

## SEL Academy – Foundations in SEL I

### Artifact Submission Directions:

1. Choose an accountability partner who, you can trust.
2. Think about the different tools and practices you learned in the training. Using the prompts below, choose two practices you will do to enhance self-awareness and SEL implementation in your personal life and at work:
  - a. What will I practice to be more self-aware in my life and work?
  - b. What will we work on as a team to build SEL practices in our OST program?
3. Use the **SMART Goal Builder** to map your actions, measurements and so on in each box (provided on the following page).
4. Once you decide on your SMART goals, write them in sentence form in the space provided on the SMART Goal Builder. Sign it to indicate your commitment to it.
5. Set a time and date when you will check in with your accountability partner between sessions. Your partner will encourage your progress and help you celebrate your success, and vice versa.
6. Sign up for **GroupMe** if you do not have an account join the *SEL Academy* group using the link provided in the training
7. Then submit an **artifact** along with your responses to the guiding prompts below **via GroupMe by Septemeber 22, 2019**. Accepted formats for submitting artifacts include:
  - a. Three to five short descriptive sentences with a photo, OR
  - b. A one-minute video clip of your implementation with a testimonial.
8. Guiding prompts for the descriptive sentences that accompany your artifact submission:
  - a. *What did you practice?*
  - b. *What was the effect of the self-awareness practices on your personal life and relationships?*
  - c. *How did your application of SEL practices impact your work with youth?*
  - d. *What did you see and hear as a result of your implementation (provide quotes or examples)?*