

Social Emotional Learning

What Is It?

SEL is the process through which young people and adults acquire and apply the knowledge, skills, and attitudes to:

- develop healthy identities
- manage emotions
- achieve personal and collective goals
- feel and show empathy for others
- establish and maintain supportive relationships
- make responsible and caring decisions

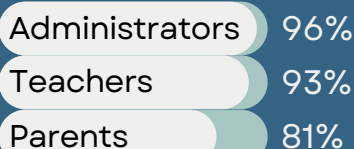


6 of the Top 10 career skills

involve SEL- ex. problem-solving, critical thinking, creativity, coordinating with others

Value of SEL

believe SEL is just as important as academic learning



11 percentile points

increase in academic performance Including standardized tests scores

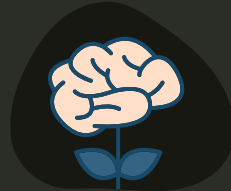
Improves Mental Health

Helps manage stress, anxiety, and depression and improves attitudes about themselves, others, and school



Return on Investment

On average, for every dollar Invested in SEL, there is an \$11 return of benefits



Self-Awareness

- Identifying Emotions
- Self-Knowledge
- Growth Mindset, Sense of Purpose



Self-Management

- Managing Emotions
- Motivation, Goal-setting
- Planning, Organization



Social Awareness

- Empathy, Compassion
- Perspective-taking
- Understanding Self and Others



Relationship Skills

- Communication
- Building Relationship, Teamwork
- Conflict Management



Responsible Decision-Making

- Problem Analysis
- Identifying Solutions
- Reflection on Impact

SEPARATING FACT FROM FICTION

SEL boosts academic performance and deepens engagement with content	Is not a distraction from academics
SEL builds relationships and skills that promote healthy well-being	Is not therapy
SEL helps students understand different perspectives and share ideas	Is not a way to teach students a specific political agenda

References

CASEL.org, McGraw Hill, National Bureau of Economics, Center for Benefit-Cost Studies in Education, Columbia University, High Point University



Thom Stecher & Associates

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