

# SOCIAL AND EMOTIONAL LEARNING (SEL)



are lessons that teach your students to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relations, and make responsible decisions. Decades of research studies have proven that SEL can be even more important to a child's future success and can make your job easier as an educator as well! As you teach SEL, you will find it also benefits you and your whole classroom dynamic. When students are taught SEL they develop core competencies which include self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. When this happens, students' academic, emotional, personal and social well-being is enhanced. This enables them to be better equipped to engage fully and positively in learning and the classroom environment.

## When students have SEL as part of their instruction, you can expect them to have:

- Academic Success
- Positive Social Behavior
- Fewer Conduct Problems
- Less Emotional Distress

## The Collaborative for Academic, Social, and Emotional Learning (CASEL)

writes, "Research shows that SEL can have a positive impact on school climate and promote a host of academic, social, and emotional benefits for students.

Durlak, Weissberg et al.'s recent meta-analysis of 213 rigorous studies of SEL in school indicates that students receiving quality SEL instruction demonstrated:

- **Better academic performance:** achievement scores an average of 11 percentile points higher than students who did not receive SEL instruction;
- **Improved attitudes and behaviors:** greater motivation to learn, deeper commitment to school, increased time devoted to schoolwork, and better classroom behavior;
- **Fewer negative behaviors:** decreased disruptive class behaviors, noncompliance, aggression, delinquent acts, and disciplinary referrals; and
- **Reduced emotional distress:** fewer reports of student depression, anxiety, stress, and social withdrawal."

This all translates into improving the overall well-being of all students. It means that the classroom is a connected and positive environment conducive to learning and healthy growth. And this means that you can do your job more easily, more effectively, and with much greater success.

The **Choose Love Enrichment Program** is a free, online Social and Emotional Learning program for PK-12th grade. You can access the program by registering at [www.jesselewischooselove.org](http://www.jesselewischooselove.org).

**\*\*For more information on CASEL and Social and Emotional Learning, please visit [www.casel.org](http://www.casel.org).**

