

DEFINING

Social Emotional Learning (SEL)

SEL Core Competencies

SELF-AWARENESS

A child's realistic understanding of her/his strengths and limitations and consistent desire for improvement.

- Asks clarifying questions
- Shows awareness of strengths
- Asks for feedback
- Describes own feelings
- Gives an opinion when asked

SOCIAL AWARENESS

A child's capacity to interact with others in a way that shows respect for their ideas & behaviors, recognizes her/his impact on them, and uses cooperation and tolerance in social situations.

- Gets along with different people
- Acts respectfully in competition
- Respects another's opinion
- Resolves a disagreement
- Cooperates with peers

GOAL-DIRECTED BEHAVIOR

A child's initiation of, and persistence in completing tasks of varying difficulty.

- Keeps trying when unsuccessful
- Seeks out additional knowledge
- Takes active role in learning
- Seeks out challenging tasks
- Works hard on projects

DECISION-MAKING

A child's approach to problem solving that involves learning from others and her/his own previous experiences, using her/his values to guide her/his action, and accepting responsibility for her/his decisions.

- Accepts responsibility
- Shows good judgment
- Learns from experience
- Follows trusted adult's advice
- Decides between right and wrong

SELF-MANAGEMENT

A child's success in controlling his or her emotions and behaviors, to complete a task or succeed in a new or challenging situation.

- Pays attention
- Focuses on task despite distraction
- Performs steps of a task in order
- Thinks before acting
- Stays calm when challenged

RELATIONSHIP SKILLS

A child's consistent performance of socially acceptable actions that promote and maintain positive connections with others.

- Compliments or congratulates someone
- Expresses concern for another
- Makes polite suggestion or request
- Offers to help somebody
- Responds to another's feelings

PERSONAL RESPONSIBILITY

A child's tendency to be careful and reliable in her/his actions and in contributing to group efforts.

- Handles belongings with care
- Prepares for school
- Does tasks without reminders
- Works in timely fashion
- Shows care when doing work

OPTIMISTIC THINKING

A child's attitude of confidence, hopefulness, and positive thinking regarding herself/himself and her/his life situations in the past, present, and future.

- Carries self with confidence
- Says good things about self
- Speaks about positive things
- Say good things about the future
- Expresses high expectations for self



Educators, administrators & employers value SEL



93%

OF TEACHERS want a greater focus on SEL in schools

95%

OF PRINCIPALS committed to developing students' social emotional skills

50%

OF EMPLOYERS find recent college graduates lacking in key SEL skills

Teach SEL skills curriculum

Infuse SEL instruction into academic curriculum

Integrate SEL instructional practices

Create SEL-centered policies and structures

SEL may involve multiple approaches



SEL delivers benefits to students

- 11 percentile-point gain in academic achievement
- Increased social emotional skills and positive attitudes toward self, others, and school
- Decreased conduct problems, emotional distress, and drug use



AVERAGE ROI: \$11 for every \$1 invested in SEL programming