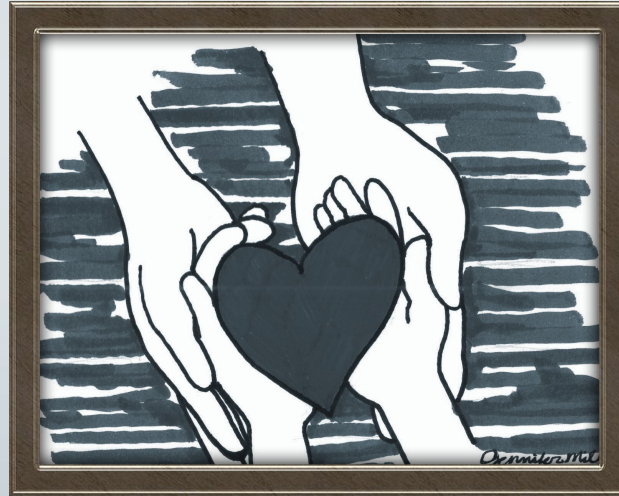


A REVIEW OF THE RESULTS FROM THE SOCIAL EMOTIONAL NEEDS ASSESSMENTS



Boonton High School | November 2020

STUDENT NEEDS ASSESSMENT



DETAILS

The Wellness Team at BHS (which is made up of counselors, the school psychologist, the school social worker, the school nurse, and the director of special services) was interested in identifying how they can help students by assessing students' needs.

During the week of October 26-30, 2020, members of the Wellness Team presented the October Social and Emotional Needs Assessment to all BHS students in grades 9 through 12 in PE and Health classes.

The instructions were as follows: Please take this survey as an opportunity to share how you feel we can best support you during this time. Each student was given time during that class period to complete the survey and ask any questions related to the survey.



ASSESSMENT ITEMS

1. What grade are you in?
2. During remote learning I feel:
 - a. More stressed out than usual
 - b. About the same amount of stress as in person
 - c. Less stressed out than usual
3. My main source of stress is:
 - a. The amount of school work
 - b. The lack of personal connection I feel
 - c. Family/Home stressors
 - d. Feeling isolated
 - e. Other

4. If you selected amount of school work, please select from the following:
 - a. I have a hard time managing google classroom
 - b. I have a hard time managing my emails and notifications
 - c. I have a hard time organizing and prioritizing all my homework
 - d. I need help when I am doing work outside of the classroom
 - e. I have technology fatigue at the end of the day
 - f. Other

5. If you selected lack of personal connection, please select from the following:
 - a. It is hard for me to feel connected to my teacher
 - b. I hesitate to contribute in the large virtual classroom setting.
 - c. Working in smaller groups would be best for me.
 - d. It is hard for me to feel connected to my peers during class
 - e. Other



6. If you selected Family/Home Stressors, please select from the following:
 - a. Having additional responsibilities (taking care of siblings, working, etc.)
 - b. Illness
 - c. Home conflict
 - d. No one to ask for support at home
 - e. Additional family living with us
 - f. Other

7. If you selected feeling isolated, please select from the following:
 - a. I do not reach out when I need help
 - b. I have no opportunities to connect with my friends, other than class time
 - c. I feel like no one else is having a hard time I
 - d. have no one to talk to at home
 - e. I can talk to someone at home, but they don't seem to understand
 - f. Other



8. I would be interested in speaking to a School Counselor, Social Worker, Psychologist, or Student Assistance Counselor about my stressors:
 - a. Yes
 - b. No

9. I would be interested in participating in a lunch-time small counseling group about managing stress and emotions
 - a. Yes
 - b. No

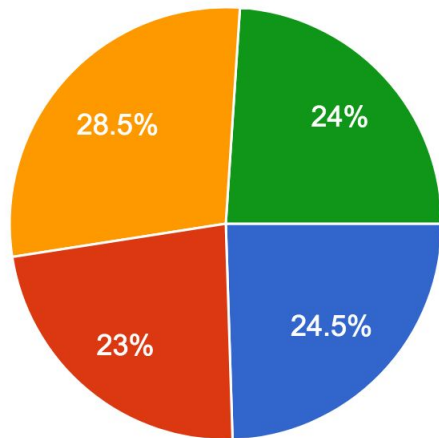
10. The school can best support my social emotional health by:



