#### What Is Social-Emotional Learning?

Social-emotional learning (SEL) is education that allows students to learn and use skills necessary to manage emotions, discover self-identity, understand perspectives, make healthy decisions, and more!

Prioritizing SEL in schools and other settings not only contributes to higher academic success but has also been associated with positive well-being outcomes long-term.

Self-Awareness

Self-Management

Social Awareness

Relationship Skills

Responsible Decision-Making

## Contact/Ile

Please feel free to contact me with any questions or concerns at:



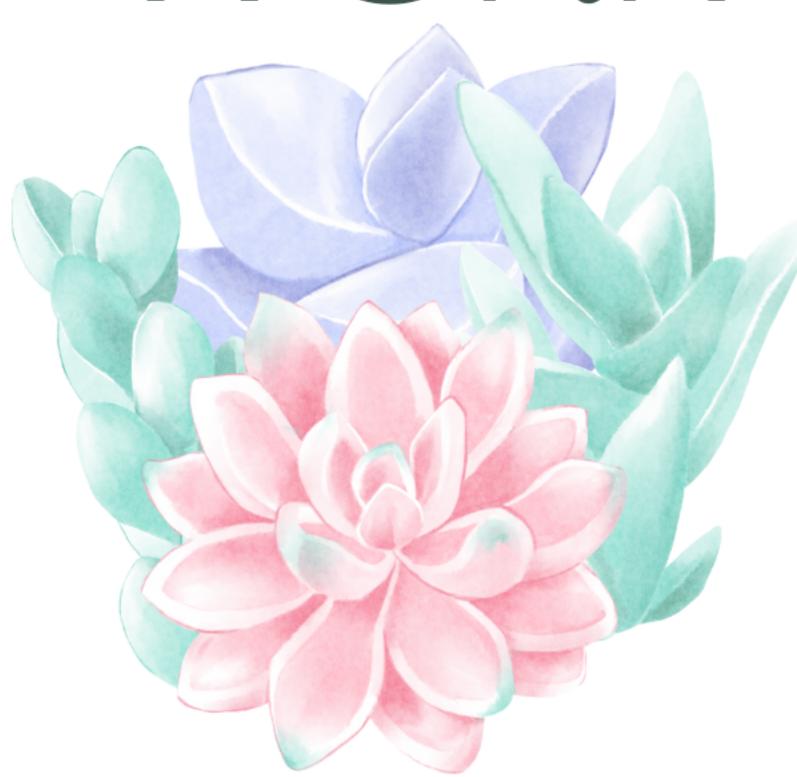
Amallory@lcesc.org



(740) 409-6010



# All About SCHOOL SOCIAL WORK



Miss.Mallory MSW,LISW

Licking Regional ESC



#### About ME

I'm thrilled to get to know you and your child this year. This is my 7th year as a Licensed Social Worker, and my first year with Licking Regional ESC, and the school districts that I will be working with. I really enjoy helping everyone get the services and supports that they need in order to be successful in their life.

#### My Schedule

I'm at Johnstown Monroe Local Schools on Mondays, Wednesdays, and Fridays, and at North Fork Local Schools on Tuesdays and Thursdays. Please contact me to set up a time to talk!

# When to Contact/Ne...

It's normal for your child's behavior and mood to change daily. If you notice any of the following signs over a period of time, it might be time to contact me. Please contact me immediately if the safety of your child or others is a concern.

- Difficulties focusing
- Increased sadness
- Unmanaged anxiety
- Irritability
- Withdrawn nature
- Changes in sleep patterns
- Decrease in academic performance & attendance
- Trauma



### Services / can provide...

- Individual Counseling
- Small Group Counseling
- Classroom Lessons
- Crisis Intervention
- Community Resource Referrals

## 1 Help Students...

- Manage stress & anxiety
- Use healthy coping strategies
- Express themselves
- Improve attendance
- Make & maintain friendships
- Learn effective social skills
- Set & reach personal goals
- Improve self-confidence
- Manage difficult emotions
- Overcome traumatic experiences