



SWASFAA BOOT CAMP FINANCIAL AID BEHIND THE MASK

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EFFECTIVE FINANCIAL AID COUNSELING

UNDERSTANDING SOCIAL AND EMOTIONAL LEARNING



OVERVIEW



What is Social and Emotional Learning?

SEL Framework

Understanding Culture

Putting it All Together

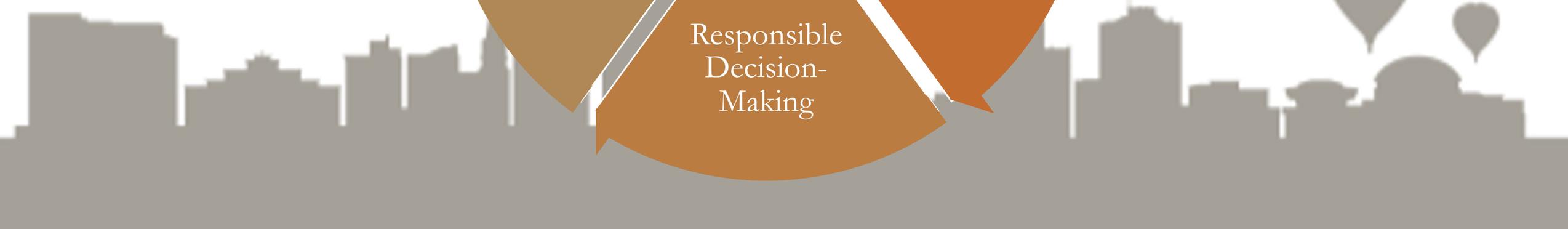
Questions



What is social and emotional learning?

Social and emotional learning (SEL) is the process through which an individual acquires and affectively applies the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

SEL FRAMEWORK





SELF-AWARENESS

The ability to understand your own emotions, thoughts, and values and how they influence behavior.

- ◆ Identifying one's emotions
- ◆ Demonstrating honesty and integrity
- ◆ Linking feelings, values and thoughts
- ◆ Examining prejudices and biases
- ◆ Having a growth mindset





SELF MANAGEMENT

The ability to manage your own emotions, thoughts and behaviors effectively in different situations.

- ◆ Managing your own emotions
- ◆ Identifying and using stress management strategies
- ◆ Exhibiting self-discipline and self-motivation
- ◆ Setting personal and collective goals
- ◆ Showing courage to take initiative





RESPONSIBLE DECISION MAKING

The ability to make caring and constructive choices about personal behavior and social interactions across diverse situations.

- ◆ Demonstrating curiosity and open-mindedness
- ◆ Learning how to make reasoned judgment after analyzing information, data and facts
- ◆ Identifying solutions for personal and social problems
- ◆ Anticipating and evaluating the consequence of your own actions
- ◆ Reflecting on your role to promote well-being





RELATIONSHIP SKILLS

The ability to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse populations.

- ◆ Communicating effectively
- ◆ Developing positive relationships
- ◆ Demonstrating cultural competency
- ◆ Resolving conflicts constructively
- ◆ Seeking and offering support and help when needed





SOCIAL AWARENESS

The ability to understand the perspectives of and empathize with others, including those from diverse backgrounds and cultures.

- ◆ Taking others' perspectives
- ◆ Recognizing strengths in others
- ◆ Demonstrating empathy and compassion
- ◆ Recognizing situational demands and opportunities
- ◆ Understanding the influences of organizations and systems of behavior



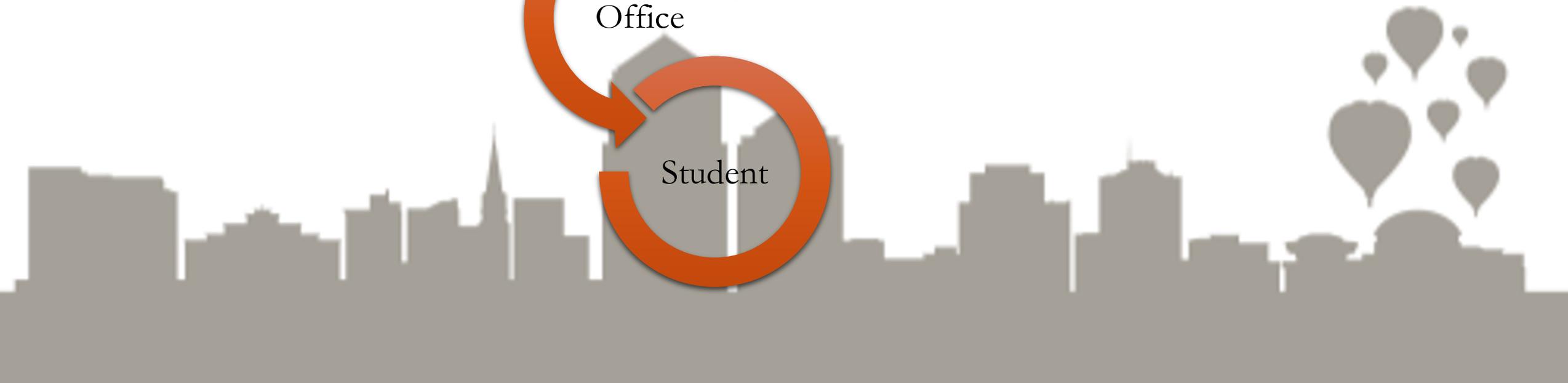
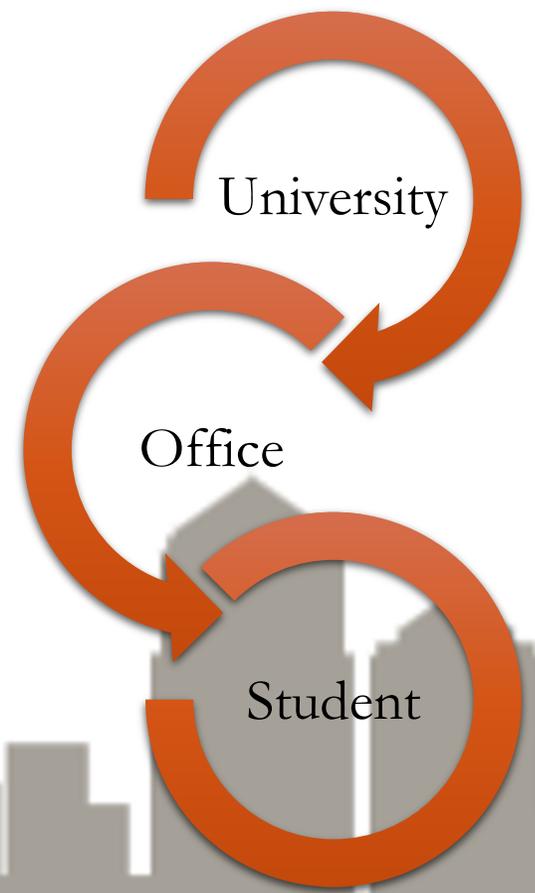


