

# Warbixinta Kooban ee Hirgelinta Washington SEL: ee Hogaamiyayaasha Waxbarashada

## Barashada Dareenka Bulshada: Qeybta Dharka Dugsiga

Dugsiyadu waxay diirada saarayaan abuurista jawi soo dhawayn iyo isdhexgal ah oo taageera dhamaan ardayda horumarkooda dareen iyaga oo ixtiraamaya taariikhda iyo dhaqamada ardayda, waxay dejin karaan guul iyo wanaag badan oo mustaqbalka fog ah. Deegaanka dugsiga iyo xidhiidhada kala dhexeeya dadka kale waxay si toos ah u saamaynaysaa sida ardaydu u bartaan iyo siday ugu habboon tahay waxbarashadaas. Tusaale ahaan, waxbarashadu waxay dhacdaa:

- Deegaano badqaba oo taageeraya. Marka ardaydu dareemaan in la taageerayo oo ay ku xidhan yihiin asxaabtooda iyo macalimiintooda, maskaxdoodu waxay u shaqeysaa si wax ku ool ah, shabakada neerfaha ee maskaxdooduna way sii xoogaysanaysaa.
- Dugsiga ay ka jirto caddaalada iyo soo dhawayntu. Marka hogaamiyayaasha waxbarashadu ay isticmaalaan dhaqamada soo celinta iyo hababka anshaxa ardayda ee dhista bulshada, ardaydu waxay aad ugu dhowdahay inay soo xaadiraan dugsiga, la diiwaan geliyo, oo ay qalin jabiyaan.<sup>1</sup>
- Marka Social emotional learning (barashada dareenka bulshada, SEL) si katalagal ah dhidibada loogu aasayo dhinac kasta oo nolol maalmeedka dugsiga ah (xeelado katalagal ah oo joogto ah, dhaqamada, iyo siyaasadaha), oo ay ku dhacdo iskaashi lala yeesho qoysaska, bulshooyinka, iyo barnaamijyada dugsiga kadib.

Hogaamiyayaasha dugsigu waxay abuurayaan deegaankan, oo ay ku jiraan nidaamyada saldhiga looga dhigayo SEL iyadoo loo marayo dugsiga iyo inta lagu jiro wakhtiyada aan la joogin dugsiga.

## Waa maxay Barashada Dareenka Bulshadu?

Social emotional learning (barashada dareenka bulshada, SEL) waxaa si weyn loo fahamsan yahay inay tahay hab ay dadku ku dhistaan wacyiga iyo xirfadaha maaraynta dareenka, dejinta yoolalka, samaynta xidhiidhada, iyo samaynta go'aamo masuuliyadeed oo taageeraya guusha dugsiga iyo nololaha. (Dheeho Hagaha Hirgelinta SEL ee gobolka Washington)

SEL **maaha** nidaam lagu gaadho "fasal" ama lagu aqoonsado hoos u dhaca, oo kaliya maaha manhaj ama waxyaabo dheeraad ah. Laakiin, SEL waa hab si katalagal ah oo lagu dhisayo hantida ardayga.

SEL waxa ay u taageertaa **sinnaanta waxbarashada**<sup>2</sup> siyaabo badan: xoojinta horumarka ilmaha oo dhan, soo jiidashada dareenka dabeecadda bulsheed ee waxbarashada, horumarinta aaminaadda in carruurta oo dhama wax baran karaan, horumarinta xirfadaha dhalinyarada si ay ugu dhex noolaadaan xaaladaha bulshada, iyo hagaajinta xidhiidhka ka dhexeeya ardayda iyo macalimiinta —Qodobka ilaalinta waxyaabaha muhiimka ah ee **dhammaan** ardayda.<sup>3</sup>

<sup>1</sup> Machadka Aspen. (2019). *Laga soo bilaabo khatarta qaranka ilaa rejada qaranka: Tallooyinka laga helayo Komishanka Horumarinta Aqoonta, Dareenka, iyo Bulshada. Rejada Qaranka (Soo Koobida Fulinta) - Machadka Aspen*