RESULTS: QUESTION 1

My grade level is:

551 responses



Important to note:

We received responses from

96% of all BHS freshmen (135 students)

95% of all BHS Sophomores (127 students)

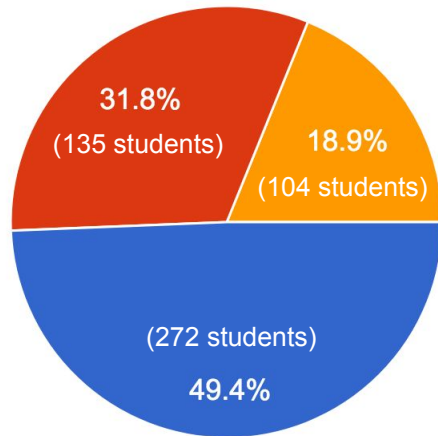
88% of all BHS Juniors (157 students)

80% of all BHS seniors (132 students)

Which is 89.2% of the entire student body

RESULTS: QUESTION 2

During remote learning I feel:
551 responses

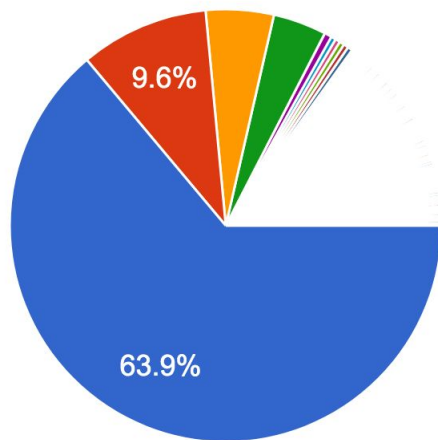


- More stressed out than usual
- About the same amount of stress as in person
- Less stressed out than usual

RESULTS: QUESTION 3

My main source of stress is:

551 responses



- The amount of school work
- The lack of personal connection I feel
- Family/Home stressors
- Feeling isolated
- none
- personal issues
- All of the above
- None
- im doing great i dont feel stressed
- really nothing
- all
- the amount of school work and lack of...
- I don't really feel stressed
- procrastinating

RESULTS: QUESTION 4

If you selected amount of school work, please select from the following:

63.2% of responses included I have a hard time organizing and prioritizing all my homework

32.6% of responses included I have technology fatigue at the end of the day

25.1% of responses included I have a hard time managing my emails and notifications

20.6% of responses included I need help when I am doing work outside of the classroom

19.7% of responses included I have a hard time managing google classroom

RESULTS: QUESTION 4

If you selected amount of school work, please select from the following:

Other responses included:

“It’s not that I don’t try and do my work. I submit everything that’s due, but for many classes I have a load of work almost every night.”

“The amount of work we are being given every night is unbearable. A lot of people also have sports and other things outside of school so we get overwhelmed with our workload very easily. a lot of my friends have tried to reach out to counselors and teachers about this issue but it feels as though no one cares because we either don’t get responses or nothing changes its just a continuous and strenuous cycle of being stressed out and exhausted all the time.”

“I get assigned a lot of projects to do over the weekend (only 2 days to do it), and it takes up my whole weekend, which sucks because that is my time to relax.”

RESULTS: QUESTION 5

If you selected lack of personal connection, please select from the following:

40.8% of responses included it is hard for me to feel connected to my teacher

38.0% of responses included it is hard for me to feel connected to my peers

32.4% of responses included I hesitate to contribute in the large virtual classroom setting

4.0% did not answer this item

RESULTS: QUESTION 5

If you selected lack of personal connection, please select from the following:

Other responses included:

“It is hard for me because it is easier for me to study in a group other than alone because in a group you can talk to each other you can ask each other for help if you do not want to ask the teacher. At home I am all alone in my room all day and sometimes I am all alone in the house and there is no one to talk to and no one to ask for help.”

