

# SOCIAL EMOTIONAL LEARNING

Every Monday morning, BMS students will receive a SEL lesson during their advisory period. Students will be learning about the top 30 issues middle school students face. The following topics will be covered:



## Academic & Learning Skills

- Time management and organization
- Study skills and test preparation
- Staying motivated for schoolwork
- Balancing homework with extracurriculars
- Reading comprehension and critical thinking
- Writing skills (essays, grammar, expressing ideas)
- Math anxiety or difficulty with new concepts
- Transitioning from elementary school expectations



## Social & Peer Relationships

- Making and keeping friends
  - Peer pressure and fitting in
  - Bullying (in person and online)
  - Navigating cliques and exclusion
- Social media use and digital reputation
- Conflict resolution with peers
  - Developing empathy and kindness