“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest accomplishment, of the smallest act of caring, all of which have the potential to turn a life around.”

-Leo Buscaglia



UNDERSTANDING CULTURE

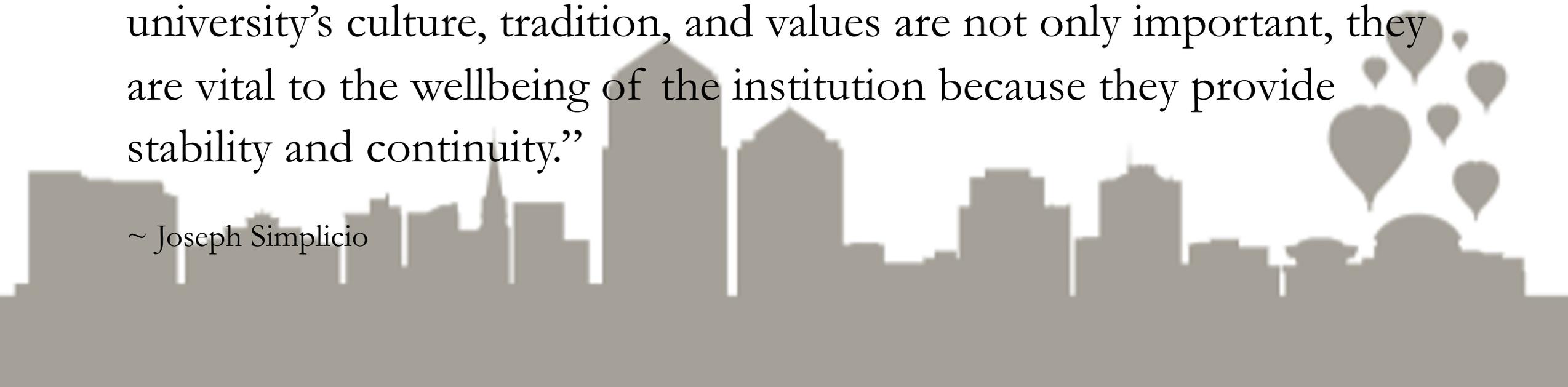




UNIVERSITY CULTURE

“Each university has a unique and cherished culture. This culture is born from the institution’s history and is steeped in tradition. This tradition in turn reinforces that history and works to incorporate newcomers into the culture by instilling defined cultural values. A university’s culture, tradition, and values are not only important, they are vital to the wellbeing of the institution because they provide stability and continuity.”

~ Joseph Simplicio





UNIVERSITY CULTURE

- ◆ What is your university culture?
- ◆ Does your university culture match the culture of your student population?
- ◆ Does your university culture help or hurt your role as a financial aid administrator?





OFFICE CULTURE

Similar to university culture, your office has a culture as well, it is what makes your office unique and is the sum of its values, traditions, beliefs, interactions, behaviors and attitudes.





OFFICE CULTURE

- ◆ What is your office culture?
- ◆ Do you have an office culture?
- ◆ Does your office culture match the university culture and/or student culture?
- ◆ Does your office culture help or hurt your role as a financial aid administrator?





STUDENT CULTURE

School culture generally refers to the beliefs, perceptions, relationships, attitudes, and written and unwritten rules that shape and influence every aspect of how a school functions, but the term also encompasses more concrete issues such as the physical and emotional safety of students, the orderliness of classrooms and public spaces, or the degree to which a school embraces and celebrates racial, ethnic, linguistic, or cultural diversity.



STUDENT CULTURE

- ◆ What is your student culture?
 - Residential or Commuter
 - Traditional or Non-traditional
 - Full-time or Part-time
 - Diversity

- ◆ Knowing your student culture will help you develop positive strategies to counsel students.





PUTTING IT ALL TOGETHER

- ◆ Understand your university, office, and student culture
- ◆ Practice Social and Emotional Learning:
 - Self-Awareness
 - Self-Management
 - Social Awareness
 - Responsible Decision Making
 - Relationship Skills





PUTTING IT ALL TOGETHER

- ◆ Create an office environment that is safe for students to speak freely and feel like their voice matters.
- ◆ Show empathy and compassion
- ◆ Practice Active listening
- ◆ Ask for feedback
- ◆ Provide a solution
- ◆ Know when to seek help





“No one cares how much you know, until they know how much you care.”

-Theodore Roosevelt

THANK YOU



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