



INTERVENTION SIMPLIFIED

BRIEF #12

IMPROVING CHILDREN’S SOCIAL EMOTIONAL SKILLS USING THE SSIS SEL CLASSWIDE INTERVENTION PROGRAM (CIP)

Social emotional skills are an important part of the social and academic lives of children and youth. Teaching children fundamental social emotional learning skills can be time efficient and highly effective when scientifically designed and content aligned programs are used. The SSIS SEL Edition Classwide Intervention Program (SSIS SEL CIP) is just such a program. The SSIS SEL CIP is designed to be used by educators to develop and improve up to 30 social–emotional skills for children ages 4 to 18 years. Specifically, this intervention program provides interventionists with an efficient and effective way to teach children social emotional learning skills that represent five CASEL core competencies (CASEL, 2012). These competencies are defined as *self-awareness* (recognizing one’s emotions, values, and the ability to assess one’s strengths and weaknesses); *self-management* (the ability to handle one’s own emotions and behavior so that they do not interfere with accomplishing social tasks); *social awareness* (demonstrating understanding and empathy for others’ feelings); *relationship skills* (establishing and maintaining healthy interpersonal relationships in groups and dealing effectively with conflict); and *responsible decision making* (making ethical and constructive choices about one’s personal and interpersonal behaviors). Thus, the SSIS SEL CIP is fully content aligned with the CASEL SEL framework.

The **SSIS SEL Classwide Intervention Program (CIP)** includes 30 SEL Skill Units. These skill units are conceptualized as 10 Core SEL skills and 20 Advanced SEL skills. The Core 10 Skills are listed below with the CASEL SEL competency domain they each represent.

SEL Skills Assessed & Taught		CASEL SEL Domain
1	Listen to others	Self-Management
2	Say please and thank you.	Relationship Skills
3	Follow the rules.	Self-Management
4	Pay attention to your work.	Self-Management
5	Ask for help.	Self-Awareness
6	Take turns when you talk.	Relationship Skills
7	Get along with others.	Relationship Skills
8	Stay calm with others.	Self-Management
9	Do the right thing.	Responsible Decision Making
10	Do nice things for others.	Social Awareness

The Advanced 20 SEL skills continue to consistently align with one of the five CASEL competencies.

SSIS SEL Skills Assessed & Taught		CASEL SEL Domain
11	Telling others about your skills	Self-Awareness
12	Own your actions.	Responsible Decision Making
13	Express feelings.	Self-Management
14	Respect other peoples' things.	Responsible Decision Making
15	Do your part in a group.	Responsible Decision Making
16	Ask others to do things with you.	Relationship Skills
17	Introduce yourself to others.	Relationship Skills
18	Stay calm when pushed or hit.	Self-Management
19	Stand up for others.	Social Awareness
20	Make others feel better.	Social Awareness
21	Make compromises.	Relationship Skill
22	Be positive about the future	Self-Awareness
23	Listens to different ideas	Responsible Decision Making
24	Uses appropriate language when upset	Self-Management
25	Show concern for others	Social Awareness
26	Forgives others	Social Awareness
27	Says when there is a problem	Responsible Decision Making
28	Takes criticism without getting upset	Self-Management
29	Shows kindness to others when they are upset	Social Awareness
30	Resolves disagreements calmly	Relationship Skill

To teach each of the 30 skills, the SSIS SEL Edition CIP uses a six-phase intervention process. These steps are *Tell*, *Show*, *Do*, *Practice*, *Monitor Progress*, and *Generalize*. DiPerna and colleagues (2015, 2016, 2017), in a randomized control trial in elementary schools funded by the U.S. Department of Education, provided strong evidence to support that efficacy of the SSIS SEL Edition CIP six-phase program. Specifically, these researchers reported that using the six-phase process resulted in students (1) learning social-emotional skills and performing these desired behaviors more frequently, (2) concurrently reducing the frequency of many common externalizing problem behaviors, and (3) increasing academic engagement and in many cases their achievement test scores. This research documenting the *triple positive impact* of the SSIS SEL Edition CIP resulted in CASEL designating it “a SElect program for elementary students” (<https://casel.org/guideprogramssocial-skills/>).



Most users select 10 Skill Units to teach over a 12-week period. Each Skill Unit is comprised of 3 lessons, each of which is 25 to 30 minutes long. So this means to teach a 10-Skill Unit program requires 900 minutes, which translates to 1.5% of the allocated instructional time in most U.S. schools. To learn to implement the CIP requires most users 5 to 6 hours, which includes reading instructive chapters, watching a video, and implementing the first entire Skill Unit. Thus, to learn how to implement and then implement 10 Skill Units to a class requires less than 21 hours or 2% of one's entire school year.

In summary, the SSIS SEL CIP is a CASEL competency aligned, time efficient, and evidence-based program proven effective for students ages 4 to 14. The CIP can be implemented with all students in a universal intervention program or with small groups of students receiving Tier 2 or Tier 3 focused interventions and is supported by a family of SSIS SEL assessments including the SSIS Brief SEL Scales and the SSIS Screening and Progress Monitoring Scales.

References

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