

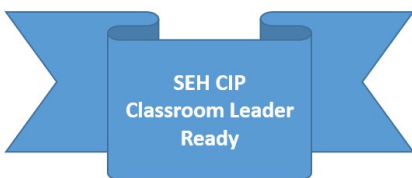
## STUDY GUIDE

### SSIS Social Emotional Health CIP Training

#### Overview of the SSIS SEH CIP

The of **SSIS™ Social Emotional Health Classwide Intervention Program (SEH CIP)** is the result of a commitment to continuously learn and improve ways to positively impact the social emotional health and wellbeing of all children ages 6 to 18 years. With this edition of the SSIS CIP, we continue to explicitly teach key social emotional learning (SEL) skills, but enhance the understanding and use of these skills as part of ***personal healthy behavior routines*** that advance students' social and psychological wellbeing and school success. We have accomplished these objectives by creating a series of ***Healthy Behavior Foundation (HBF) lessons***, differentiated to meet the needs of students at different developmental levels, and integrating these new lessons with the established ***Social Emotional Learning (SEL) lessons*** of the 2020 SEL CIP.

The **SSIS SEH CIP** offers two levels of lessons and supporting instructional resources. Level 1 is designed for students in grades 1 to 5 and Level 2 for students in grades 6-12. Given the program is 100% digital, classroom leaders have access to all lessons and supporting resources for all grades. Thus, the program can be used flexibly both within and across the two instructional levels. With this flexibility comes the need for well-trained classroom leaders.



The CIP Training Series provides qualified individuals with the knowledge and resources to be ready to implement, manage, and evaluate the **SSIS SEH CIP**. Qualified individuals should have (a) knowledge of and experience with providing instruction to entire classrooms of general education students and (b) experience delivering instruction via digital assets. Typically, teachers, school counselors, and school social workers possess the qualifications to use the **SSIS SEH CIP** effectively.

At the conclusion of each training session, we encourage you to reflect on what you have learned and then evaluate your current level of competence regarding the specific knowledge and skills listed in the CIP Classroom Leader Competency Checklist at the end of this guide.

## Training Sessions

CIP training consists of viewing 3 sessions, reading 2 chapters in the SSIS SEH CIP manual, and exploring the program’s online lessons. Collectively, this package of training activities requires a minimum of 3.5 hours to complete. We recommend starting with video Session #1 to gain an overview of the entire program, then read the 2 chapters in the manual and explore the CIP website, and finally complete video Sessions #2 on Healthy Behavior Foundation lessons and #3 on SEL lessons. Users who complete this training will be ***Classroom Leader Ready!***

Brief descriptions of the three video Sessions are...

**Session #1. An Introduction to the SSIS SEH CIP** (45 minutes). This session introduces you to the Healthy Student Improvement Model that stimulated the expansion of the CIP beyond proven SEL lessons to include lesson on Healthy Behavior Routines. The featured instructional approach for all CIP lessons involves 6-phases (Tell -> Show -> Do -> Practice -> Monitor Progress -> Generalize) and results in a time-efficient and S.A.F.E.R. (Sequenced, Active, Focused, Explicit, & Responsive) program. Details are also covered regarding the use of the core lesson slides and support materials designed to advance high quality implementation and communication with educational stakeholders.

**Session #2. Understanding the CIP Healthy Behavior Foundation Lessons and their Implementation** (30 minutes). This session focuses on the content of the 7 Healthy Behavior Foundation (HBF) lessons for the two program levels. After describing how these lessons operationalize the positive behavior focus, stress management, social support, and goal setting aspects of the SSIS Healthy Student Improvement Model, a “walk through” of selected lessons is provided to illustrate key implementation features and the use of related tools.

**Session #3. Understanding the CIP SEL Skill Units and their Implementation** (30 minutes). This session focuses on the content of the 30 CIP SEL Skill Units by addressing fundamental questions most users have regarding their implementation with general education students. A “walk through” of key slides of the popular lesson on Getting Along with Others illustrates the 6-phase instructional process and the use of support tools to achieve high-quality implementation and a triple-positive outcome.

## Learning Objectives for the Training Series

### ***Session #1. Introduction to SSIS SEH CIP***

1. Define SEH.
2. Access and use all the online components of the CIP.
3. Describe the key elements of the SSIS Healthy Student Improvement Model.
4. Name the 6 instructional phases of each HBF and SEL lessons and how these work together to explicitly teach students key social emotional skills.

### ***Session #2. The CIP Healthy Behavior Foundation Lesson & Their Implementation***

5. Identify the 4 Healthy Behavior Routines featured in the HBF lessons.
6. Explain what stress is and how students can Manage It!
7. Define social support and describe how to teach students to Give + Get It!
8. Describe how to set an improvement goal so students Picture It!

### ***Session #3. The CIP SEL Skill Units & Their Implementation***

9. Define and provide example skills representative of each of the five social emotional competencies covered in the CIP SEL Skill Units.
10. Explain the use of the Skill Cue Cards when teaching an SEL Skill.
11. Explain the use of the Role Play Cards with the SEL lessons and how they function to “multiply” 10 skills into 60 skill applications.
12. Summarize why the SSIS SEH CIP can be described as providing S.A.F.E.R. social emotional and healthy instruction.

## Classroom Leader Competencies: Self-Evaluation Checklist

Please rate your current level of competence for each learning objective using the following: **N** (None), **L** (Limited Competence), **M** (Moderate Competence), or **C** (Complete Competence)

- \_\_\_ 1. Define SEH.
- \_\_\_ 2. Access and use all the online components of the CIP.
- \_\_\_ 3. Describe the key elements of the SSIS Healthy Student Improvement Model.
- \_\_\_ 4. Name the 6 instructional phases of each HBF and SEL lessons and how these work together to explicitly teach students key social emotional skills.
- \_\_\_ 5. Identify the 4 Healthy Behavior Routines featured in the HBF lessons.
- \_\_\_ 6. Explain what stress is and how students can Manage It!
- \_\_\_ 7. Define social support and describe how to teach students to Give + Get It!
- \_\_\_ 8. Describe teaching how to set an improvement goal so students Picture It!
- \_\_\_ 9. Define and provide example skills representative of each of the five social emotional competencies covered in the CIP SEL Skill Units.
- \_\_\_ 10. Explain the use of the Skill Cue Cards when teaching an SEL Skill.
- \_\_\_ 11. Explain the use of the Role Play Cards with the SEL lessons and how they function to “multiply” 10 skills into 60 skill applications.
- \_\_\_ 12. Summarize why the SSIS SEH CIP can be described as providing S.A.F.E.R. social emotional and healthy instruction.

**If you checked Moderate or Complete Competence for all 12 objectives, the consider yourself SEH CIP Classroom Ready!**