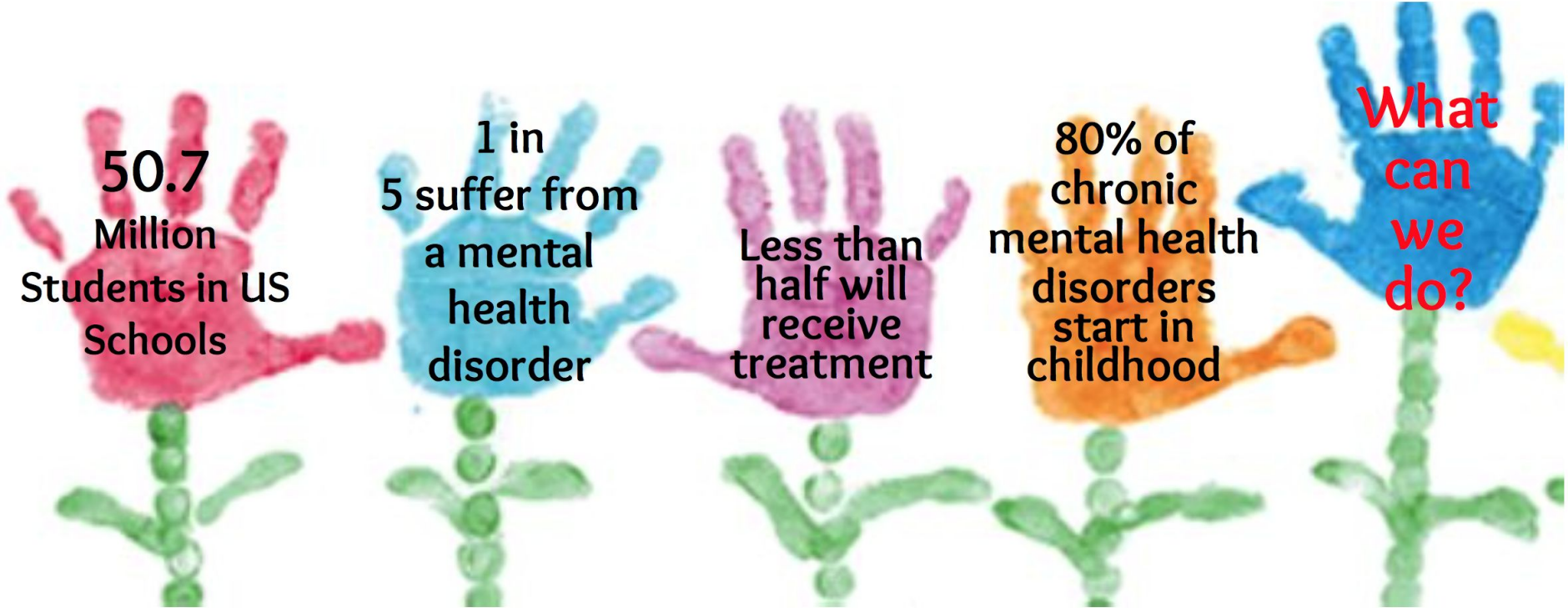

Social-Emotional Learning

— Sarah Pinheiro —



What is Social-Emotional Learning?

“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.”

SEL provides a foundation for safe and positive learning, and enhances students' ability to succeed in school, careers, and life.

(Collaborative for Academic, Social, and Emotional Learning, 2017)

Effective SEL programming involves coordinated classroom, schoolwide, family, and community practices that help students develop the following five core skills...



SELF-AWARENESS

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset.”

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy



SELF-MANAGEMENT



The ability to successfully regulate one's emotions, thoughts, and behaviors in different situations — effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.

- Impulse control
- Stress management
- Self-discipline
- Self-motivation
- Goal-setting
- Organizational skills

SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports.

- Perspective-taking
- Empathy
- Appreciating diversity
- Respect for others



RELATIONSHIP SKILLS



The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.