“I just feel as I can learn way more in person because online I do not feel connected to my teachers or my peers”

RESULTS: QUESTION 6

If you selected Family/Home Stressors, please select from the following:

50.7% of responses included having additional responsibilities at home (taking care of siblings, working, etc.)

24.3% of responses included conflicts at home

16.2% of responses included no one to ask for help at home

RESULTS: QUESTION 6

If you selected Family/Home Stressors, please select from the following:

Other responses included:

“Always fighting with my parents over school work.”

“Getting distracted very quickly because I am home and not having a good routine.”

“I have to go to work almost every day to help my family and it is so hard to keep up with everything.”

RESULTS: QUESTION 7

If you selected feeling isolated, please select from the following:

39.2% of responses included I do not reach out when I need help

25.2% of responses included I feel like no one else is having a hard time

21.7% of responses included I have no opportunities to connect with my friends, other than class time

21.0% of responses included I can talk to someone at home, but they don't seem to understand

13.3% of responses included I have no one to talk to at home

RESULTS: QUESTION 7

If you selected feeling isolated, please select from the following:

Other responses included:

“I just want to see my friends. I haven’t seen them in months so it’s hard.”

“It’s just very hard to socialize through a screen.”

“The day is just better when I can see friends at school and talk a bit during lunch or between classes.”

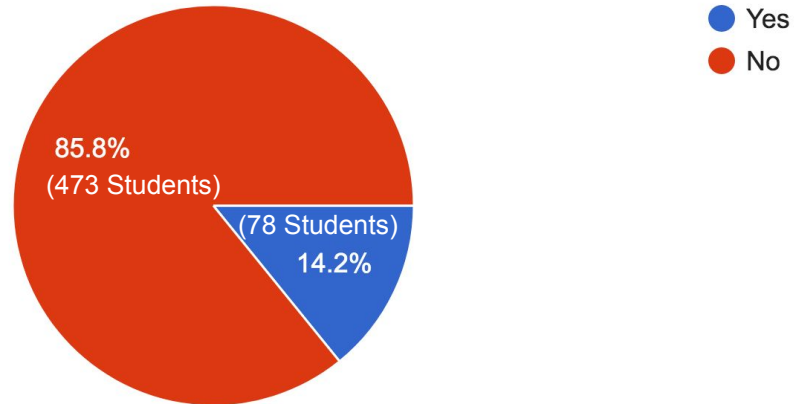
“Just not being able to have the time or opportunity to talk to as many other people, friends, and family as before is really lonely.”

“I just want to get to know other people but I do not know how.”

RESULTS: QUESTION 8

I would be interested in speaking to a School Counselor, Social Worker, Psychologist, or Student Assistance Counselor about my stressors

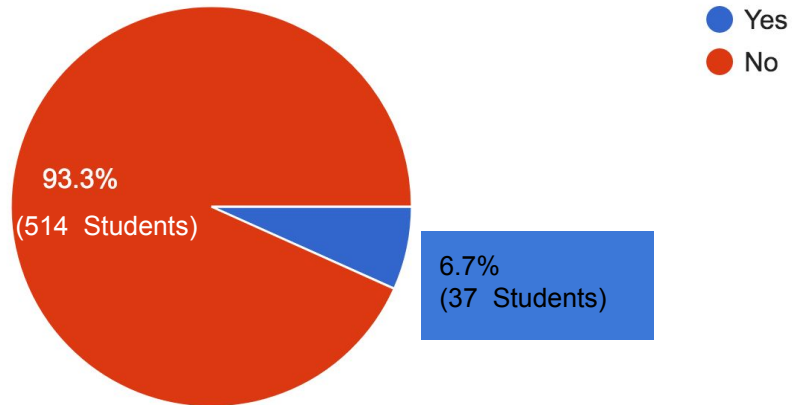
551 responses



RESULTS: QUESTION 9

I would be interested in participating in a lunch-time small counseling group about managing stress and emotions

551 responses



RESULTS: QUESTION 10

The school can best support my social emotional health by:

49.8% of open ended responses included “assigning us less work and less projects”

11.4% of open ended responses included “help me get the support I need”

10.5% of open ended responses included “I don’t need any support, I am fine”

7.6% of open ended responses included “just talk to me about how I’m doing”

5.0% of open ended responses included “let us go back to in person learning”

FOR ADDITIONAL RESPONSES

Please review [this spreadsheet](#).

