

# Charlotte-Mecklenburg Schools

## Self Management



- Classroom and Advisory Videos
- Discussion Questions
- Self-Reflection Questions
- Lesson Plans

Experts with the Collaborative for Academic, Social and Emotional Learning (CASEL) confirm that social and emotional learning (SEL) is essential to the school and life success of all children. Why? Our emotions and relationships affect how and what we learn. Emotions can enable us to generate an active interest and sustain our engagement in learning. On the other hand, unmanaged stress and poor regulation of impulses interfere with attention and memory and contribute to behaviors disruptive to learning. Studies confirm SEL benefits including reductions in child aggression, substance abuse, delinquency, and violence; lower levels of depression and anxiety; and increased grades, attendance, and performance in core academic subjects.

This guide provides a suggested order for putting **Connect with Kids** social and emotional learning video resources, along with discussion questions and activities, to work in the elementary school classroom. Business experts call it “see-feel-change,” fueling action by sparking emotion. Connect with Kids calls it **educating the heart**: using the power of storytelling and peer-to-peer connections to create heart-felt associations. Research shows that children and adults who emotionally connect with an experience are more likely to make life-long behavioral change than those who just receive information about that experience. Students realize that they are not alone in their feelings and learn to trust their teachers, classmates and themselves as they navigate social and emotional challenges that naturally occur in the elementary school years.

Search for the program title to find video and print resources, which all stream 24/7 via your Connect with Kids WebSource website subscription or custom school website.

### Questions?

Please contact Connect with Kids Client Support at [888.598.KIDS \(5437\)](tel:888.598.KIDS) or email [info@cwknetwork.com](mailto:info@cwknetwork.com).

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Title	SEL Notes	Documentary Story Description
<a href="#"><u>Why Kids Skip School (Parts 1-5)</u></a>	Kids need to be able to motivate and set goals for themselves that help them achieve academically. By resisting impulses and regulating their behaviors, kids can put more of their focus towards being successful.	Every day in America, about four million children are NOT in school. Hundreds of thousands more are skipping class unexcused. Watch and learn strategies for helping students connect to school and commit to their own education
<a href="#"><u>Against All Odds (Parts 1-5)</u></a>	When dealt a heavy hand, it is important to recognize that adversity can be overcome with motivation, perseverance, and setting attainable, personal goals.	Why do some children succeed while others fail? Resiliency can make the difference: The ability to bounce back from frustrations and recover from setbacks. We can teach resiliency skills to children. Watch AGAINST ALL ODDS and get an inside glimpse into the lives of children who are reaching their personal dreams and goals despite challenges such as poverty, drugs, crime, family problems, cultural differences and more.
<p>Video Short</p> <a href="#"><u>Academic Motivation- What is Your Destiny?</u></a>	Creating personal academic goals and having self-motivation is crucial for success.	For most of his young life, Dwayne was a quitter. He admits school was “going really bad... getting suspended every other day.” And then, he says, something changed. What happened and who was behind it? One day his English teacher pulled him aside and let him know how smart and talented he is – that he has a natural gift for English. And he began to believe it... and in himself. He wrote poems, and letters of apology to his mom. And now, he says he doesn’t need others to push him from the outside.

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Video Short <a href="#">High Risk Behavior: Learning Right from Wrong</a>	Motivation, establishing priorities, and resisting urges and impulses will help students get on the right path to success.	Learn from Victor Ramirez's story of drugs and addiction about the unintended consequences of our decisions and our upbringing.
Video Short <a href="#">Participation &amp; Leadership</a>	It's important for students to have faith in themselves and motivation to succeed. By participating and taking on leadership positions, students develop skills that will help them anticipate how to react in different situations, persevere, and self-motivate in order to reach goals.	Hear about how participation and leadership changed David Lockett's confidence level and his life.
Video Short <a href="#">Setbacks Make Us Stronger</a>	Students and kids need to learn how to overcome difficult situations and persevere through the hard times. Learning these skills makes students and kids stronger people. This requires self-management and self-control in determining the correct approach to varying situations.	A study reported in the <i>Journal of Personality and Social Psychology</i> confirms that life's challenges... a little adversity, even mundane experiences, contributes to building resilience.
Video Short <a href="#">Trading College for a Trade</a>	Setting personal goals, whether it be going to college or earning a trade, is important for achievement. Recognizing where your strengths and weaknesses are will help in the development of those goals	When it comes to career planning, there are many options to consider in addition to college.

