



# HTLC Newsletter

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## Social and Emotional Learning Workshops

The Center for Holistic Education at Southern Oregon University is proud to offer a new pathway for students and community members to become proficient in promoting Social Emotional Learning (SEL) in teaching, counseling, coaching, parenting, and other educational contexts. Unlike traditional academic degrees, the SEL Microcredential can be earned through a combination of either academic coursework or community-based workshops. Learners who complete 12 credits will receive a digital badge which allows them to document their accomplishments for current or future employers.

Social Emotional Learning involves developing the knowledge, skills and attitudes needed to manage emotions, establish and maintain supportive relationships, and make responsible and caring decisions. Decades of research in psychology and neuroscience demonstrate that these skills are not only crucial for personal well-being but also play a significant role in academic and career success. Beyond its many benefits for students, SEL also improves teachers' ability to manage classrooms and build positive relationships with students while reducing their experience of burnout and job-related anxiety. As of 2024, the Oregon Department of Education requires that all schools implement SEL and all universities offering educator preparation programs ensure that all new teachers and administrators have the skills to do so.

**If you are interested in more information joining us, or for PDU credit, please visit [centerforholisticeducation.org](https://centerforholisticeducation.org) under Education.**

## Testimonials

*"I have had the pleasure of attending a variety of SEL workshops at Southern Oregon University, and every workshop has been rewarding. The workshops are interactive with a variety of valuable resources connecting back to SEL. The atmosphere is engaging with group discussions both large and small."* **- Ashley Doty**

*"The workshops offered by The Center for Holistic Education have been a game-changer for me. Through SEL: Self-Awareness and SEL: Self-Management workshops, I have been able to better identify my needs inside and outside of the classroom. In addition, the professors are unique in their ability to communicate and relate to students of all backgrounds."*

**- Khylee Hornby**

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# Monthly Features

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## HTL-Podcast

We are excited to announce that the Holistic Teaching and Learning Podcast has gone through a revamp! The podcast committee has been working tirelessly on episodes with professionals in the field. Recently, our podcast hosts had a chance to sit down with Remington Cooney to discuss contemplative practices in the classroom. Listen to ***From Ancient Wisdom to Modern Education: A Contemplative Approach to Learning*** Learn more about mindfulness practices, and try out one of Cooney's guided meditations for yourself!

### Check out our upcoming episodes:

**Jay Schroder** 12/2/24

*Teach from Your Best Self:*

*A Solution to Teacher Burnout*

**Lisa Marie Tucker** 12/23/24

*The Spiral Model of Education*

Are you interested in joining the team for an episode? Contact us at [htlconference@sou.edu](mailto:htlconference@sou.edu).



## Holistic Education Discussion

The Holistic Education Discussion is hosted by Andrea and Cam Laubstein and is open to all! The next Discussion will be on **January 13th** and will be facilitated by Gopal Krishnamurthy. Holistic

Education Discussions are hosted on every other Monday from 4:30 p.m. - 5:30 p.m. (Pacific Time). For more information on these discussions, please visit [educationandbeing.com](http://educationandbeing.com).



## HTL-Club

On October 25th the club hosted their annual pumpkin carving event. Fifteen pumpkins went home with club members, donning their new looks! Members also attended the 2024 Aspiring Educators Day at ScienceWorks on November 8th where they took part in a survival science workshop, and attended a Q&A on how to be effective science educators!



The HTLC spent the last few weeks taking club members to **The Siskiyou School** in Ashland, OR to observe Waldorf education in action. Members got a chance to observe classrooms during the main lesson block of the Siskiyou School's schedule. They also had the opportunity to see the 3rd graders perform the song, *If You Want to Sing Out, Sing Out* by Cat Stevens during their weekly whole-school meeting.



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