SUMMARY FROM STUDENT NEEDS ASSESSMENT

The majority of our student population is experiencing significant increases in their levels of stress while on virtual learning. The main stressors they identified are: the amount of school work being assigned, the lack of personal connection to staff and students/feeling isolated, and family/home issues that include sibling and financial responsibilities, conflict, and lack of academic support within the home.

It is notable that despite these challenges, almost all of the students surveyed reported that they would not utilize the BHS counseling department for individual or group counseling support, rather they would like to see wellness infused into their classes, a decrease in the amount of work being assigned, a decrease in the amount of emails they are receiving, a more streamlined process for them to track their assigned work with clear and consistent deadlines being communicated across all classes/departments and coordination between departments when large projects and/or assessments are taking place.



STAFF NEEDS ASSESSMENT



DETAILS

The Wellness Team sent out a Google Form to all staff members working at Boonton High School in order to determine the concerns that teachers have with regards to student performance at the end of the first marking period. Additionally, the goal of this survey was to assess the level of comfort with social emotional learning (SEL) activities within the classroom.

The form was initially sent out to all staff on October 28, 2020 with a follow up on October 30, 2020.

The instructions were as follows: We are looking for more effective and efficient ways to support staff and students as we continue with remote learning into the second marking period. We have created this brief survey to help identify teachers' concerns with regards to student performance as well as to assess the level of comfort with SEL/Self Care. Please take a moment to complete this brief and anonymous survey.



ASSESSMENT ITEMS

1. What kind of effect is virtual learning having on your social-emotional wellbeing?
2. How concerned are you about students' social-emotional well-being right now?
3. How concerned are you about students' academic growth right now?
4. How concerned are you about students' peer relationships right now?
5. How concerned are you about students' relationships with adults at school right now?
6. Is there anything else you would like to share about students' needs at this time?
7. Compared to past years, how much harder or easier is it to form relationships with your students right now?
8. Compared to past years, how much harder or easier is it to form relationships with your colleagues right now?



ASSESSMENT ITEMS CONTINUED

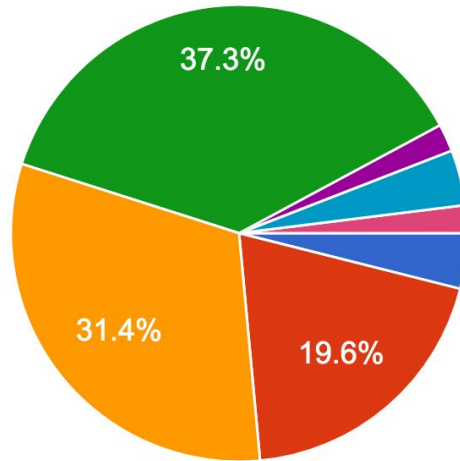
9. How clear is the process for notifying the school about concerns of a student's health or well-being?
10. So far this year, do you need additional support in any of the following areas? [Select all that apply]
11. I regularly have students attending office hours
12. Are you familiar with Social-Emotional Learning?
13. If yes, what does Social-Emotional Learning look like to you in your classroom/office?
14. Would you be willing to share any of your SEL techniques with your peers?
15. Do you practice Mindfulness either in your personal or professional life?
16. If yes, what do you do to practice Mindfulness?



RESULTS: QUESTION 1

What kind of effect is virtual learning having on your social-emotional wellbeing?

