



Social Emotional Learning (SEL)

What is SEL?

Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

What can Principals do?

The success of evidence-based SEL programs and school-wide programming depends on high-quality implementation. It is important for school administrators to support the effective implementation of SEL programs and to model the SEL language and practices established in the classroom. Administrators also need to endorse the use of SEL practices throughout the school building, and secure the necessary professional development.

SEL

Research

Findings across all studies found a broad range of benefits for students:

- 23% improvement in social and emotional skills
- 10% decrease in emotional distress
- 9% improvement in attitudes about self, others, and school
- 9% decrease in conduct problems
- 9% improvement in school and classroom behavior
- 11% improvement in achievement test scores

Why SEL?

SEL is for EVERYONE. Becoming socially and emotionally competent is a lifelong process, so promoting this capacity in young people is appropriate at all grade levels, PreK-12 and beyond. Social Emotional Learning helps ALL students acquire the necessary skills for success in school and throughout their lives.

Family Engagement

Families can promote their child's SEL by learning more about their school's SEL initiative and modeling behaviors and adopting practices that reinforce SEL skills at home.



Social Emotional Learning (SEL) Standards

Develop self-awareness and self-management skills to achieve school and life success.

Several key sets of skills and attitudes provide a strong foundation for achieving school and life success. One involves knowing your emotions, how to manage them, and ways to express them constructively. This enables one to handle stress, control impulses, and motivate oneself to persevere in overcoming obstacles to goal achievement. A related set of skills involves accurately assessing your abilities and interests, building strengths, and making effective use of family, school, and community resources. Finally, it is critical for students to be able to establish and monitor their progress toward achieving academic and personal goals.

01
GOAL

Use social-awareness and interpersonal skills to establish and maintain positive relationships.

Building and maintaining positive relationships with others are central to success in school and life and require the ability to recognize the thoughts, feelings, and perspectives of others, including those different from one's own. In addition, establishing positive peer, family, and work relationships requires skills in cooperating, communicating respectfully, and constructively resolving conflicts with others.

02
GOAL

Demonstrate decision-making skills and responsible behaviors in personal, school, and community contexts.

Promoting one's own health, avoiding risky behaviors, dealing honestly and fairly with others, and contributing to the good of one's classroom, school, family, community, and environment are essential to citizenship in a democratic society. Achieving these outcomes requires an ability to make decisions and solve problems on the basis of accurately defining decisions to be made, generating alternative solutions, anticipating the consequences of each, and evaluating and learning from one's decision making.

03
GOAL

Logic Model: How Social Emotional Learning (SEL) Works

Evidence-based SEL Programs

Create safe, caring, well-managed, and participatory learning environments

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Provide social and emotional competency instruction

Self-awareness
Self-management
Social awareness
Relationship skills

Responsible decision-making

Greater attachment to school

Less risky behavior and more assets and positive development

Caring, capable, responsible, motivated students

Better academic and behavioral performance

College and career ready youth