

Social, Emotional Learning

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Benefits of Social, Emotional Learning

| <u>Increases</u> | <u>Improves</u> | <u>Reduces</u> |
|-----------------------------|---------------------------------------|------------------|
| capacity for learning | attendance | suspensions |
| mastery of subject material | graduation rates | expulsions |
| motivation to learn | prospects for constructive employment | grade retentions |
| commitment to school | | |
| time devoted to schoolwork | | |

What is Social, Emotional Learning? (SEL)

Social, Emotional Learning is the educational process of acquiring knowledge, skills, attitudes, and beliefs to:

Recognize and manage emotions

Care about others

Make good decisions

Behave ethically and responsibly

Develop positive relationships

Avoid negative behaviors

It links academic achievement with skills necessary for succeeding in school and in life

The Six Pillars of Character

Trustworthiness

Worthy of trust, honor, and confidence

Respect

Regard for dignity, worth and autonomy of all persons (including self)

Caring

Regard for the well being of others

Responsibility

Acknowledgement and performance of duties to others and self

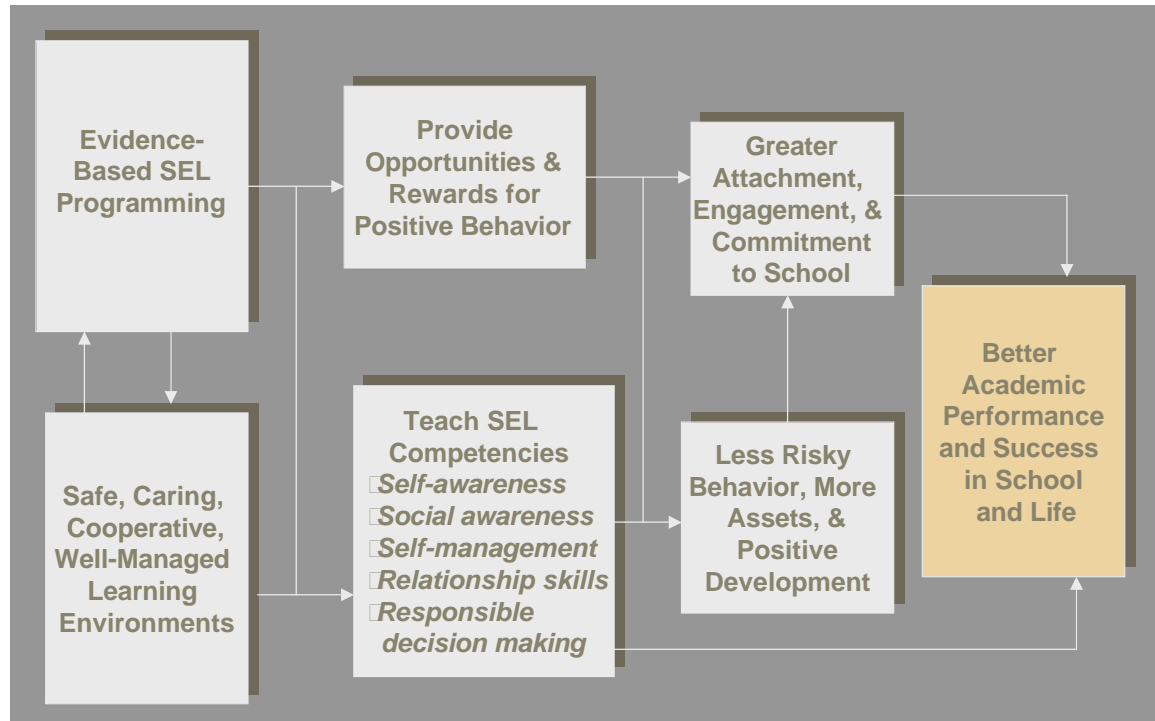
Justice and Fairness

Making decisions on appropriate factors:
impartiality, avoidance of conflicts of interest

Civic Virtue and Citizenship

Recognition of and living up to social obligations

Evidence-Based SEL Programming Paths to Success in School and in Life



Mentors

When students make a lasting relationship with at least one caring adult, academic and personal outcomes improve (Jackson and Davis, 2000, p.143)

A significant adult who provides support and direction during difficult times is an important factor in helping students avoid academic failure and a variety of other problems (Galassi, Gullledge and Cox, 1997, p.303)

Among youths at risk from health or behavioral problems, family dysfunction, poverty, or other stresses, the most important school factor fostering resilience is the availability of at least one caring adult who can function as a mentor or role model (Miller, 1998, p. 12)