

## ISELP (Individualized Social Emotional Learning Plan)

Carletta Davis - Lane Tech College Prep High School

### Goals and Outcomes:

Short-term: To improve listening and communication skills, particularly in resolving conflicts and expressing one's point without feeling unheard. This involves focusing on active listening, empathetic understanding, and asserting one's feelings effectively.

Long-term: Develop strong emotional and social coping mechanisms that could enhance Carletta's relationship with her teachers and peers in school, and her overall school experience. By achieving this, the distractions she mentioned could be minimized, allowing her to concentrate on her academic targets.

### Champions SEL Curriculum Enhancement:

#### Social Emotional Learning Plan for October- November

##### October - Focus: Communication & Conflict Resolution

Week 1: Engage in participatory dialogue activities designed to hone active listening skills and empathetic understanding; activities that promote introspective discussions about feeling "unheard."

Week 2: Invite professionals for lectures regarding effective communication and apply the learned principles in real-time role-playing scenarios.

Week 3: Participate in exercises that encourage expressing feelings and thoughts constructively.

Week 4: Reflect on the progress of enhanced communication skills and strategize ways to further improve it.

##### November - Focus: Active Engagement & Relationship Building

Week 1: Incorporate group activities that require collective problem-solving to foster a sense of community and collaboration.

Week 2: Arrange sessions with school counselors or school figures Carletta feels comfortable with to discuss her school experience and build stronger relationships.

Week 3: Develop programs that stimulate student-teacher engagement outside of regular curriculum to improve overall school experiences.

Week 4: Conclude with individual reflection and peer sharing sessions about this month's experiences and lessons learned, emphasizing the importance of empathetic interaction.

Future tracking will revolve around Carletta's feedback and improvements noted during this two-month SEL program. Planning will be adjusted and personalized based on her needs and aspirations.