



ISBN: 9781071949665

**Practical
strategies to
improve school
climate and
well-being
for all**

The ABCs of Social Emotional Learning for School Counselors and Administrators

An Adaptive, Balanced, and Collaborative Approach

Kirsten H. Perry, Melissa S. Ockerman

School counselors often shoulder the weight of social emotional learning (SEL) at a time when students are experiencing increased mental health challenges, including loneliness, depression, and trauma, leaving them vulnerable to burnout.

With contributions from a team of educational experts, this practical and timely guide presents a user-friendly framework that integrates adaptive strategies to meet real-time needs, balanced approaches to distribute workloads effectively, and collaborative solutions that elevate the voices of students and the school community. Inside, you will find:

- Actionable insights to foster culturally responsive programming while driving systemic change
- Practical solutions for addressing real-world implementation challenges tailored to diverse school communities
- Downloadable templates, talking points for encouraging dialogue, and team-based professional development activities
- Guidance for fostering partnerships among administrators, school counselors, and multidisciplinary partners
- Strategies to prevent burnout and sustain meaningful contributions within school systems

Grounded in research and real-world experience, *The ABCs of Social Emotional Learning for School Counselors and Administrators* equips educators to build sustainable programs while prioritizing the well-being of all.