51 responses

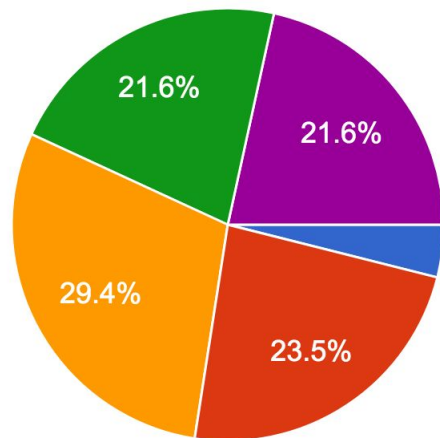


- Very negative effect
- Moderately negative effect
- Slightly negative effect
- Neither negative nor positive effect
- Slightly positive effect
- Moderately positive effect
- Very positive effect

RESULTS: QUESTION 2

How concerned are you about students' social-emotional well-being right now?

51 responses

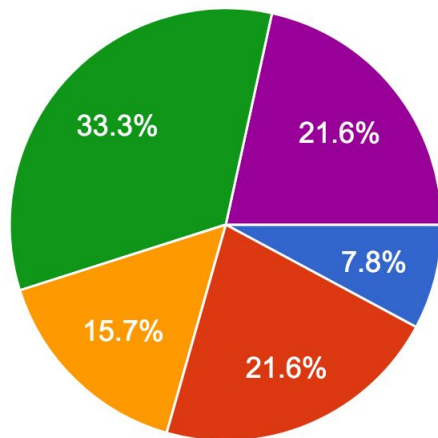


- Not at all concerned
- Slightly concerned
- Somewhat concerned
- Quite concerned
- Extremely concerned

RESULTS: QUESTION 3

How concerned are you about students' academic growth right now?

51 responses

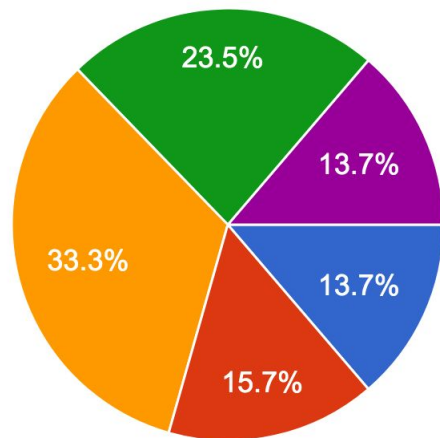


- Not at all concerned
- Slightly concerned
- Somewhat concerned
- Quite concerned
- Extremely concerned

RESULTS: QUESTION 4

How concerned are you about students' peer relationships right now?

51 responses

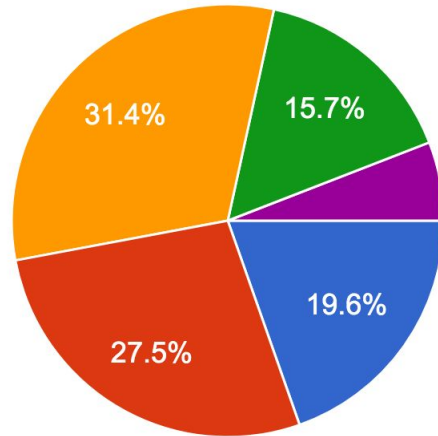


- Not at all concerned
- Slightly concerned
- Somewhat concerned
- Quite concerned
- Extremely concerned

RESULTS: QUESTION 5

How concerned are you about students' relationships with adults at school right now?

51 responses



- Not at all concerned
- Slightly concerned
- Somewhat concerned
- Quite concerned
- Extremely concerned

RESULTS: QUESTION 6

Is there anything else you would like to share about students' needs at this time?