<sup>2</sup> Sinnaanta waxbarashada macnaheedu waa in ilmo kastaa helo waxa uu u baahan yahay si uu u horumariyo awoodiisa aqooneed iyo baahida bulsho. Waxa laga soo xigtay wabsaaytka Mashruuca Sinaanta Qaranka: <https://www.nationalequityproject.org/education-equity-definition>

<sup>3</sup> Jones, S. M., & Kahn, J. (2017). *Gundhiga caddaynta sida aan wax u baranno: Caawinta ardayda horumarkooda bulsho, dareen, iyo waxbarasho. Bayaanada caddaynta la isku raacsan yahay ee ka soo baxay Golaha Saynisyahannada Sharafta leh.* Washington, DC: Machadka Aspen.



## Heerarka SEL ee Gobolka Washington <sup>4</sup>

<b>Is-wacyigelinta:</b>	Shakhsigu waxa uu awood u leeyahay in uu aqoonsado dareenkooda, hantidooda gaarka ah, meelaha u baahan koriinka, iyo ilaha iyo taageerada dibadda ee iman kara.
<b>Is-maamulida:</b>	Shaqsigu wuxuu awood u leeyahay in uu xakameeyo dareennada, fikradaha, iyo dabecadaha.
<b>Is-aaminsanaanta:</b>	Shakhsigu waxa uu awood u leeyahay in uu naftiisa dhiirrigeliyo, uu adkaysto, oo uu isu arko qof karti leh.
<b>Wacyigalinta Bulshada:</b>	Shakhsigu waxa uu awood u leeyahay in uu aragtidiisa qaato oo uu u damqado dadka kale ee ka soo jeeda meelo kale iyo dhaqamo kala duwan.
<b>Maaraynta Bulshada:</b>	Shakhsigu wuxuu awood u leeyahay inuu sameeyo doorashooyin badbaado leh oo wax dhisi kara oo ku saabsan dabecadda shakhsi ahaaneed iyo isdhexgalka bulshada.
<b>Lashaqaynta Bulshada:</b>	Shakhsigu waxa uu awood u leeyahay in uu tixgeliyo dadka kale oo uu muujiyo rabitaan ah inuu gacan ka geysto wanaagga dugsiya iyo bulshada.

## Qaabdhismeedka SEL ee Gobolka Washington: Qodobbada Muhiimka ah iyo Xeerarka Hagidda

1. Samee shuruudo si loo taageero ardayga SEL iyadoo loo marayo cimilada iyo dhaqanka.
2. SEL waxay u baahan tahay wada shaqayn dhex marta qoysaska, macalimiinta, shuraakada bulshada, iyo dhalinyarada qaabayntooda iyo hirgelintooda.
3. Dhis awoodda dadka waaweyn.

**Sinnaanta:** Ilmo kastaa waxa uu helayaa waxa ay u baahan yihiin si ay u horumariyaan awoodooda maqan.

**Joogtaynta dhaqanka:** Dhaqanka waxaa loo arkaa kheyraad waxbarasho, ee looma arko caqabad.

**Nashqada caalamiga ah:** Kala duwanaanshaha waxbarashada waa la qorsheeyay waana la waafajiyay.

**Kawarqabka dhibaata:** Aqoonta saamaynta dhibaata waxa lagu daraa siyaasadda iyo qabashada.

*“Social and emotional learning (barashada bulsheed iyo dareen, SEL) ee ugu waxtarka badan waxay u baahan tahay hab istaraatiijiyadeed, hab nidaamsan oo khuseeya qof walba, laga bilaabo madaxda degmada iyo dugsiyada ilaa shuraakada bulshada [iyo] xubnaha qoyska, ka wada shaqaynta si loo hubiyo in ardaydu helaan taageerada ay u baahan yihiin.”<sup>5</sup>*

<sup>4</sup> Barashada Bulshada iyo Shucuurta Kooxda Shaqaynta Baranaamijiyada. (2016). *Wax ka qabashada barashada dareenka bulshada ee dugsiyada dawlada ee K-12 ee Washington*. Waxa lagasoo xigtay <https://ospi.k12.wa.us/sites/default/files/2022-12/selworkgroup2016report.pdf>