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<p>Video Short <a href="#"><u>Exceeding Expectations</u></a></p>	<p>“In the end, it’s your choice.” Setting personal goals and expectations allow students to work towards something and prove to themselves that they can achieve great things in school and beyond.</p>	<p>A real story to help teens to understand that an education translates into not just more money but more job choices about their future. Watch this real story to help students find within themselves the motivation to set and achieve goals -- and to plan for life beyond high school.</p>
<p>Video Short <a href="#"><u>Education Leads to Better Jobs</u></a></p>	<p>It’s important for students to persevere when times are stressful and tough. They need to set goals for themselves and work to achieve them. By knowing that a good education can open up many doors for them, students can develop skills to self motivate.</p>	<p>A real story to help teens to understand that an education translates into not just more money but more job choices and more job satisfaction in their future. Dropping out of school offers little hope for teens who want to make a solid living, be financially stable and enjoy their future jobs.</p>
<p>Video Short <a href="#"><u>Keeping Up When You’re Absent</u></a></p>	<p>“It all depends on how bad you want it.” Self-motivation and drive is required to be successful in school and to keep up with missed work when absent.</p>	<p>Hear from kids who talk about the importance – and share strategies – for keeping up with school work.</p>
<p>Video Short <a href="#"><u>Balancing School and a Job</u></a></p>	<p>Time management skills and prioritizing the most important parts of your life are essential in the development of self-management.</p>	<p>The school/work balance is a challenge, but can pay off. Try to find a job with flexibility – and make a schedule and stick to it.</p>
<p>Video Short <a href="#"><u>Conquering Math</u></a></p>	<p>You have to have a positive attitude and a willingness to work hard in order to succeed. Sometimes the best test ground is in math class.</p>	<p>The Brookings Institute reports the number of kids failing math has more than tripled since 2000. The report suggests that students can’t take on algebra if they haven’t yet mastered multiplication and fractions and decimal points.</p>

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Single Topic Videos <a href="#">Diligence</a>	Working hard and persevering to complete a difficult task requires diligence.	Greg Johnson believes that his diligent, disciplined behavior will not only help him in the present with his academics, leadership roles and volunteer work but will also prepare him for a future career as a naval officer.
Single Topic Videos <a href="#">Freedom</a>	Freedom is having choices and being able to decide what you want to do, say, or believe—within certain guidelines. Students need to be able to recognize that there will always be some sort of restrictions and they need to be able to show self-control and control when expressing their freedom.	Ryan Brantley and SQ Sunseri search for the freedom to construct their own identities.
Single Topic Videos <a href="#">Patience</a>	Having self-control and the ability to wait and not let your actions or words get out of control requires patience.	A dancer and a cheerleader before injuries restricted her to a wheelchair, Shaina Mangum must now find the patience to endure daily physical therapy and a series of painful operations. Despite her situation, she is convinced that someday she will be mobile and independent again.
Single Topic Videos <a href="#">Self-Control</a>	Managing emotions and behaviors and being able to resist impulses requires self-control.	Counseling sessions on anger management have helped Latasha Graham and her mother realize the importance of self-control when developing positive relationships with others.

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Inside Out <a href="#">Freedom</a>	Our freedom gives us the right to choose our own paths, but resisting impulses and having self-control in stressful or difficult situations affect our decisions and our lives.	Hear the story of Andrew and Eric. Learn why one became a drug addict and the other didn't.
Inside Out <a href="#">Patience</a>	Patience requires self-control and the ability to regulate emotions and thoughts in order to meet the challenges in life.	Heather Bandy uses patience to overcome her disability and perseveres in every task she takes on in life.
Inside Out <a href="#">Diligence</a>	Being able to persevere to complete a task or overcome an obstacle is a personal strength that is important for kids and students to develop.	Jodie Finney uses diligence to overcome her learning disability and is now on her way to getting a Ph. D. in physical therapy.
Inside Out <a href="#">Peace</a>	Regulating emotions and behaviors in different situations is important to find peace.	Jordon Cook talks about being shot in the back on the way home from a party. He is now in a wheelchair and faces new obstacles everyday.
Video Short <a href="#">Making the Most of Education</a>	"Dropping out of school offers little hope for teens who want to make a solid living, be financially stable and enjoy their future jobs." Students need to understand how their actions affect their futures. When times get stressful or tough, they need to self-motivate and persevere and work towards graduating.	What happens when teens don't graduate high school? Watch this real story to hear from students about their hopes, dreams and the reality of needing a solid education.

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Video Shorts <a href="#">Is a GED Valuable?</a>	It's important for students to set and work towards achieving personal and academic goals. Students should think about what is best for them in their current situation and in the long run.	Is the GED, or General Educational Development certificate, really a valid replacement for a high school diploma? Watch this short video and hear from kids and experts to learn more about what employers, college representatives and even the military have to say. Discussion questions help to continue the conversation.
Video Shorts <a href="#">Becoming College and Career Ready</a>	Setting personal goals and striving to be successful all comes from self-motivation and drive. Students need to learn how to find that drive and passion in order to be successful.	Becoming college and career ready begins with knowing how to meet people, get involved in activities, and making friends.
<a href="#">Screen Addicts (Parts 1-5)</a>	Students need to have self-control when determining how much time they should spend with technology and how much time they should spend focusing on other things.	Explore the role of computers, Internet, and TV and video games in today's society.
Video Short <a href="#">Multi-tasking or Multi-Distracting?</a>	Habits of self-control and being able to regulate one's behaviors are necessary to efficiently complete a task. Being able to resist impulses and avoid distractions helps focus on the task at hand.	Does multi-tasking really work, or are teens fooling themselves?

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Video Short <a href="#">Screen Time...Too Much?</a>	By spending the majority of their time in front of a screen, kids aren't preparing themselves to be successful, intelligent people or learning how to have meaningful relationships. It is important to exercise self-control and discipline when determining how much time to spend in front of a screen.	If you add the time some kids spend in front of a TV, computers, cell phones, video games it's more hours than anything else in their lives except sleep! And that begs the question if they spend so much time plugged in, what are they missing out on?
Video Short <a href="#">Teens and Online Shopping</a>	It's easy for many kids to spend too much money online because they aren't seeing the cash leaving their pockets. It's important for students to resist impulses and show self-control with buying things online.	Is it too easy to spend too much money online? Hear advice from teen shoppers – and other experts.
Video Short <a href="#">Pro-Ana Websites</a>	Students need to regulate their behaviors and impulses before accessing pro-ana websites, especially if this is something they struggle with. Students need to initiate changes in their behavior in various situations and express self-control when dealing with harmful websites.	Websites that encourage anorexia and bulimia have increased nearly 500 percent in the last two years.
<a href="#">The Biggest Generation (Parts 1-5)</a>	Combining good eating habits such as portion control, smart food choices, and knowledge about ingredients with daily exercise helps students with a healthy lifestyle.	Today more kids are overweight than ever before. This is America's "biggest" generation of kids with a life expectancy that could be shorter than their parents.



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Video Shorts <a href="#">Exercise Can Improve Grades</a>	“The area of the brain that’s involved in cognitive learning is the same area that’s stimulated by physical activity, so the two seem to work hand in hand.” Understanding the connection between the two helps motivate people to exercise every day to reach their goals, persevere, and succeed in school and in life.	In an effort to boost test performance, many schools are taking time away from physical education and using it for more time in class. Let’s re-think this, because exercise can actually improve our grades.
Video Shorts <a href="#">The Most Important Meal</a>	Learning to practice self-control and resisting sugary, fatty foods are good steps for healthy eating and exercise habits.	Nine-year-old Keri Thompson has always heard that breakfast is the most important meal of the day, “I don’t know why,” she says, “but they say it a lot.”
Video Shorts <a href="#">Ho Ho Ho: The Season of Sex</a>	Having self-control and being able to regulate emotions during times where emotions and pressure are high is important for students to make safe decisions about love and intimacy.	Hear from teens and from experts about why the holiday season might be a good time to talk about choices, decisions, love and intimacy.
<a href="#">Mr. Bluz Poetry- Engage</a>	Students need to anticipate what to do and how to react in different situations. If they can regulate their emotions and behavior, students can build better relationships with others and have better self-management.	Bluz instills pride and ownership in building an environment for self-expression and growth. Empowered students need to come together to create a positive climate for societal change and raise awareness in the community in which we all live, work and play.