43.0% of staff reported they did not have anything else to share about students' needs

15.7% of staff reported they feel students are too "overwhelmed" or need a lesser workload

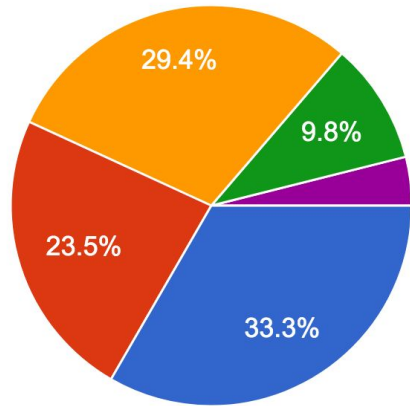
0.08% of staff reported they feel students need more support

0.01% of staff reported they think students need more breaks such as "Wellness Wednesday"

RESULTS: QUESTION 7

Compared to past years, how much harder or easier is it to form relationships with your students right now?

51 responses

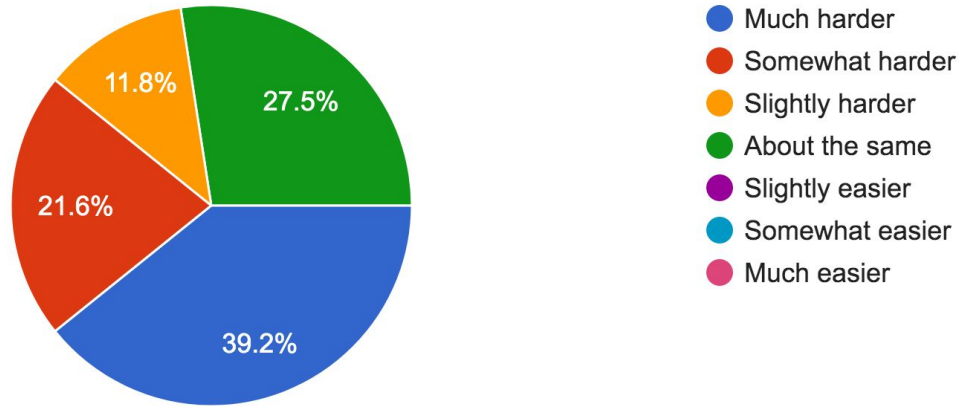


- Much harder
- Somewhat harder
- Slightly harder
- About the same
- Slightly easier
- Somewhat easier
- Much easier
- I do not interact with students

RESULTS: QUESTION 8

Compared to past years, how much harder or easier is it to form relationships with your colleagues right now?

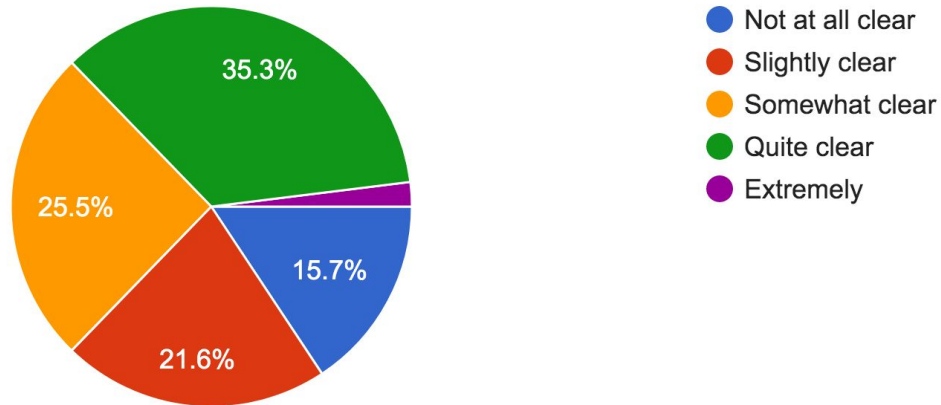
51 responses



RESULTS: QUESTION 9

How clear is the process for notifying the school about concerns of a student's health or well-being?

