

## MEd – Curriculum & Instruction

### Area of Emphasis: Social and Emotional Learning

Social and emotional learning (SEL) is the process through which people of all ages recognize and manage emotions, set and accomplish positive goals, feel and demonstrate empathy for others, build and maintain positive relationships, and make responsible decisions. Five courses build the teachers' capacity to teach SEL curriculum, cultivate their own social and emotional skills, and develop an understanding of how these skills apply to modeling SEL skills for students during classroom interactions and managing the stresses associated with teaching. The courses address how SEL is applied to supporting students exposed to chronic and acute stress, addressing diversity, equity and inclusion, English language learners, exceptional learners, and how mindful awareness and compassion practices support SEL for students and teachers.

All Curriculum & Instruction MEd students are required to take five classes in the Curriculum & Instruction (C&I) core (15 hours) and five classes in an area of emphasis. The C&I core classes consists of four pillars—instruction, curriculum, assessment, and diversity. Students must successfully pass a comprehensive exam which is embedded in a culminating C&I course (EDIS 6880).

## Course Descriptions

### **EDIS 5012 Mindfulness for Teachers**

Teaching is one of the most rewarding professions, but it can also be one of the most stressful. Mindfulness for Teachers will introduce students to a series of evidence-based practical skills that will help them cultivate the inner resources needed to support their students' social, emotional, and academic growth.

### **EDIS 5013 Teaching Social and Emotional Learning**

This course introduces the knowledge and skills to teach or supervise others to teach social and emotional learning (SEL) formally and informally including mindful awareness practices to students in preK-12 school settings. Reviewing the latest research, students will learn effective strategies for teaching SEL and mindfulness to children and teens.

### **EDIS 5014 The Trauma Sensitive Classroom**

This course introduces knowledge and skills teachers need to support students exposed to chronic stress and trauma: the effects of trauma on body and mind; recognizing those effects; evidence-based practices to support healing, build resilience, and foster mindfulness and compassion in the classroom. Students will examine practices for meeting the needs of diverse populations (e.g., gifted learners, English learners, students with disabilities).

### **EDIS 5015 Social and Emotional Learning**

Social & Emotional Learning introduces current research on the social and emotional development of students and teachers in educational settings. It also presents students with the current theory underlying social and emotional learning (SEL) curriculum and programs and the empirical research on the efficacy of such programs.

### **EDIS 5770 Social, Emotional, and Counseling Issues in Talent Development**

Designed for teachers, administrators, parents, and others who work to develop talent in diverse high potential learners. Investigates the social and emotional development and counseling issues of preK-12 learners, implications of similarities/differences between gifted and other students, characteristics of positive learning environments, and evidence-based strategies to support students in a variety of contexts.

# Recommended Plan of Study

## Social Emotional Learning Area of Emphasis

Recommended Plan (Coursework Only)	Offered	Requirement(s) Filled	Credits
Suggested plan: Please see your advisor for specifics. Students need to check their SIS Advising Reports to verify program completion progress.			
<b>Semester 1 (Fall)</b>			
EDIS 5025: Curriculum, Assessment and Instruction	Fall, Spring, Summer	C&I Core: Instruction	3
EDIS 5015 Social and Emotional Learning	Fall, Spring	Focus: SEL	3
<b>Semester 2 (Spring)</b>			
EDIS 5014 The Trauma Sensitive Classroom	Spring	Focus: SEL	3
EDIS 6200: Principles of Curriculum Design	Fall, Spring, Summer	C&I Core: Instruction	3
<b>Semester 3 (Summer)</b>			
EDIS 5422: Cross-Cultural Education for Diverse Learners	Fall, Spring, Summer	C&I Core: Diversity	3
EDIS 5012 Mindfulness for Teachers	Fall, Spring, Summer	Focus: SEL	3
<b>Semester 4 (Fall)</b>			
EDIS 6220: Assessment of Curriculum: K-12	Fall, Spring	C&I Core: Assessment	3
EDIS 5013 Teaching Social and Emotional Learning	Fall	Focus: SEL	3
<b>Semester 5 (Spring)</b>			
EDIS 6880: Master Comprehensive in Curriculum and Instruction	Fall, Spring, Summer	C&I Core: Culminating Class	3
EDIS 5770 Social, Emotional, and Counseling Issues in Talent Development	Fall, Spring, Summer	Focus: SEL	3
<b>Total Credits</b>			<b>30</b>