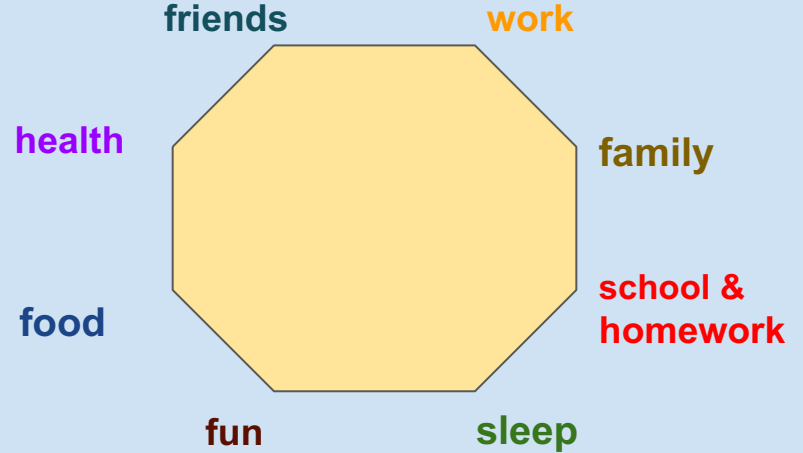
You have to make many decisions in your day.

Try to consider your options and think about the outcomes before you act.

The most difficult issue I faced with virtual school was trying to get everything done on time. There was so much work to do and it had to be done at a specific time, but I also had a job! It was hard



lamdra Tapia
Class of 2021





All these areas are important

- Social Life
- Academics
- Hobbies
- Work
- Taking care of yourself

You have to make decisions regarding what's best for you in the long run!

At different times, one area must take priority. At 8:30 am, it's best for you in the long run to prioritize school work over sleep.



WHO ARE YOUR SCHOOL-BASED HELPERS?

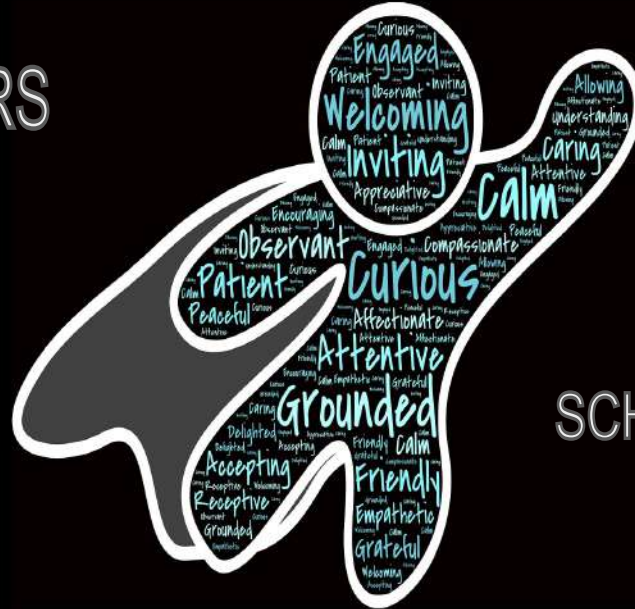
SCHOOL COUNSELORS

PRINCIPAL

VICE-PRINCIPAL

SUPERVISORS

EDUCATORS THAT YOU TRUST



TEACHERS

SCHOOL NURSE

SCHOOL SOCIAL WORKERS

SCHOOL PSYCHOLOGIST

HOW TO REACH YOUR SCHOOL COUNSELOR



[Talk To My Counselor](#)



[School Counselor Directory](#)



HOW TO REACH OTHER SCHOOL-BASED HELPERS



Visit the Paterson Public School Website

<http://www.paterson.k12.nj.us>



Paterson Email address and ppsstaff.org email address




Office Tel. Numbers and/or Work Mobile



Google Classroom

slido

Do you have a school based helper you feel comfortable talking to about school and personal issues?

 Start presenting to display the poll results on this slide.

Whether you are here.....



Or if you are here.....



We are here for you.. anywhere!



**KEEPING THE
PROMISE**

References

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