

SEL Advisory Committee Mid-Year Update, 2/2019

We have been meeting monthly, usually on the first Thursday of the month, with good attendance and broad representation by mental health care professionals from the community.

Thus far, we have been updated regarding the various aspects of the RULER program, with information from the SEL Task Force. We have provided feedback about best practices for rolling the information out to the community.

We are looking forward to thinking more broadly about SEL. To date, the focus has been on RULER and helping ALL faculty and students manage stress. We are also looking to find ways to address systems that create unnecessary stress. A repeat of Challenge Success has been suggested, as has a more complete run of Shadow a Student. These items will be discussed at upcoming meetings.