Uplifting the Social and Emotional Wellbeing of Our Students in Uncertain Times

OST Community Meeting: August 19, 2021
OUT-OF-SCHOOL TIME PROGRAM SURVEY

Add your program to our Afterschool Database
Mental Health America of Hawai'i
August 27th
Join the Hawai‘i Afterschool Alliance for Hawai‘i CommUNITY Conference

October 20 - 22, 2021

Register Now!

HawaiiCommunityConference.org
Uplifting the Social and Emotional Wellbeing of Our Students in Uncertain Times

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Our time. . .

- Where we are...
- Designing a Support System
  - Setting the conditions—structure and program
  - Mitigating challenges and uplifting strengths
- Examples of High Impact practices
- Sharing and Q&A along the way
Where we are...
COVID-19 Impact

Role of Schools
- Academic Needs
- Monitoring/Safety Needs
- Social/Emotional Needs

Social/Emotional
- A Sense of Control
- Confidence
- Safety
- Belonging
- Connection
Childhood: Importance of development & self-concept

- Empathy
- Social awareness
- Identifying & articulating their feelings with others
- Benefit from routines and predictability
- Opportunities for structured play
Adolescence

- Need access to peer group and social connections
- Opportunities to feel competent
- Want to feel useful and needed
- Opportunities to dream and envision their future selves
For every child who has symptoms of depression, there are 10 who have symptoms of anxiety. . .

- Difficulty making decisions
- Highly Reactive
- FOMO (concerns about what they are missing)
- Difficulty concentrating
- Closed Postures
Designing an Ongoing System of Social and Emotional Support

- Set Purpose
- Assess
- Assemble Gifts
- Design Supports
- Design Community
PROGRAMMATIC SOCIAL AND EMOTIONAL SUPPORTS

GUIDING QUESTIONS

• What processes are in place to support the social and emotional wellbeing of the adults in your organization?

• What other organizations serve your students? How do you collaborate with each other?

• How do you collaborating and communicate with the schools your students attend?

• What student supports do you have in place at your organization?

• How are you supporting your families?
You have all the gifts around you.

• What are your gifts?
• What are the gifts of your organization?
• What are the gifts of each student you serve?
• What are the gifts of your families?
• What are the gifts of the moku where your program resides?
• What are the gifts of Hawai‘i?
High Impact Practices
Open Your Ears

Create Opportunities for children and youth to share...
Sideways Discussion
I heard a story about...
Child
initiated
Circle Time
Add a slide and write your question

(use the + side in upper left hand corner to add your slide)
If you were a fruit, which would you be and why?
How has your life changed the most since COVID?
What would you do if you saw bullying on social media?
What is your biggest fear (in or outside class)?
GENERATIONALLY TIERED MENTORING

From a developmental standpoint, benefits of participation in mentoring programs are apparent from early childhood to adolescence and thus not confined to a particular stage of development (Dubois, et al., 2017)
A day with out social media experiment
Stop yourself! Time without adults

- Breakout Rooms meant for breaks or impromptu work with each other
- Schedule in longer breaks in the day
- Set up “safe free play” where children can choose where to go

- Adults—stay out!

Kilo and see how children are interacting and observe for signs of anxiety
And of course.
.. Breathe!
Mahalo

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