

# High School Workshop:

## Communication and Problem Solving:

*Two top SEL skills for teaching, learning, and modeling.*

December 4, 2008

### Top 9<sup>1/2</sup> Take-Aways

As the high school teams focus more on learning SEL skills, this workshop gave them practical tips and thought provoking reflection activities on how to improve in these areas.

1. We are responsible for the attitude we bring to a conversation.
  2. Tone of voice and body language speak louder than words.
  3. Active listening is the first step to problem solving.
  4. We tend to jump into 'fix it' mode; we need to allow reflection time to play out.
  5. What is good for the students is good for the staff; whatever culture the students need, the staff needs, too.
  6. As the staff learns, so learn the students. Adults need to 'get it' first.
  7. Begin questions with 'how' instead of 'why'; it makes others less defensive.
  8. If we always see what we see inside a frame, there is no solution. We must get outside the frame to solve the problem.
  9. Our initiative focuses on training the adults so there will be sustainability after the students leave.
- 9<sup>1/2</sup>. **Imagine...** what your school culture would be like if all staff were able to actively listen, effectively communicate and problem solve....How can you help make this happen?