



Happy Leap Day!

The year of 2020 happens to be a Leap Year, which occurs once every four years.

In a Leap Year we get an extra 24 hours. Considering that time management is a struggle for both adults and students, Leap Day is the perfect opportunity to take initiative and get things crossed off from our endless “To-Do” lists. Most of us struggle with feeling like we never have enough time to tackle all the tasks and goals that we want to get done. With that being said, what do you plan on doing to take advantage of this extra time?

Teachers are often attempting to remedy their students’ procrastination issues. The article, [“3 Reasons Students Procrastinate- and How to Help Them Stop,”](#) by Youki Terada, discusses the reasons behind students putting off important work. Fortunately, psychologists have been able to brainstorm simple ways for teachers to keep their students on track.

It is called Leap Year for a reason... It’s your chance to fly high! Whatever you plan on doing today, make sure to make it count. We won’t get another Leap Day for four years. Here at The Academy for SEL in Schools, we wish all of you a productive and happy day!

Best Regards,

The Academy for SEL in Schools



Upcoming Events

[SEL 101 and 102 - Live Instruction Workshop](#)

Morton, PA, March 24-25, 2020

[CPSEL SEL Conference 2020](#)

Baltimore, MD, May 18-20, 2020

[2020 Music City SEL Conference](#)

Nashville, TN, June 24-26, 2020

[CASEL SEL Exchange 2020](#)

Chicago, IL, October 14-16, 2020

Please join SEL4US and Urban Assembly on March 27th to celebrate SEL Day. Help the Academy, and all partner organizations, in spreading awareness and promoting SEL. Find out how you can help and sign-up by following the link below:

<https://selday.org/sign-up/individuals/>

Don't forget to follow us on social media!



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