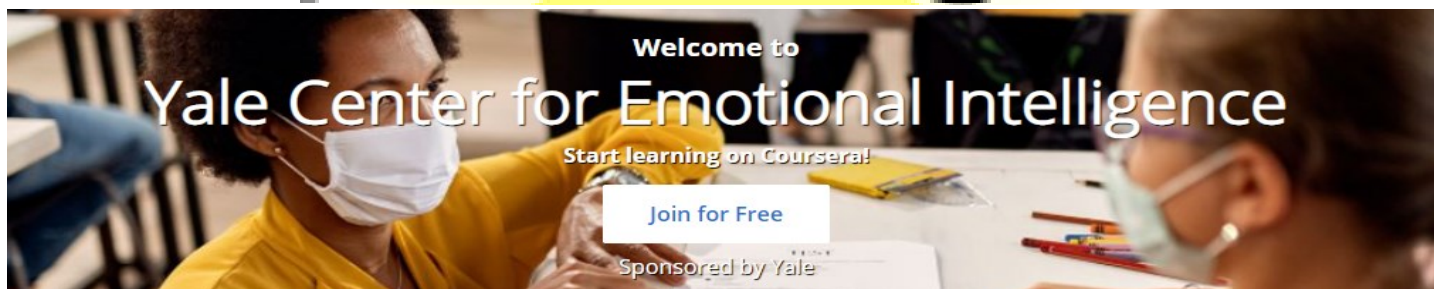




# Wellness Wednesdays



## In the Spotlight



### Welcome to Social and Emotional Learning in Times of Uncertainty and Stress: Research-Based Strategies!

#### About the Course

This course is **FREE** and **available now**, and you can begin the course when it is convenient for you. It is recommended to bookmark the course link so that you can find it again easily.

Throughout the course, you'll learn about social and emotional learning, emotion science, strategies for helping ourselves and others manage their emotions, and how to be more culturally responsive. Each week, you will engage with readings, videos, reflections, and fillable documents where you can record your action plan for applying what you learn to your work and life.

The course content is divided into 8 weeks as a suggestion, but you can complete the course at a pace that works for you. You can expect to commit a little over 1 hour of work per week for a total of 10 hours. As long as you complete all quizzes by the final day of the course, you will be eligible to receive a certificate. Simply complete the assessments and finish all course components to be eligible for a certificate. The course will officially close September 30, 2021, so please plan accordingly.

#### Getting Started

Please click this direct link to enroll in the course: [Register for SEL in Times of Uncertainty and Stress: Research-Based Strategies](#).

If you already have a Coursera account with the email address to which this email was sent, the course will appear in the list of your Coursera courses. If you do not, please follow the instructions below.

1. After clicking the link above, click "Join for Free."
2. Click "Sign Up" to create a Coursera account. Please utilize the email address to which this email was sent.  
Note: sometimes, the "Join for Free" button at the bottom of the "Sign Up" box will not work the first time you click it. If this occurs, try refreshing the page and re-inputting your information, then click "Join for Free" again.
3. You will be required to verify your email address via a Coursera email. You may receive a few additional messages from Coursera welcoming you to the platform.
4. Once logged in, click "Join the Program." If this does not work, please try to refresh your internet browser for the course to appear.
5. Under "Browse Catalog," click on the course and "Enroll for Free."
6. Click "Go to Course" and start learning! When you're ready to get started, from the homepage, select "SEL Strategies in Times of Uncertainty & Stress, CT Cohort." Then, click "Week 1" in the left-side menu.

#### Support

If you have questions about the course, you can email our team at [selcourse@yale.edu](mailto:selcourse@yale.edu). For technical problems with the Coursera platform, visit the [Learner Help Center](#).