

# Educating the whole student

Social-emotional learning (SEL) has become critical to student success in and out of the classroom

Bullying, gun violence, climate change – today’s students are wrestling with big concerns on top of the typical issues related to academics and adolescence. And it’s taking its toll.



think anxiety and depression are major problems for their peers



feel nervous or anxious on a daily basis



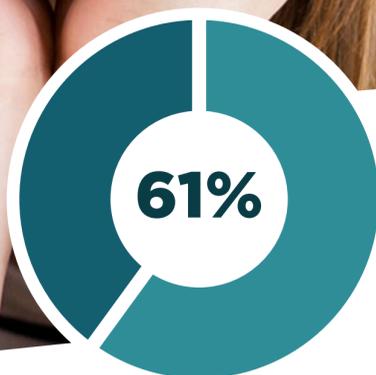
said they feel at least some pressure to fit in socially



said they feel at least some pressure to look good



feel bullying is a major issue



feel a lot of pressure to get good grades

Source: 2018 Pew Research Center survey

## The power of SEL

Social-emotional learning (SEL) addresses students’ cognitive, behavioral, social, and emotional needs, teaching skills for success in school and beyond.



### Self-awareness

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



### Self-management

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



### Social awareness

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



### Responsible decision-making

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



### Relationship skills

- ➔ Communication
- ➔ Social engagement
- ➔ Relationship-building
- ➔ Teamwork

Students in high-quality SEL programs achieve scores **11 percentile points higher** than those without SEL instruction.

Source: Report from the Collaborative for Academic, Social, and Emotional Learning (CASEL)

Lack of SEL instruction is associated with risk of increased:

- ➔ Need for public assistance
- ➔ Substance abuse
- ➔ Emotional and behavioral issues
- ➔ Criminal behavior and detention

Source: 2015 study from the American Journal of Public Health

## Learn how to implement SEL in your district

Watch the on-demand webinar, *Social-emotional learning and restorative justice solutions*

Watch now