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.

- 61% feel a lot of pressure to get good grades.
- 67% feel a lot of pressure to get good grades.
- 55% feel a lot of pressure to get good grades.
- 29% feel anxious or nervous on a daily basis.
- 66% think anxiety and depression are major problems for their peers.
- 61% think anxiety and depression are major problems for their peers.

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-rejection
- Goal-setting
- Organizational skills

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

Relationship skills
- Communication
- Social engagement
- Relationship-building
- Teamwork

Responsible decision-making
- Identifying problems
- Analyzing situations
- Solving problems
- Evaluating
- Reflecting
- Ethical responsibility

Lack of SEL instruction is associated with risk of increased:
- Need for public assistance
- Substance abuse
- Emotional and behavioral issues
- Criminal behavior and detention

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

Learn how to implement SEL in your district

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