- Communication
- Social engagement
- Relationship-building
- Teamwork

RESPONSIBLE DECISION-MAKING

The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.

- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility



Increased
Engagement

The diagram consists of seven circles of varying sizes and colors arranged in a loose, non-linear pattern. The circles are: a yellow circle at the top left, a green circle at the top center, a blue circle at the top right, an orange circle at the bottom left, a black circle in the center, a green circle at the bottom left, and a yellow circle at the bottom right. Each circle contains text representing an educational outcome.

Academic
Success

More
Positive
Behaviors

Civic
Engagement

Stronger
Relationships

Collaborative
Mindsets

Better
Attendance

Improved
School
Climate

Short and Long-Term Benefits of SEL

Students are more successful in school and daily life when they:
know and can manage themselves, understand the perspectives of others and relate effectively with them, and make sound personal and social decisions

Other benefits include:

- Positive attitudes toward oneself, others, and tasks including enhanced self-efficacy, confidence, persistence, empathy, connection and commitment to school, and a sense of purpose
- Positive social behaviors and relationships with peers and adults
- Reduced conduct problems and risk-taking behavior
- Decreased emotional distress
- Improved test scores, grades, and attendance

In the long run, greater social and emotional competence can increase the likelihood of high school graduation, readiness for postsecondary education, career success, positive family and work relationships, better mental health, reduced criminal behavior, and engaged citizenship!

(e.g., Hawkins, Kosterman, Catalano, Hill, & Abbott, 2008; Jones, Greenberg, & Crowley, 2015).

- **Academic performance of students exposed to SEL programs was an average 11 percentile points higher** than their non-SEL peers, based on the eight studies that measured academic performance. (Durlak, Weissberg, Dymnicki, Taylor , and Schellinger , 2017)
- Research shows that SEL not only improves achievement but it also increases prosocial behaviors (i.e. kindness, sharing, and empathy), improves student attitudes toward school, and reduces depression and stress among students (Durlak et al., 2011).
- **Conduct problems, emotional distress, and drug use were all significantly lower** for students exposed to SEL programs, and development of social and emotional skills and **positive attitudes toward self, others, and school** was higher. (Durlak, Weissberg, Dymnicki, Taylor, and Schellinger, 2017)
- Helps **reduce current and future problem behaviors**, such as drug use, violence, and delinquency (Rak, 1996; Search Institute, 2009)
- Develop a **greater sense of compassion** and feel more connected to the community as a whole (Zins, Weissberg, Wang, & Wallburg, 2004)
- School attitudes, behavior, and academic performance improve (Zins et al., 2004)
- Self-regulation skills predict development across all domains- social-emotional and academic.

Link to more research - <https://casel.org/resources-3/>

SEL Approaches

- Explicit SEL Skills Instruction
- Teacher Instructional Practices
- Integration with Academic Curriculum Areas
- Organizational, Culture, and Climate Strategies



Short-Term Outcomes

SEL Skill Acquisition:
Five Competence Areas



Improved Attitudes:
Self, Others, Learning, and
Schools



**Enhanced Learning
Environment:** Supportive,
Engaging, and Participatory



Behavioral/Academic Outcomes

Positive Social Behavior

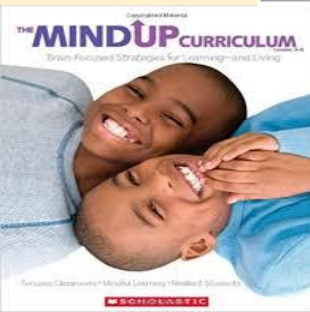
Fewer Conduct Problems

Less Emotional Distress

**Improved Academic
Performance**

SEL IN ACTION

How do we incorporate SEL at MHHS?



Classroom lessons with a focus on the following skills:

Cooperation

Assertion

Respect

Empathy

Self-control

MHHS C.A.R.E.S IN ACTION

