

Albemarle County Public Schools Freshman Seminar

Why Freshman Seminar?

How education changes in the next 20 years is not a choice but an inevitable evolution of social and technological change. As educators, what kind of adjustments should we make based on what we know (or can predict) about the world in which our students will live and learn?

Students must acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, establish and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions. Social and emotional learning is critical to developing competencies alongside academic content knowledge that are necessary to succeed in college and careers.

Freshman Seminar is: pass/fail course; a safe place; a family feel; student-centered; focused on the theme of self-discovery

Freshman Seminar is not: a study hall; required homework; a time to pull kids for services



from CASEL - <https://casel.org>

BIG IDEAS

(directly from the ACPS Freshman Seminar curriculum framework drafts)

Identities are influenced by many factors, both internal and external

There is a balance in building agency (self) and community (others).

Motivation impacts success.

Healthy relationships require empathy, vulnerability, communication, compromise, trust, and respect.

Challenges create opportunities for personal growth.

The challenges our communities face are great, but so are our abilities to address those challenges.

Edutopia social and emotional learning (SEL) video by CASEL

5 Keys to Social and Emotional Learning Success

(<https://www.youtube.com/watch?v=DqNn9qWoO1M>)

Studies show that sustained and well-integrated SEL engages students and improves achievement.