51 responses



RESULTS: QUESTION 10

So far this year, do you need additional support in any of the following areas? [Select all that apply]

39.2% of staff reported “I do not need support in any of these areas”

27.5% of staff reported “I need additional help supporting students’ social emotional needs”

25.5% of staff reported “I need additional help supporting ELL students”

23.5% of staff reported “I need additional help supporting students with IEPs”

15.7% of staff reported “I need additional help with family engagement”

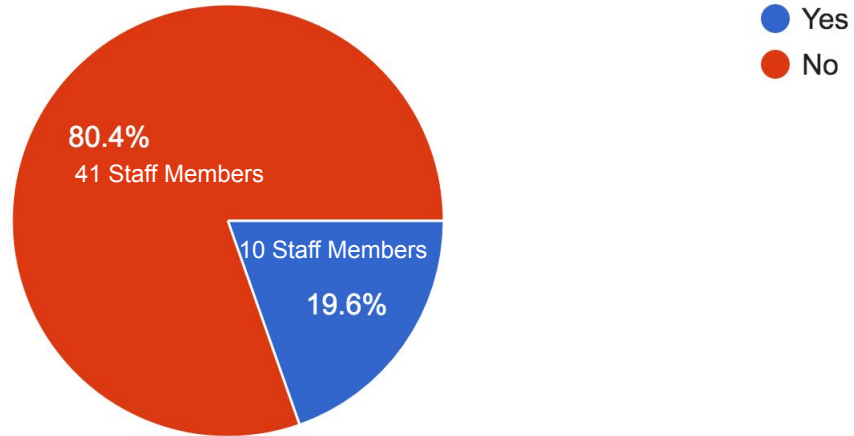
13.7% of staff reported “I need additional help with technology”

3.9% of staff reported “I need additional help supporting academically advanced students”

RESULTS: QUESTION 11

I regularly have students attending office hours:

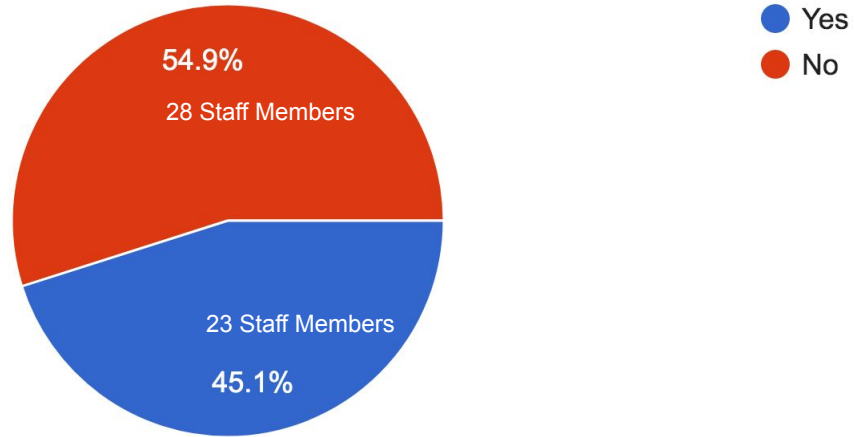
51 responses



RESULTS: QUESTION 12

Are you familiar with Social-Emotional Learning?

51 responses



RESULTS: QUESTION 13

If yes, what does Social-Emotional Learning look like to you in your classroom/office?

49.1% of staff reported they do not use SEL in their classrooms

13.7% of staff reported allowing time for open discussion during class

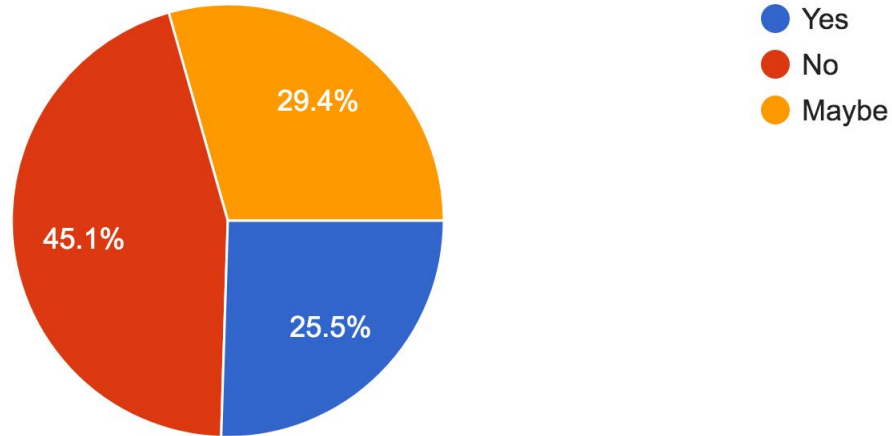
11.7% of staff reported they give extra time to complete work during class

3.9% of staff reported giving time to talk about emotions or “check-in” during class

RESULTS: QUESTION 14

Would you be willing to share any of your SEL techniques with your peers?

