52 Essential Conversations
Making Social and Emotional Learning Adaptive and Accessible
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Background

• Skills taught in Social and Emotional Learning (SEL) lead to better academic achievement, mental health and behavioral outcomes.

• Traditional SEL curriculums require significant investments and expertise from schools, and use scripted and rigid delivery.

52 Essential Conversations is a portable SEL card game that engages families, peers, community—in addition to classroom, in supporting youth’s social and emotional development.

52 Essential Conversations empowers children and adults to learn and practice CASEL-aligned skills through everyday activities while strengthening relationships.

Research Questions

RQ1: [Adaptability] What is the relationship between who is using 52 Essential Conversations and how it is being used?

RQ2: [Accessibility] In what settings and contexts is 52 Essential Conversations used?

Participants & Methods

Participants: 74 users of 52 Essential Conversations

• 35 parents, 15 educators, 24 educators who are also parents

• Across 47 Elementary, 35 Middle Schools, 31 High Schools

• US: CA, MA, HI, NC, RI, WA, IL, WI, CT, FL, CO, VA, NV, OR, MO, MD, SC

• International: CA, CL, GR, CH, NL, ROU, NZ, AU, KOR, SG

Measures:

• Who: “What age(s) or grade(s) do you support?”

• What: “In what settings do you use it?”

• Why: “Why are you using this SEL game?”

• How: “Describe how you use 52 Essential Conversations.”

Coding & Analysis:

• Iterative process in multi-level qualitative pattern coding

• Quantitative descriptive analysis

Descriptive Statistics by Roles and Settings

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Parents</th>
<th>Educators</th>
<th>Educator-Parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschool</td>
<td>32%</td>
<td>7%</td>
<td>15%</td>
</tr>
<tr>
<td>Elementary</td>
<td>45%</td>
<td>20%</td>
<td>22%</td>
</tr>
<tr>
<td>Middle School</td>
<td>12%</td>
<td>29%</td>
<td>22%</td>
</tr>
<tr>
<td>High School</td>
<td>12%</td>
<td>24%</td>
<td>19%</td>
</tr>
<tr>
<td>Higher Education</td>
<td>0%</td>
<td>20%</td>
<td>22%</td>
</tr>
</tbody>
</table>

School Type:

• Public: 60% 60% 67%

• Private: 31% 30% 33%

• Homeschool: 10% 22% 0%

Geography:

• Within US: 66% 60% 83%

• Outside of US: 34% 40% 17%

Observations: 35 15 24

Results

RQ1: Adaptability

Purpose of Use: Targeted Areas for Skill Building

User Frequency and Duration Varies Based on Needs

<table>
<thead>
<tr>
<th>Use Frequency</th>
<th>Duration per Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parents</td>
<td>Educators</td>
</tr>
<tr>
<td>Daily every hour</td>
<td>20-30 minutes</td>
</tr>
<tr>
<td>Weekly</td>
<td>5-10 minutes</td>
</tr>
<tr>
<td>Monthly</td>
<td>2-3 minutes</td>
</tr>
<tr>
<td>Yearly</td>
<td>Varies greatly</td>
</tr>
</tbody>
</table>

RQ2: Accessibility

Conclusion & Future Directions

• By making itself adaptive and accessible, 52 Essential Conversations game creates a safe and user-driven environment for both children and adults that invites bite-size social emotional learning and practice.

• Parents use 52 Essential Conversations to facilitate mutual understanding with their children through contextually- and culturally-relevant dialogues, storytelling, and role modeling.

• Educators appreciate the ready-to-use SEL discussion prompts and are surprised by the depth and variety of student responses.

• Educator-Parents take advantage of the portability and developmentally adaptive topics to spark in-the-moment conversations in home, school, and work settings.

• Future studies: conduct intervention studies in schools and homes.

References:
