

Social Emotional Learning

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What is Social Emotional Learning?

► Social emotional learning leads students to acquire techniques for processing and managing emotions as well as essential social skills. It encompasses everything from goal setting to stress management, and it provides both STUDENTS and ADULTS with tools they can use to express themselves appropriately. SEL is critical for building healthy relationships, communicating effectively, and living a meaningful life.

Collaborative for Academic, Social and Emotional Learning

(Defined SEL in 1994 using five core competencies as the framework)

Self Awareness



Self Management

Managing Emotions

Resilience

Managing Stress

Self-Motivation

Controlling Impulses

Social Awareness

- ▶ **Being Empathetic**
- ▶ **Appreciating Diversity**
- ▶ **Respecting Others**
- ▶ **Civic Engagement**
- ▶ **Appreciating Difference**



Relationship Skills

**Resolving
Conflicts**

**Listening
Actively**

Cooperating

Teamwork

**Communicating
Effectively**



Decision Making

- ▶ **Identifying Problems**
- ▶ **Solving Problems**
- ▶ **Thinking Critically**
- ▶ **Setting Goals**
- ▶ **Leadership Skills**

Benefits of Social Emotional Learning



1. INCREASE ACADEMIC
ACHIEVEMENT



2. BETTER
UNDERSTANDING OF
WHO YOU ARE



3. PROVIDE STUDENTS
DIRECTION TO MAKE
BETTER CHOICES IN LIFE



4. CREATE HEALTHY
RELATIONSHIPS AND
FRIENDSHIPS



5. HELP STUDENTS TO
MANAGE STRESS AND
ENHANCE COPING SKILLS

Questions