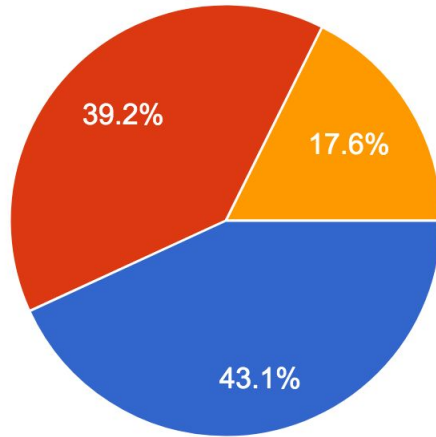
51 responses



RESULTS: QUESTION 15

Do you practice Mindfulness either in your personal or professional life?

51 responses



- Yes
- No
- No, but I would like to.

RESULTS: QUESTION 16

If yes, what do you do to practice Mindfulness?

43.1% of staff reported they do not practice Mindfulness

17.6% of staff reported they practice breathing exercises

11.7% of staff reported they practice meditation

9.8% of staff reported they practice yoga

FOR ADDITIONAL RESPONSES

Please review [this spreadsheet](#).

SUMMARY FROM STAFF ASSESSMENT

Staff responses indicate that there is a substantial concern for our student's social emotional well-being and for their academic growth. Staff free response comments echo the needs expressed in the student survey: the students need more support, more breaks, and a decreased workload.

Staff have also shared the need for their own additional support in order to better help our at-risk student populations: English Language Learners, students with IEPs and 504 plans, and students experiencing social/emotional distress. Of particular note is that staff reported that the building of meaningful relationships: student to student, staff to student, and staff to staff, are more difficult to establish in this virtual environment and that they are in need of clearer guidelines in how to report student concerns (attendance, discipline, mental health) to the school in an effective manner .

Despite the NJ Department of Education promoting Social Emotional Learning infusion (<https://www.state.nj.us/education/students/safety/sandp/sel/>), at least 50% of our staff do not know what SEL is and the few that do are not comfortable teaching others how to infuse it into their own classrooms.



SUMMARY CONTINUED

This demonstrates a statistically **significant** need, and opportunity, for Professional Development for Boonton High School staff. If this gap in need were filled by providing staff with appropriate professional development in the area of SEL (and how to infuse SEL in their classrooms through daily activities, lessons, and projects) it could have a direct and positive impact on addressing the concerns that have been reported by both the staff and students alike in these surveys.

“Students in SEL programs are more likely to attend school and receive better grades, and are less likely to have conduct problems. Successful infusion of SEL can result in positive behaviors, increased academic success, and caring communities” <https://www.state.nj.us/education/students/safety/sandp/sel/>

STAFF SEL PROFESSIONAL DEVELOPMENT

Now more than ever, teachers need practical tools for teaching social-emotional skills that work regardless of the learning environment.

[SEL from a Distance](#) brings hope in a time of increasing mental illness and isolation, and guides you as you support and foster deep connections with your students—no matter where you're teaching from. Inside, you'll discover:

- 5 critical SEL competencies and how to build them
- Dozens of tools to help you identify challenging behaviors and teach the SEL skills needed to address them
- Tips for applying SEL to the needs of your unique learning environment

[SEL from a Distance](#) is now available! (Cost per paperback- \$17.46 with discount, \$24.95 full price) * Funding from the Guidance Department 2020-2021 Speaker/Assemblies Budget

