

SOCIAL EMOTIONAL LEARNING

Students who possess skills of emotional literacy are best able to fully engage with learning and develop intellectual courage.



Social Emotional Learning (SEL) is the process through which students develop skills to regulate, react to, and process their emotions; navigate relationships in a healthy way; and develop self-awareness. The practice of SEL encompasses strategies to support students as they build resiliency, manage stress, develop empathy, clarify their personal values, and make responsible decisions.

WHO IS SEL FOR?

SEL is infused into all aspects of UPrep's school life—so all of our students realize their full potential as socially responsible citizens of the world.

WHY SEL MATTERS

Educational research shows that school-wide SEL programs produce:

- Increased positive student behaviors
- College students with greater persistence
- Greater job satisfaction post-college

Students with SEL skills show:

- Improved academic performance
- Improved lifelong health
- Increased ability to manage stress and depression, improved self-esteem, and reduced risk-taking behaviors
- Improved empathy, emotion recognition and regulation, problem-solving abilities, and decision-making skills

SEL AND STUDENT LIFE

SEL is infused into all facets of school life as both content for exploration and a practiced skill through which to navigate academics, co-curricular activities, school norms and expectations, and social dynamics.

SEL CORE COMPETENCIES



Self-management



Self-awareness



Responsible decision making



Relationship skills



Social awareness

CURRICULUM

Teachers work to infuse SEL practices like reflection, teamwork, recognizing strengths, and perspective-taking into lessons and projects.

COMMUNITY TIME

Community Time is an opportunity for students to build and practice their SEL skills. This happens during structured activities in advisory, grade-level meetings, and clubs.

COMPLEMENTARY & CONCURRENT: DEI, SEL, & COUNSELING

Our alignment of DEI (diversity, equity, and inclusion), SEL (social emotional learning), and counseling facilitates a renewed emphasis on the essential skills and knowledge that help our students feel like they belong and are prepared to engage in school. Our approach gives more time and intention to all pillars of community wellness.

For example, our monthly advisory sessions explore topics like emotional vocabulary, self-advocacy, and (re)building a community of mutual support and a culture of care.

STUDENT ADVISORY BOARDS

Student Advisory Boards in both the Middle and Upper School give students ownership and voice in speaking to their own social and emotional needs.

SEL DIRECTOR

The director in this full-time position works with all stakeholders in the school community to document, develop, and streamline SEL programming.

Questions?

Please contact Director of Social Emotional Learning Emily Schorr Lesnick at ESchorrlesnick@universityprep.org or 206.588.8739.