<sup>5</sup> CASEL. (2019). *Guud ahaan dugsiya CASEL hirgalinta SEL: Tilmaamayaasha dugsiya oo dhan SEL*. <https://schoolguide.casel.org/what-is-sel/indicators-of-schoolwide-sel/>



## Qodobbada Gelitaanka Horumarinta SEL ee Barnaamijyada Horumarinta Bulshada iyo Dhalinyarada Hadda

1. **Arrinta xidhiidhka.** Samee xidhiidh wanaagsan oo kaala dhexeeya ardaydaada. Xaqiiji dhaqanka iyo asalka ardayda kala duwan ee aad u adeegto. Muhiimad sii hantida dhaqameed ee ardaydaada si aad u xoojiso SEL inta lagu jiro gudaha fasalka.
2. **Arrinta mawduuca.** Ardayda iyo dadka waaweyni waxay isticmaalaan xirfadahooda dareenka bulsho iyadoo ku xidhan xaaladda ay ku sugan yihiin. Ka bilow dhisidda kaabayaal si aad u taageerto hirgelinta muddada dheer ee SEL. Samee ka go'anaansho iyo lahaansho kaala dhexeeya dugsigaaga, qoysaska, iyo bulshada, oo asal uga dhig SEL dhammaan xaaladaha ay ardaydu ku jiraan.
3. **Aqoonta arrimaha nafta.** Ka bilow horumarinta xirfadahaaga SEL. Isticmaal [is-qiimeyn](#), sida tan oo kale oo ka socota Xarunta Macallimiinta Waaweyn iyo Hogaamiyaasha, si looga falceliyo sida khibradahaaga iyo sooyaalka dhaqameedku u saameeyaan waxbaridaada.
4. **Ka warqabka arrimaha shaqada SEL ee hadda jira.** Wax ka baro shaqada SEL ee hadda ka jirta Gobolka Washington adiga oo baranaya heerarka SEL, bartilmaameedyada, tilmaamayaasha, walxaha muhiimka ah, iyo xeerarka hagidda. Raadi habab aad asal uga dhigto heerarka dugsigaaga iyo hawlaha fasalka dhexdiisa. Ka faa'iidayso nidaamka barashada SEL adoo booqanaya Office of Superintendent of Public Instruction's (Xafiiska Kormeeraha Guud ee Waxbarashada Dadweynaha, OSPI's) SEL qeybta onlaaynka, [Waxbarashada Waaxda 2: Gundhiga Guud ahaan Dugsiga SEL](#), ama [Hirgalinta Hagaha Gobolka Washington](#).
5. **Isticmaalka xeeladaha wax ku oolka ah ee arrinta SEL.** Isticmaal oo qiimee xeeladaha waxbarida iyo farsamooyinka maaraynta fasalka ee kobciya jawi fasal taageero, daryeel leh —sida kuwan [Hawlaha Saddexda Saxeex ee SEL](#) ee laga keenay Midawga Dugsiga Degmada Oakland. Macallimiinta iyo shaqaaluhu waxay u baahan yihiin inay fahmaan SEL iyo xidhiidhka ay la leedahay sinnaanta, waxbarashada, iyo deegaanka dugsiga ka hor intaanay u sharraxin ardayda iyo qoysaska. Dheeho Washington [SEL qeybta onlaaynka](#).
6. **Arrinta la shaqaynta dadka kale.** Waxaa jira agab badan oo ku saabsan hirgelinta SEL ee dugsiga. Isticmaal agabka si tallaabo-tallaabo ah, sida kuwa [CASEL ee hagaha dugsiga](#), kuna xidhnaw degmooyinka kale ee Washington kuwaas oo horey u fulinayey SEL.

