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Welcome to the Ribas Associates online **web-based (works on most phones!)** book club for ***Social Emotional Learning (SEL) in the Home: Practical Guide to Integrating the Development of Social-Emotional Learning into Your Parenting Skills.***

In 2017 we released the book [*Social-Emotional Learning in the Classroom*](#). The book has become the core program used by nearly 100 school districts for developing social-emotional learning skills in schools.

This book is the first book ever written for parents that helps you "adjust" your parenting so that you have the maximum positive impact on your children's social and emotional skill development.

Why is there so much focus on social-emotional learning in schools and at home?

The research on the positive impact social-emotional skills have on a person's personal, school, and career success is staggering. Some key findings include:

Wall Street Journal survey (Davidson, K. 2016, August 30) of 900 business executives:

- 93% said that character (personal and interpersonal) skills were as important or more important than technical abilities
- 89% reported difficulties in finding employees with these skills.

Social-Emotional Learning (SEL) in the Home
A Practical Guide for Integrating the Development of Social-Emotional Skills into Your Parenting

Home + School = Success

Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision-Making, Management Skills

SEL

Click to Look Inside

William B. Ribas, Ph.D. • Deborah A. Brady, Ph.D.
 Jane M. Hardin, M.Ed. • Elayne Gumlaw, M.Ed.

Source: *Journal of Child Development* (July 2017) "Promoting Positive Youth Development Through School-Based Social and Emotional Learning Interventions." A meta-analysis review of 82 different SEL programs - over 97,000 students 6-18 months after completion of the program.

The study found increases in:

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|--------------------------------|-----|
| • Academic performance | 13% |
| • Attitude toward school | 5% |
| • Positive social behaviors | 5% |
| • High School graduation rates | 6% |
| • College attendance | 11% |

Further, the study found decreases in:

- | | |
|--|--------|
| • Conduct (discipline) problems | -6% |
| • Drug use | -6% |
| • Sexually transmitted disease diagnosis | -39% |
| • Clinical mental disorder | -13.5% |

How the Book Club Works:

The book club program contains an introduction followed by 5 chapters/sections.

To accommodate our wait-list, each person's access to the discussion site is limited to 120 days.

Steps to completing each chapter/section:

Step 1: At the end of each chapter are questions that facilitate processing the information in the chapter. we recommend that you read the questions **before** reading the chapter. The research on reading comprehension for adults shows that readers who review focus questions prior to reading retain significantly more of the information while reading the chapter. Please note that the Introduction and Chapter 1 are read as one part.

Step 2: While reading keep the chapter questions in mind and highlight or note information that may be helpful in answering one or more of the questions at the end of the chapter.

Step 3: Short videos that expand upon certain concepts from the book accompany some of the chapters. We hope you will take a few minutes to view the videos

Step 4: Most people find contributing to the book discussion forum provides them with the maximum benefit. It gives you an opportunity to share your ideas and questions. You can help others with your ideas and they can help you with their ideas. After reading the chapter participants have the option to choose **one of more questions** that are most interesting to answer. Go to the discussion forum for the chapter and questions you have chosen.

- Click on the question you want to answer.
- Click on "add a new discussion topic."
- In the subject area write the chapter and question number that corresponds with that question (example 1.1).
- Write your answer in the area titled message.
- Scroll to bottom and click "post to forum."
- You are now part of a "club" dedicated to building your children's social-emotional learning skills.

The author won't comment on individual posts. A comment or resource will be noted once a week in the Author's News Forum. We encourage you to comment on other people's postings and ask them questions. The discussion board is a great way to conduct a virtual conversation with your book club partners.

PLEASE NOTE THAT THE AUTHOR IS UNABLE TO COMMENT ABOUT YOUR SPECIFIC CHILD. PROVIDING ADVICE ABOUT A CHILD, IN CASES IN WHICH THE AUTHOR DOESN'T KNOW THE CHILD OR THE FAMILY WELL, COULD BE MORE DETRIMENTAL TO THE CHILD.

Tips for a productive discussion posting:

1. Please be sure you have read the content of the chapter so you support your club members with relevant questions and comments.
2. Remember that you are writing to people who don't know you. You want to be sure your comments have sufficient context for readers to fully understand your idea or question.
3. People have found that connecting your answers to your parenting experiences will lead to rich "discussion."
4. Please be sure to be courteous in all your interactions and avoid foul language. There are many "right" ways to parent. People with different ideas from you aren't wrong. They just have different ideas and beliefs. Please be open minded and respectful. **We reserve the right to discontinue the participation of anyone who is not respectful of others.**

Thank you for your interest in the book and in the book club.

The Authors: Deborah Brady, Ph.D., William Ribas, Ph.D., Elayne Gumlaw, M.Ed., and Jane Hardin, M.Ed.

Click Here for more information about the book, *Social-Emotional Learning in the Home*

Click Here to register for the online book club for *Social-Emotional Learning in the Home*