## Tixgelinta muhiimka ah ee hirgelinta SEL<sup>6</sup>

- ✓ Abuur kooxda hogaanka SEL oo ka kooban shuraakooyin badan si loo dhiso xidhiidh.
- ✓ La shaqee daneeyayaasha oo horumari iskaashiga ka dhexeeya qoyska-dugsiga iyo bulshada dhabta ah.
- ✓ Abuur aragti mudnaan siinaysa SEL iyo ilmaha oo dhan.
- ✓ Samee baahida SEL iyo qiimeynta diyaargarowga.
- ✓ Isku toosi agabka iyo siyaasadaha lagu xidhiidhiyo SEL dadaalada balaadhan ee lagu badalayo waxbarashada si loo taageero sinnaanta.
- ✓ Abuur qorshe fulineed oo ay ku jiraan deegaanka dugsiga iyo dhaqanka, taageerooyinka dhaqan ahaan, iyo habab fasalka ku salaysan oo cad oo kor u qaadaya SEL.
- ✓ Sii waxbarasho iyo taageero xirfadeed oo joogto ah.
- ✓ La soco horumarkaaga SEL adiga oo diiradda saaraya daacadnimada si aad horumar u samayso.

<sup>6</sup> OSPI. (2023). Barashada dareenka bulshada. <http://ospi.k12.wa.us/student-success/health-safety/mental-social-behavioral-health/social-and-emotional-learning-sel>



## Khayraadka SEL ee dugsiga oo dhan

### Hagaha Dugsiga CASEL

CASEL waxa ay diiwaangelisay, tijaabisay, oo ay hagaajisay xeeladaha, habka wada shaqayneed ee dugsiga oo dhan SEL. CASEL waxa ay diiwaangelisay, tijaabisay, oo ay hagaajisay xeeladaha, habka iskaashiga SEL ee dugsiga oo dhan.

### Talo soo jeedin ka timid Machadka Qaranka ee Aspen ee Horumarinta Bulshada, Dareenka, iyo Waxbarashada

Talooyin ku saabsan sida gundhig looga dhigi karo SEL qaab-dhismeedka dugsiyada iyo bulshada.

### Hindisaha Iskaashatada Degmooyinka (CDI)

Hannaanka aqoonta, khayraadka, iyo agabka si kor loogu qaado hirgelinta nidaamka SEL ee tayada sare leh.

### Barashada dareenka bulshada iyo sinnaanta xumaanta iyo tallooyinka

Dheeho khayraadka lagu gaadho sinnaanta waxbarashada ee dugsigaaga.

### SEL Qalabka Tababarka

Qalabkan waxa loogu talagalay tababarayaasha waxbarida, maamulayaasha, iyo hogaamiyayaasha degmada kuwaas oo ka taageera macalimiinta/shaqaalaha sidii ay SEL ugu biirin lahaayeen dhaqankooda waxbarida maalinlaha ah.

## Sharciga



Marka laga reebo meel kale oo lagu xusay, [Sharaxaada Bulshada iyo Ururada Dhalinyarta oo ay sameeyeen Washington Office of Superintendent of Public Instruction \(Xafiiska Kormeeraha Guud ee Waxbarashada Dadweynaha\)](#) ee ay Kooxda Shaqada SEL taasoo ku hoos jirta sharciga [Astaanta Sharciga ee Hal-abuurka Guud 4.0 Sharciga Caalamiga ah](#). Dhammaan astaamaha iyo calaamadaha ganacsiga waa hantida milkiilayaashu leeyihiin.

*Khayraadkan waxaa laga yaabaa inuu ka koobnaado linkiyo wabsaaydada ay maamulaan dhinacyo saddexaad. Linkiyadan waxa loo bixiyay in lagugu hagaajiyo oo kaliya kamana dhigna ama ma maldahdo wax taageero ah ama la socodka OSPI.*

*Haddii shaqadan la waafajiyo, ogow isbeddellada la taaban karo oo dib-u-noqoshada, ka saarida astaan kasta oo ah Washington Office of Superintendent of Public Instruction (Xafiiska Kormeeraha Guud ee Waxbarashada Dadweynaha) Sii sifada soo socota:*

*Kheyraadkan waxaa laga soo minguuriyay agabkii asalka ahaa ee ay bixisay [Washington Office of Superintendent of Public Instruction \(Xafiiska Kormeeraha Guud ee Waxbarashada Dadweynaha\)](#). Qalabka asalka ah waxaa laga yaabaa in si xor ah loo galo [OSPI Wabsaaytka Barashada Dareenka Bulshada](#).*

